Why December 11th is the busiest for couples to break up



The busiest day for relationship break-ups is looming – so stock up on tissues and tubs of ice-cream before Sunday arrives.

Data has shown that two weeks before Christmas Day is the day of the year when most couples decide it’s over.

That’s according to data compiled by statisticians who studied Facebook posts featuring break-up messages.

But it seems people are quick to move on, with Match.com reporting

that peak surfing season starts on Christmas Day itself.

There are competing theories as to why a fortnight before the big day is most popular.

For new couples, some may decide they don’t want their new squeeze to meet their family while money-minded lovers may decide that staying together and exchanging expensive gifts just isn’t worth it.

Dr Dorree Lynn, a psychologist and author of Sex for Grownups told ABC News: “If you’re not sure, particularly if you haven’t been dating for several years, a lot of people have issues about gift giving and how intimate the gift giving is.

“They get frightened because they don’t want to put pressure on the other person, but on the other hand they don’t want to feel like a fool giving something and not getting anything back.”

A similar situation occurs in the US ahead of Thanksgiving, with the issue so common that it’s known as the ‘Turkey Dump’.

Luckily, if you make it through the next two weeks, you should be safe until springtime.

Christmas Day is the day of the year when fewest relationships officially end – but the frequency of breakups increases until peaking again in spring