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# January is the month when many couples go splitsville

BY TAYA FLORES • TFLORES@JCONLINE.COM • JANUARY 4, 2010

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Nearly a decade ago, Kelly Basden of Lafayette was told by her second husband that he wanted a divorce.



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The hurtful news came in January and Basden had to mend a broken heart during the cold, gray and isolating month.

"I felt upset (and) didn't want to lose him," the 46-year-old said.

January has been dubbed National Breakup Month by various Web sites. The tagline comes from the common perception that January is the perfect time to break up with a significant other since it is after the holidays.

"Many times they want to clean up their mess ... and a lot of times they come to the conclusion that their relationship isn't working so they want to start afresh and anew," said Svetlana Novikova, founder of Svetlana International, a matchmaking company in Beverly Hills.

Some of the mistakes people make in relationships that cause them to fail include taking each other for granted, not enjoying each other's company and becoming lovers before friends.

Letting the relationship become routine can also hinder romantic growth.

For instance, at the beginning of a relationship, both participants are excited and want to make each other happy, she said.

However, this excitement does not last long and if people do not have a strong foundation together, they break up.

But it's not necessarily a bad thing, Novikova



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January is national breakup month, according to some relationship experts. The time period after the holidays can be especially difficult for relationships that are unsteady. (Photo illustration by Brent Drinkut/Journal & Cour)

### IS YOUR SIGNIFICANT OTHER SHOWING THE SIGNS OF WANTING TO BREAK UP?

Svetlana Novikova, a Beverly Hills matchmaker, offers tips for how to tell if your partner is going to breakup with you:

He or she...

- Begins to lose interest in you.
- Becomes cranky.
- Tries to find a reason not spend time with you.
- Keeps their cell phone constantly at hand.
- Locks their cell phone so you can't check their messages.
- Suddenly starts to have a lot of male or female friends.
- Gives you strange explanations for why they can't see you.
- Starts picking fights or arguments.

-- Taya Flores, Journal & Courier

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added.

"There is no reason to stay if you are not happy anymore," she said.

Also, Internet dating can create relational problems because it offers too many options and can make people superficial, she said.

To avoid these relational pitfalls, she recommended being honest and communicating openly. She said couples should have respect for each other and treat each other with love.

She also suggested getting to know each other as friends first, which will give you the opportunity to evaluate whether this person is right for you before you become lovers.

Frank Dickerson of Lafayette has experienced breakups in January before and said the wintry dismissal can be difficult.

"The winter is more depressing for most people anyway," the 30-year-old said. "In July, you might have more to look forward to."

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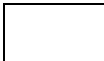
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