"People **tend to** face the holidays with **rising** **expectations**, **despite** what **disappointments** they might have had in years past," Brines explained.   
  
  
They **represent** **periods** in the year when there's the **anticipation** or the  
**opportunity** for a new beginning, a new start, something different, a **transition** into **a new period of life**.   
  
It’s like an **optimism** **cycle**, **in a sense**.  
  
  
  
However, the **researchers** **hypothesize** that if the holidays don't **live up to expectations**, or just **create** added **stress**, that's when couples **are pushed to** make that difficult decision.   
  
  
  
March allows time after the holidays to **get finances in order**, and August means **a majority of** the **unpleasantness** **is dealt with** before the kids **go off to school**.  
  
  
  
These **findings** **inspired** both Brines and Serafini to look at **filing** **patterns** in four other states, **Ohio**, **Minnesota**, **Florida**, and **Arizona**, and found that the pattern was **more or less** the same.   
  
  
  
While this is a **somewhat** **depressing** **discovery**, you can **comfort** yourself with the fact that August, at least, is almost over.