

The Top 10 Reasons for Divorce

Compiling accurate statistics on the most commonly cited causes of the breakdown of a marriage is virtually impossible - these are the top ten reasons for divorce cited by DivorceGuide.com:

1. Infidelity

It could be argued that infidelity within marriages is a reaction by a spouse to the real breakdown of the marriage, and is not itself the cause. Either way, it is cited as the cause of almost one third of divorces in the USA (making it the most common reason for divorce). Surveys have shown that adultery occurs in over half of failed marriages. Spouses may be unfaithful consistently during an affair, intermittently, or just once in a one night stand. Common explanations for unfaithfulness include resentment or anger (with the other spouse) and sexual boredom.

2. Communication breakdown

Commonly, couples become unable to communicate in a normal, meaningful fashion. Either spouse's inability to avoid exchanges which invariably result in conflict is representative of a communication breakdown in the marriage. In extreme cases (especially if accompanied by abusive tendencies), a growing inability to deal with any verbal exchanges without conflict could be indicative of a much more serious problem that requires the attention of a mental health professional. More often, however, growing differences between the spouses which may have their roots in other mentioned causes are to blame for communication breakdowns.

3. Physical, psychological, or emotional abuse

Where either spouse is frequently abusive towards children or each other, the other spouse has clear grounds for divorce. Physical abuse includes all types of violence (fighting, manhandling, and physical bullying of an individual). Emotional or Psychological abuse can be as seemingly innocuous as verbal insults, and can range to taunting, humiliation, intimidation, and consistent negative reinforcement.

4. Financial issues

One of the most common reasons for divorce is economic strain or collapse of the family. Every couple has to deal with money at some stage, and when there is not enough to go around, differences in temperament and priorities are brought to a head. Even if there is no debt incurred, disagreements over the allocation of money often be enough to end an already irritated relationship.

5. Boredom

Biologically speaking, humans' preference is to pair for about seven years before changing mates. While well matched couples will, naturally, stay together for much longer than this, and possibly for life, most do not. Some couples will eventually grow distant, disinterested, and eventually bored with each other. Such divorces are often the least bitter of all, and often end amiably enough.

To find out what the other top reasons for divorce are, visit the [Divorce Guide](http://DivorceGuide.com)

About the Author

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