

8 SURPRISING DIVORCE TRENDS IN 2025

Learn from CEO and Managing Partner **KELLY MCCLURE**, Managing Partner **FRANCESCA BLACKARD**, Partners **KATE MATAYA** and **JESSICA FRESCH** about the trends they are seeing in their office this year. Read more to learn how you can avoid becoming our client.

Volatile Market Conflict

When the economy feels unstable, the pressure often spills over into family life. As markets swing, so do household stresses—sometimes making marriages just as turbulent.

Social Media-Triggered Affairs

Affairs sparked or fueled through social media remain on the rise. Digital footprints—like suspicious messages, posts, or flirting—are now common sources of marital strife and key pieces of evidence in divorce proceedings.

Clashing Definitions of Success

When one person values career achievement and the other prioritizes time, relationships, or peace of mind, their long-term goals can pull them in different directions. Success-driven lifestyles can slowly chip away at emotional intimacy.

Unrealistic Expectations

Cultural ideals, media portrayals, and curated social feeds continue to distort expectations around marriage. Many couples struggle when real-life relationships don't match the glossy fantasy, increasing dissatisfaction.

Unresolved In-Law Tension

Not loud, dramatic feuds — but subtle, ongoing friction. A passive-aggressive parent, overbearing advice, or guilt-tripping visits can slowly erode the couple's bond, especially if one partner fails to set boundaries.

One Partner Becomes Obsessed with Self-Improvement

Growth is good — but if one partner is constantly pushing to “evolve” while the other prefers comfort and stability, it can create tension. The drive for constant change may feel exhausting or even alienating.

Political Differences

Growing ideological divides—especially in a politically polarized climate—are adding tension to marriages. Clashing beliefs or values are now cited more often as emotional stressors, pushing some toward separation.

Too Much Time Together (Post-Retirement or Remote Work)

It sounds ideal — more time as a couple! But if there's no balance between “together” and “alone” time, the closeness can feel suffocating. Retirement or working from home can remove natural buffers that gave the relationship space to breathe.

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