

# Screwing the Rules Video Dating Tips: 'Tis the Season to...Breakup?



By [E!'s Famously Single Dating Coach, Laurel House](#)

**Dating Expert from E!'s *Famously Single* Talks About Breaking Up During the Holidays**

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In this week's [dating advice](#) video, relationship expert and

E!'s *Famously Single* dating coach, Laurel House discusses breaking up during the holiday season. Sure, the holidays are all about kissing under the mistletoe, snuggling by the fire, and walking hand-in-hand as the snow falls. But that's not all: "From now until Christmas, breakups are steadily on the incline," dating coach and *Screwing the Rules: The No-Games Guide to Love* author Laurel House reveals. "In fact, it's the most popular time of year to breakup. Thankfully, on Christmas, that number actually plummets and picks up again in March." So why does heartbreak happen so often over the holidays? We want to be surrounded by the people we love; if you don't truly have those feelings for your partner, it'll become even more apparent during this busy and stressful time. Listen up for the other reasons that House shares and find out why it's important to say goodbye now instead of waiting until the new year.

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Have you ever dealt with a breakup during the holidays? Share your best advice below!