

# Ghosting 101



# *Just so we're clear*

Ghosting is the act of someone suddenly cutting off all communication without notice or any explanation.

It can happen in romantic or sexual relationships, friendships and even in the workplace.





Bumble recently researched 18-34 year olds about ghosting. 57 per cent of the respondents have ghosted someone and 61 per cent have been ghosted before.



# Why do we ghost?

Some reasons could include

- Avoidance
- Fear
- Self-care
- Not knowing what to say





# Why do we ghost?

Top reasons according to Bumble's recent study:

1. Not feeling a connection
2. Being busy
3. Wanting to avoid the awkward conversation of closing off the relationship



# Let's talk about numbers

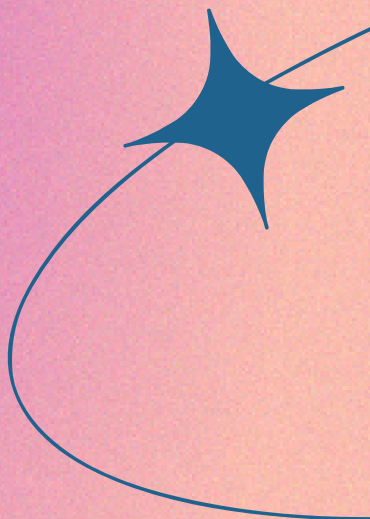
Sure, ghosting may be a sign of emotional immaturity. We need to know how to have difficult or uncomfortable conversations. BUT, we also need to be able to accept a relationship ending.





*We can cope with being ghosted or let go*

We often respond very poorly to being rejected. We might become defensive or reactive. We weren't necessarily taught skills to end relationships or how to respond either. It can hurt. It can be hard not to be reactive when we feel hurt.



# Ways to cope with a relationship ending

- Feel your feelings and support yourself in ways that feel good e.g. spend time outside.
- Get support around you. Family, friends or external support, e.g., counselling.
- Get sleep, move your body, rest.
- Spend time with cats/dogs/animals.





# How to end a connection without ghosting

- Lead with kindness.
- Be honest but gentle.
- Think about what would feel nicest to receive, if it was you.
- If you'd like to be friends but don't sense a romantic connection, you can say that. But don't say it if you have no intention of friendship. Accept if they don't want to be your friend
- If you feel safe with the person, speaking on phone or in person rather than via text might be kinder.



# Things *you* could say

- Maybe you only met them once and don't want to pursue anything. You could say "Thanks for hanging out with me. I don't feel a connection but you seem like a cool human".
- If you've known/dated/spent time with them for a while you could give some context: "I've decided this relationship isn't working for me anymore for X reason. I have decided I need to stop contact with you to look after myself".

