

Ghosting in Romantic Relationship or Dating

Why is s/he not answering my phone? why s/her not replying to my text/SMS? Whys s/he is not talking to me? Am I being ghosted? It is my fault that s/he is not interested in me anymore?"

Ghosting has been common phenomenon for decades and specially now in the time of online dating now. There are many paid or free online dating apps available for people of any ages to find a partner. During this COVID 19 pandemic, online dating has become more prevalent so that the ghosting. Ghosting is people's way to end their romantic relationship with their partners without letting the partner know, by simply cutting off all contacts with that person(s). One partner completely disappears from his/her partner's life by ignoring partner's text/SMS, phone calls or emails or even social media messages.

Ghosting probably the most convenient method for the person to disappear without any confrontation with their partner. Per Cambridge English Dictionary, "*ghosting is a style of ending all relationship abruptly and stopping all kind of communication with someone*". It is a peaceful process for the ghosting initiator to avoid further confrontation. Ghosting initiator's may have an avoidance attachment personality style which cause them to feel triggered when they feel emotionally close to their romantic partner and starts withdrawal by ghosting. Ghosting makes the other partner feel rejected, surprised, socked, remorseful and feeling lack self-esteem. They start blaming themselves that they are the problem and the reason their partner ghosted them (Vilhauer, 2015).

As a Marriage & Family Therapist, I advise my clients to move on. It is better to be ghosted now than to have a divorce in future. By ghosting the initiator confirms

their avoidant attachment trait and about poor survival strategies to their romantic partner and saving them from the future disaster. The ghosting initiator shows that s/he failed to express and communicate their feelings and opinions with their partners effectively. By ghosting, they place their partner clueless and to feel guilty which shows they need to work on their communication and relationship. The ghosting initiator may be having problem with confronting until they understand it's as a problem. No one able to fix them till they see it as a problem and want to work on this issue to be steady


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Received: 08.09.2021 **Revised:** 27.10.2021

Accepted: 14.11.2021 **Published:** 21.12.2021

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Access this Article online	
Website : www.jpsw.co.in	Quick Response Code 
DOI: http://doi.org/10.5281/zenodo.5105491	

How to cite: Chakraborty Kumar, B.S.(2021).Ghosting in Romantic Relationship or Dating. *Journal of Psychosocial Wellbeing*, 2(2):6-7.

with their present or future relationships. Probably the ghosting initiator was or will be into numerous short-term relationships, and while they are getting into emotional attachment with each other, s/he will start ghosting his/her partner and avoid all commitments.

It is never be a good idea to stalk the ghosting initiator over social media and beg them to return. Since the ghosting initiator deserted their partner by disappearing and ignoring text/SMSs, phone calls, emails, and social media communications; without closing the relationship (LeFebvre et. al., 2019); it will better for the victim of the ghosting to forget and move on. Victims of ghosting needs to remember that it was not their fault, nor they are the reason that their partner ghosted them. The ghosting initiator did not

want to deal with their emotions, or the confrontations so ended the relationship without further discussion by disappearing from the scene.

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