

Episode 18 ~ Ghosting

I. Intro

Hey there, fabulous people, and welcome back to 'Queen of Swords.' I'm Eva, your host, and today, we've got a topic that's as familiar as that first sip of morning coffee – ghosting.

You know, ghosting. We've all heard the term, and let's face it, many of us have felt its icy touch in the world of modern dating. It's that creepy feeling of being left hanging, wondering what the heck just happened, and why someone you thought you clicked with has vanished into the digital abyss.

But hey, don't fret, because today, we're gonna unravel the mysteries of ghosting. We're diving deep into this murky dating waters, exploring it from both sides – what's going on in the mind of the 'ghoster' and the emotional rollercoaster the 'ghosted' ride.

I've got stories, insights, and some practical advice lined up to help you navigate this tricky terrain. So, whether you've been ghosted, are guilty of ghosting, or just want to get a handle on this whole ghosting thing, you're in the right place.

Grab your favorite beverage, cozy up, and let's kick off this journey together!

II. Defining The Ghost

So, let's get down to the nitty-gritty – what's this whole 'ghosting' thing about? Well, for all you seasoned daters out there, you probably know the drill. But for those new to the dating scene, let's break it down, shall we?

Ghosting, my friends, is when someone you've been chatting with or even dating just vanishes, like a magician's disappearing act. Poof! They're gone without a word, no text, no explanation. It's that unsettling feeling of being left hanging, scratching your head, and wondering what in the world just happened.

You could've been having fantastic conversations, made plans for the future, maybe even thought you found 'the one,' and then, bam! Radio silence. Your messages go unanswered, and it's like they've vanished into thin air.

Now, you might be wondering, why in the world do people do this ghosting thing? Well, there are a bunch of reasons. Some folks can't stand the thought of a tough conversation, so they choose the vanishing act instead. Others might have found someone else or just lost interest but didn't bother with a 'Dear John' talk. And, of course, there's the lack of maturity or, let's face it, basic communication skills.

I'll be honest, I've had my fair share of run-ins with ghosting, and it can be a real heartbreaker. It's like reading a book and discovering the last few chapters are missing, or watching a movie and suddenly, the screen goes blank – you're left hanging, wanting closure that might never come.

But here's the deal, understanding what ghosting is and why it happens is the first step in dealing with it. And that's exactly what we're diving into today. We're not just going to define ghosting; we're going to get into the nitty-gritty of how it affects our mental and emotional well-being.

III. The Ghosters Perspective

Why do some folks choose to vanish into thin air instead of having an open conversation? Let's dive into this intriguing question."

First things first, not all ghosters are heartless villains. Some genuinely dread those awkward confrontations or simply struggle to put their feelings into words. You know, it's not as black and white as it may seem. In fact, studies hint at something fascinating – that many people ghost because they find it way less stressful than having a challenging conversation.

For example, Forbes conducted a survey that revealed some eye-opening stats. Can you believe a whopping 76% of the folks they asked admitted to either ghosting or being ghosted in the dating world? That's quite a number! Nearly 60% of people said they've been ghosted, while 45% confessed to ghosting someone else.

But the reasons behind ghosting vary. About 47% said they ghosted because they weren't vibing with the other person's personality, and a little over 45% admitted they just weren't that into the connection to feel the need to respond. Interestingly, men and women shared these reasons fairly equally, but guys mentioned them a bit more.

Now, women had their own unique perspective. More of them (13%, to be precise) said they ghosted because they felt a bit scared or intimidated by the other person, compared to 10% of men.

Plus, let's face it, the dating world can be overwhelming, especially with all those dating apps offering endless choices. Sometimes, people ghost because they've stumbled upon someone they think is a better match. Not the most ideal approach, but it happens. A survey by BankMyCell even noted that over 60% of people ghosted because the person they met didn't quite match up with their dating profile, usually in terms of looks.

But here's the thing: Some ghosters might not even realize the emotional impact of their actions on the one who's ghosted. They might think they're sparing feelings by fading into the background.

And you know what, I've had conversations with friends who've confessed to ghosting, and guess what? Many of them felt regret and guilt about it. It's a reminder that ghosters are complex individuals dealing with their own emotional roller coasters.

So, what's the takeaway here? Understanding the ghoster's perspective doesn't excuse ghosting, but it does add a human touch to this often perplexing behavior. And, who knows, it might just help us navigate these tricky waters of dating a tad bit better.

IV. The Ghosted

Now, let's shift gears and dive into what it feels like to be on the receiving end of ghosting. I've heard countless stories from listeners and friends about their experiences, and one thing's for sure, the emotional rollercoaster that comes with ghosting is quite a ride.

Picture this: You're in a budding relationship or even just getting to know someone, and suddenly, they vanish into thin air. Your messages go unanswered, and you're left in a state of confusion, hurt, and maybe even a sense of abandonment. It's like having the rug pulled out from under you."

I mean, who hasn't been there, right? It's a common experience in the world of modern dating. And it can really hit you where it hurts – your self-esteem.

Speaking of the emotional impact, let me share a tidbit from a preliminary study conducted in 2020 and published in the **International Journal of Environmental Research and Public Health**. They looked at the psychological experiences of adults who've experienced ghosting or breadcrumbing. What they found was that those who experienced breadcrumbing or a combination of breadcrumbing and ghosting reported feeling self-perceived loneliness, increased helplessness, and lower satisfaction with life.

I reached out to Dr. Spann, a certified sex therapist, who pointed out something crucial. He mentioned that if someone goes through ghosting repeatedly, it can desensitize them to the feeling of abandonment. It might even become a pattern of behavior for them. The lack of conversation and closure can lead to questioning one's self-worth, triggering emotions like depression or anxiety.

Dr. Litam, another expert, shed light on how people might internalize unhelpful beliefs about being ghosted. They may think, 'If only I were smarter, more attractive, or somehow better, this wouldn't have happened.' But in reality, the issue often lies with the ghoster, not the one being ghosted.

Let's talk numbers for a moment. According to a survey by Match.com, a whopping 78% of respondents reported feeling hurt or upset when they were ghosted. This statistic shows just how deeply ghosting can affect a person's emotional well-being.

I can't help but recall a friend's story. She was in a promising relationship that lasted months, filled with deep conversations and dreams of a future together. Then, one day, everything went silent. It felt like a sudden loss, not just of the person but of the future she had envisioned.

And then, there's the story from a listener who had an amazing first date. They laughed, shared great moments, slept together and even made plans for future dates. But then, poof! Silence. No text, no call, just radio silence.

Now, here's something we can all relate to. If you've been ghosted, you probably know the strong desire to talk to that person, to get some answers, and hopefully find closure. Unfortunately, that's often nearly impossible.

But here's the golden nugget of wisdom to remember, dear listeners: You are not defined by someone else's actions. Ghosting speaks volumes about the ghoster, not you. Your emotional well-being and self-worth should always be a priority.

If you've experienced ghosting, it's perfectly okay to grieve the loss and feel the emotions. Reach out to friends and loved ones for support because you're not alone in this. And always remember, it's not your fault.

V. Moving Forward

Now, let's get real and talk about moving forward after you've been ghosted. It's like facing a plot twist you never saw coming in your own love story. But guess what? You're not alone in this, and it's more common than you might think.

First things first, give yourself a break. Seriously, take a moment to embrace those emotions swirling inside you. Whether you're feeling hurt, confused, angry, or like you've been handed a one-way ticket to Rejectionville, it's all valid. Your feelings matter.

Think of your emotions as these trusty messengers, guiding you through this rollercoaster of a situation. By acknowledging and accepting them, you're granting yourself permission to deal with what just happened. Cry it out, jot down your thoughts, or have a heart-to-heart with a friend who's got your back.

And let's squash that self-doubt bug right now. Ghosting isn't a red stamp of 'you're not good enough.' It's about the actions of the ghoster, not your worth as a person. So, as you navigate this emotional maze, treat yourself with the same love and kindness you'd offer your closest friend in their darkest hour.

Need a game plan? How about a self-care routine? Engage in activities that light up your soul, whether it's cozying up with friends, diving into your favorite hobbies, or finding Zen through mindfulness and meditation. Taking care of yourself is the name of the game.

Now, let's chat about setting boundaries. It's like drawing a line in the sand that says, 'Here's what I need, and here's what I won't stand for.' So, how do you start? Reflect on what's crucial for you in a relationship.

For instance, if you're all about open and honest communication (and who isn't?), make that clear. Tell your future partner that you appreciate regular check-ins or messages. Because let's face it, folks can't read your mind. Don't be shy; express what you need.

But here's the kicker: boundaries are meant to be enforced. Stand your ground. If someone repeatedly crosses those lines, it's a flashing neon sign that they might not be the one for you. Your boundaries are your armor, protecting your heart and mental well-being.

Think of this whole experience as a growth opportunity. What have you learned about yourself, your boundaries, and your communication style? Use these insights to level up and empower yourself.

Don't be a lone wolf in this adventure. Share your feelings with friends or consider seeking professional guidance if needed. Talking it out can provide the comfort and perspective you crave.

Let's talk about closure. Ghosting often leaves you hanging without that satisfying final chapter. So, here's an unconventional but powerful move: write a letter. Pour out everything you wish you could say if you were face-to-face. The key here? **DO NOT SEND IT.** Burn that letter and release all that negative energy. Let it blow away or flow away, carried far from you.

Lastly, don't let ghosting close the door to love and connections. Remember, it's about the ghoster's actions, not your worth. Keep that heart open, and when the time is right, re-enter the dating world with the wisdom of your experiences.

VI. Wrap Up

Well, there you have it, folks! We've covered quite a bit of ground today, from getting a handle on what ghosting is all about to peering into both sides of the ghosting coin. But before we wrap things up, let's do a quick rundown of the key stuff we've learned today.

First things first, we talked about ghosting, which is basically when someone you thought was interested suddenly disappears without a word. It can really throw you for a loop emotionally, so we stressed how important it is to recognize those feelings because, let's face it, ghosting is hurtful and can leave you feeling like you're stuck in a maze.

Then, we took a little detour into the ghoster's world. You know, those folks who do the vanishing act. We tried to understand why some folks choose to ghost – maybe they're avoiding those tough conversations or think it's the easy way out. But hey, we also reminded you that they're not just one-dimensional characters; they've got their own complexities.

And finally, we dove into the deep waters of moving forward after being ghosted. Healing after something like that? Well, it's a journey, my friends. Self-care and self-respect? Those are your trusty companions on this adventure.

So, a huge thanks for hanging out with me today. Your questions, your stories, your ideas for future episodes – they mean the world to us. We're here to chat and explore together, so don't hesitate to hit us up on social media. Your voice? It absolutely matters, and it adds all the spice to our conversations.

Alrighty then, folks, keep it real, keep it kind, and remember, when it comes to relationships, you deserve the best. Until next time, take care, and keep those swords sharp!"