

[ Insert creepy ghost laugh ]

You may associate the term “ghost” with the spooky apparition that haunts the halls of abandoned buildings or cemeteries, but today the term has taken on a new connotation as a word used to describe someone that you believe cares about you, whether it be a friend or someone you are dating, disappearing from contact without any explanation at all. I’m sure you haven’t heard this before, but breaking up with someone is *hard*. There’s truly no easy way to do it, although some would argue that ghosting is the answer to all peoples problems when it comes to ending a relationship or even a friendship. But is ghosting truly an effective and healthy way to end communication, or does it ultimately do more harm than good?

[ Insert notification sound ]

We’ve all experienced it before; that thrill of getting a new notification and having it be from a friend or significant other. The dopamine rush that surges through your brain is something that often makes social media and our phones addicting. With the rising popularity of dating apps, it isn’t surprising that many of us are getting more notifications than normal. It also means new methods of dealing with these notifications. While being able to talk to someone online and not in person is an easier and more widespread method of communication, it can lead to more problems than pluses.

So why do people resort to ghosting?

[ Insert clip about destiny vs. growth believers *What Psychologists Can Tell You About Ghosting* 2:11-2:39 ]

Sure, everyone can't be classified into one category, but there does seem to be a pattern between how individuals view relationships and how they feel about ghosting. For example, someone who believes relationships are expendable would be more likely to have a positive view on ghosting, while someone who takes a relationship extremely serious would be less likely to view ghosting as necessary and may like in-person communication more. True, it does seem much easier to end a friendship or a relationship by simply cutting them off. Rarely, however, do people actually think about the consequences of this.

[ Insert clip about effects of rejection *Ghosting: Why Some People Just Disappear* 1:50-2:21 ]

The feeling of uncertainty is something most people do not like. Take a moment to think to yourself about how you would feel if someone you cared about completely cut off contact with no explanation. Is that your preferred method of ending a relationship with someone? In this day and age, it is much easier to "ghost," but it isn't the best option. Ultimately, people need to learn to be more straightforward rather than hiding behind electronics. Blocking someone is easy, but it can also be considered selfish because it isn't taking into account how the other person would feel about it. Sure, in certain cases the other person needs to be blocked and deserves to have communication cut off, but next time you want to end a romantic relationship that they

think is going well, consider the implications of just simply cutting them off. Don't be a ghost and just disappear.