This is Ashly and myself, I am the Anxious and she said she is the Avoidant attachment style.
She has went silent with me for a week, not sure whats going on.
I know she got some strong concerns about her guy, so I think about that, but I also have concerns because she rides a motorcycle. So I just wait to hear from her.

https://www.facebook.com/share/v/1DpnDmjCwL/

You
Jan 16, 11:31 PM

Beverly

I hope you mute your phone at night or at least I hope this message does not wake you.
I just heard from Patty and she messaged Ashly and she responded to her.
Here I've been worrying that something has happened to her because of her boyfriend issues or motorcycle wreck possibly and other because she ghosted me. You were right about a lot of things mostly we all have our own lives now! So with that being said I'm letting go of everyone and not bothering anyone anymore witb my shit life, so I have deactivated all of my social media & emails, tomorrow I change my phone number.
If you talk to Ashly tell I said I hope she achieves what she is seeking and have a good life. I tried!
Take care and goodbye Beverly. Tell Tommy I said thank you for taking care of you and his patience with me.

RCS message

possibly and other because she ghosted me. You were right about a lot of things mostly we all have our own lives now! So with that being said I'm letting go of everyone and not bothering anyone anymore witb my shit life, so I have deactivated all of my social media & emails, tomorrow I change my phone number.
If you talk to Ashly tell I said I hope she achieves what she is seeking and have a good life. I tried!
Take care and goodbye Beverly. Tell Tommy I said thank you for taking care of you and his patience with me.

Saturday, Jan 17 • 4:50 AM

I knew this was coming.
She did this as a test I bet.
To see if you would go off...
And you fell into it.

This thing with Ashly is breaking my heart, no need to reply

Ashly does not care !!
She left this country to make a life for her self without us .
I am okay with it.

Payback
I broke her heart, now she is reciprocating

That's why it doesn't bother me .stupid games ..

Here I was worrying my ass off and she's playing head games. I don't care if she didn't want to talk, but she should have just said " I don't want to talk again for awhile and I'll let you know when and there's nothing wrong with you and I" and she didn't even have to give me a reason. Just cold doing it the way she did. I know she said we would be limited on talking, but she keep talking to me so I thought it was ok and that she would SAY OTHERWISE.
She does not need me in her life and she has enough issues of her own for at least six more years.
What did I have to look forward too, maybe seeing her once a year and not letting me see Zoe, Really!
Complaints about how bad her childhood was, it was not that bad and Beverly confirms it, just a few times that was extreme.
I'm done!
I have deactivate social media including WhatsApp, all emails, and by the

Today

Messages and calls are end-to-end encrypted. Only people in this chat can read, listen to, or share them. Learn more.

Goodbye Ashly 1:12 AM

There is a personal statement at the end of this communication.
==========

Ghosting is abruptly ending all communication with someone without explanation, like vanishing like a ghost, common in dating, friendships, and even work, leaving the other person confused and hurt due to lack of closure, often stemming from the ghoster's fear of confrontation or discomfort, though sometimes necessary in abusive

confrontation or discomfort, though sometimes necessary in abusive situations. Alternatives to ghosting involve clear, kind communication, while ghosting differs by relationship, being easier in digital contexts but more impactful in deep friendships, and reflects the ghoster's issues more than the ghosted person's.
What is Ghosting?

• Definition: Suddenly cutting off contact with someone, ignoring texts, calls, and emails, leaving them without reason or warning.
• Contexts: Most common in romantic dating, but also happens in friendships and professional settings (e.g., job offers).
• Reasons (Goster's Perspective): Avoiding uncomfortable conversations, fear of conflict, lack of empathy, or simply losing interest.
• Impact (Ghosted Person): Confusion, sadness, anger, self-doubt, and lack of closure.

How it Differs by Relationship Type

• Dating: Very common due to dating apps and abundance of options, often seen as a silent breakup.
• Friendships: Can be more damaging as it breaks deeper platonic bonds without

it breaks deeper platonic bonds without explanation, leaving years of connection in limbo.
• Workplace: Accepting a job offer and then disappearing, or an employee leaving without notice.

Alternatives to Ghosting

• Direct & Kind Breakup: A short message like, "I've enjoyed getting to know you, but I don't see this going further" provides closure.
• "Soft Ghosting": Gradually reducing communication (not ideal, but less harsh than sudden silence).
• Honest Conversation: Explaining why you're not interested, if safe to do so.

When Ghosting Might Be "Necessary" (But Still Harmful)

• With manipulative, abusive, or narcissistic partners where direct communication could be unsafe or lead to further manipulation.
==========

Psychological testing manipulation involves deceptive tactics to control someone's thoughts or actions, exploiting vulnerabilities for personal gain, but also refers to researchers' "manipulation checks" ensuring

"manipulation checks" ensuring experimental conditions work, though these checks themselves can sometimes hinder validity.
Key manipulation tactics include guilt-tripping, gaslighting, love-bombing, silent treatment, and boundary-testing, leading to confusion, low self-esteem, and stress for victims, while in research, it's about altering independent variables to study effects, with checks like ANOVA or Chi-squared tests used to confirm the manipulation was effective.
In interpersonal relationships (Harmful Manipulation)

• Definition: Using deceit, coercion, or emotional abuse to influence others for selfish reasons, often violating boundaries.
• Tactics: Gaslighting ("You're imagining things"), guilt-tripping, love-bombing followed by withdrawal, silent treatment, triangulation, and weaponized incompetence.
• Impact: Damages self-concept, creates confusion, anxiety, and insecurity, and triggers stress responses.
• Assessment Tools: Tests like the Manipulative Attitude Scale or scales within personality tests (like MMPI, HEXACO) can measure tendencies towards manipulation.

towards manipulation.

In psychological research (Experimental Manipulation)

• Definition: Researchers intentionally changing an independent variable (the "manipulation") to see its effect on a dependent variable.
• Manipulation Checks: Brief measures used within an experiment to confirm participants perceived, understood, or reacted to the manipulation as intended (e.g., asking "Did you find the scenario scary?").
• Purpose: To ensure the experiment is valid; a successful check confirms the intended effect, allowing for clearer conclusions about cause and effect.
• Debate: Some argue checks can be costly by falsely increasing confidence or altering the internal processes, suggesting pilot testing or other validation methods might be better.

Key Difference

• Harmful manipulation is about exploiting others for power and control, whereas research manipulation is a controlled experimental tool to study psychological phenomena, ideally without harm.
==========

==========

I was actually very concerned for you because what you had said about you and Shahrad, also because you ride a motorcycle and concerned about your job because your coworker friend no longer being there and if it was possible maybe you got bad news about your position.
I really just did not know and was worried, I have a list of names and phones of people who would tell you my state of mind and emotions.
I did not care that we did not talk, I don't talk much to anyone anyway as I mentioned to you.
Even though you expressed that you were time poor and had a full and busy schedule with details and that you would sometimes be limited to talking I just thought you would tell me when those times would be and not just deliberate ghost me to find out from Patty that you are ok and she had know Idea what was going on.
I told you from the start that I was not going to lie to you or hide anything, that was not how I wanted our relationship to start or be. I accepted all of your testing until now when it involved feelings when it came to you as to whether or not if you were ok.
Sorry it came to this and one last time

8:21 •

5Guc 77

Ashly

Sorry it came to this and one last time I'm sorry about our past, but I thought I made myself clear and with all the information that I provided that I did not do things out of malice or intentional, spite or other moral challenged character, - can you say the same?

7:52 AM

I hope you mute your phone at night or at least I hope this message does not wake you.
I just heard from Patty and she messaged Ashly and she responded to her.
Here I've been worrying that something has happened to her because of her boyfriend issues or motorcycle wreck possibly and other because she ghosted me. You were right about a lot of things mostly we all have our own lives now! So with that being said I'm letting go of everyone and not bothering anyone anymore witb my shit life, so I have deactivated all of my social media & emails, tomorrow I change my phone number.
If you talk to Ashly tell I said I hope she achieves what she is seeking and have a good life. I tried!

7:54 AM

Message

MAR 21 AT 5:24 AM

Ashly this is in response to your statements in your last email.

I will not send anything else till I hear from you to abide by your wishes and boundaries.

First off you are so far off base on your thoughts and you should be evaluating your own self, says the anxious attachment style to the avoidant attachment style.
I mentioned I would do therapy with you if thats possible as I have nothing to hide and we need a neutral mediator. I understand now is not the right time, but when it's right for you the offer is always on the table.

You as a therapist, you should know and understand the importance of verbal & facial communication in order to read body language and to hear inflections to see and feel the emotions to be able to make a correct assessment.

I unders you have issues in your life, everyone does. But you

correct assessment.

I understand you have issues in your life, everyone does. But you are a strong person and an overcomer. Life will never stop challenging you, so consider all you have already been through and conquered. You are a winner!

I can not pour out my heart & feelings to you in this format. I can only hope that you recognize all I'm trying to do. In addition to messages like this is that my thoughts & feelings are moving faster than I can keep up with and type, therefore I miss out on saying everything.
This also why I need to be vocal. It's important not to miss all information and details.

We both need to understand there is going to be differences and that we both have the right to express out thoughts and feelings with the options of rebuttals and not be penalized like ignoring someone for long periods of time.
I understand you are avoidant attachm[illegible]style, therefore you want to [illegible] from your feelings, but I know you are not a coward

I understand you are avoidant attachment style, therefore you want to hide from your feelings, but I know you are not a coward and you have shown strength to stand up to me by some of the things you have already said.

As far as you being scared of me when you were a child, that was a long time ago and you are a grown adult woman now that has learned how to take care of herself. I have seen your workouts on TikTok and I kept the clips cause I am impressed, hell I have your entire library saved because how proud of you I am. Back to the workouts, you can most likely out lift me now and surely you can kick this old mans ass.

Everything was going fine with you and I at least from what I could tell from our interactions and I have the screenshots of all of our conversations.

Yes, this was a communication issue and I now understand that it most likely was ADHD related in conjunc[illegible]with your life crisis situation
But hear what I am saying....

most likely was ADHD related in conjunction with your life crisis situations.
But hear what I am saying....

You mentioned about your time constraints, being time poor. Also about your codependent relationship issues with your words "Man Child" along with your health issues and other things.
I told you (I have the screenshot to show you) that I would not bother you if you said you needed time to deal with things and that I would only reply to whatever you text or emailed me until you said otherwise.

So you continued to message me (maybe because you are a people pleaser or maybe because you do care about me or us), so I did the same in kind. You came up with the card game that asked questions that we played for a while.
Sharing other things and the last thing you shared before you went silent was a video clip about a roller-coaster.

Prior to t[illegible] you had explained the situation with you and Shahrad

roller-coaster.

Prior to that you had explained the situation with you and Shahrad and the two temper outrages that you experienced from him, hitting the bed headpost and throwing a dish of food across the room. When you went silent and didn't even look at my messages I was concerned that something happened with you and Shahrad physically or maybe or you wrecked on your motorcycle. I didn't know why you had ghosted me. We had not argued, everything was good I thought and so I worried for 9 days till Patty brought up that she had spoken with you about the spice and that you gave her a recipe and you said you were fine. Patty had no idea what was or wasn't going on with our communication or lack of. This upset and hurt me (Not Mad as you probably wanted to believe as from my past behaviors) I won't apologize for how I felt, but I will apologize (Sorry!) for what I said, because of how I felt because I did not think I deserved that. I could no derstand that if your life was uch in crisis to ignore me then how could you talk

did not think I deserved that. I could not understand that if your life was so much in crisis to ignore me then how could you talk to someone else and tell them you are fine.

Here is some additional history....

So, you tried to confide in me with your personal relationship issues and I wanted to be there and listen to you, but to be supportive also to express you were not the only one to have gone through that and that I had also, but you got offended because I didn't just listen and you thought the opposite of what I was doing and then attacked me by saying " I now see I can not trust you (me) to be there for me (you) with issues in your life and whatever else you said, That hurt because I was trying to be there for you!

You told me about your ADHD and I have been trying to learn and understand this diagno

You told me about your ADHD and I have been trying to learn and understand this diagnosis about

You told me about your ADHD and I have been trying to learn and understand this diagnosis about you, but it seems to be a very complex issue with great Pros & Cons and that it's not the same for everyone and its case by case with each person even though there can be a lot of same similarities with everyone. So from what I have been told is that I have to learn from the person (you) as to how you are affected. So I am at a disadvantage with this and I need and should be granted leniency. I believe this is another reason why we have hit a snag and not knowing or being diagnosed with ADHD myself I can see certain similarities pertaining to me.

You got upset because I did not respond to your vacation in New Zealand and the AC/DC concert, but I have explained I wanted to do this vocally and not in a long text or email as I can not deal with communicating like this also because I want to see and hear the exci nt from you because I am emp thetic and feel things stronger emotionally

communicating like this also because I want to see and hear the excitement from you because I am empathetic and feel things stronger emotionally.

You have been testing me alot from the beginning to see how I was going to react and I called you out on this and you acknowledged this. So QUIT POKING THE BEAR!
If you go looking fot faults or trouble you will find them, I'm not perfect, I'm human and have feelings too and I have tried very hard to handle and manage those emotions in a better way (Lots of therapy of sorts).

As a therapist yourself you should know better and maybe you do and you are not applying good judgment to what you say. For example even if it is true or you think may be true, some things you just don't say unless you are doing it on purpose for example of one of the things you said to me and how do you think I should or would feel and respond to this.... "This rel nship means more to you than does to me!" You said this twice

would feel and respond to this.... "This relationship means more to you than it does to me!" You said this twice.

I expressed to you I DON'T NEED TO TALK TO YOU OR ANYONE about my life to make me feel better and I explained what my daily life is like that I have no friends here just people I work with and how my work time looks like delivering at night in darkness not listening to music, but constantly thinking.
However I want to talk to you because I want to know you, your life experiences and more. I would like to be part of your life and Zoes and it's not to late for us, but we have to figure out a solution before life steals the rest from us.

I mentioned to you (I have a screenshot) that I needed you to let me know your boundaries in a text message and not to leave it up to me to read between the lines guessing and there was no response, maybe ADHD related or other.
Keep in [illegible], respect, feelings, needs, b[illegible]daries and more is not one sided

guessing and there was no response, maybe ADHD related or other.
Keep in mind, respect, feelings, needs, boundaries and more is not one sided.

I understand you have a lot going on and I am steeping back and will wait on you. It would be nice to hear something besides silence once in a while and not months like it's been. Something like this simple message - " Hey Dad, still very busy with school & work, but Zoe & I are doing fine & well"

I still would like to see Sydney with you and New Zealand to see this wonderful place that captured your heart, hopefully this November 2026 through February 2027, I just need to know to make plans.

Ashly, take all the time you need, I'll be here waiting patiently.
Just remember we are going start out as a challenge for one another till we can learn and adapt to each other.

P.S. As far as what you think you