

Ghosting is the practice of suddenly ending all communication and vanishing without explanation. It most commonly occurs in dating, friendships, and professional settings, leaving the other person confused and without closure.

Why People Ghost

People usually ghost because they want to avoid confrontation or the emotional discomfort of a direct rejection. Instead of having an uncomfortable conversation, they choose to simply stop replying. While it can feel like a personal reflection of your worth, mental health professionals emphasize that ghosting is almost always a sign of the other person's poor communication skills or emotional unavailability.

How to Handle It

- Don't over-analyze: Resist the urge to obsess over what you did or said.
- Prioritize your peace: Give yourself permission to move on rather than waiting for an explanation.
- Create your own closure: Understand that the lack of communication is an answer in itself.

Other Meanings

- Pop Culture: Ghosted is also a 2023 romantic action-comedy film starring Chris Evans and Ana de Armas, and a paranormal comedy TV series on Fox.
- Workplace: In hiring, "ghosting" refers to job candidates who suddenly stop responding to recruiters or employers, or employers who stop communicating with applicants.