

[How To Tell Someone You're Not Interested Without Ghosting](#) By [RACHEL SANOFF](#)

Key Takeaways:

- Ghostee
 - flaky , shadow cowards
- Own up to being uninterested
 - Fear that you will emasculate a man
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[5 Emotional Stages Of Being Ghosted, Because You Just Need To Get Through](#) It By [CHRISTINE SCHOENWALD](#)

Key Takeaways:

- Causes “panic, and uncertainty”
- Assumption: you are supposed to just suck it up, and let it go.
- Ghosting-- Disrespectful & mean
 - Ghostee is never the problem, GHOSTER has the problem.
- People will always ghost? Deal with it?
- Phases after being ghosted
 - Denial, feeling alone
 - No notification to *why* you are being ghosted.
 - Personal assumptions and reasoning to why they are not contacting you back.
 - Thinking there was something more to the relationship
 - Emotions
 - Pissed off
 - At the assumption that you are supposed to know it was done.
 - Temptation to send the email or nasty text.
 - Disappointment, hurt, frustration.
 - How to change the situation
 - Figuring out what you did “wrong”, why they lost interest, how they can respond to you.
 - *Poor way to deal with another being*
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Scheduling Assistant with friends

[The Scheduling Woes of Adult Friendship](#)

- Friends share their Google calendars
 - May seem invasive, a commitment to knowing what others are doing at certain times

- Individuals might not keep their calendars up to date
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