# Relationship Accountability Spectrum

- **Definition**
  - **Ghosting**: Ceasing communications suddenly and entirely with someone you are dating, but no longer wish to date.
  - **Icing**: Manufacturing a reason to suspend the relationship, a la, “I’m too busy.”
  - **Simmering**: Reducing the frequency of dates and communication.
  - **Power Parting**: Ending it conclusively, in language that can’t be misinterpreted by wishful thinking.

- **What it is for you**
  - **Ghosting**: You cannot face the pain you will inflict, so you make it invisible to yourself by disappearing.
  - **Icing**: You want him/her to pine for you and be there if you change your mind. It’s equal parts ego and anxiety.
  - **Simmering**: Something isn’t working for you, but you like the security of companionship and you want bandwidth to browse other options.
  - **Power Parting**: You know and trust yourself well enough to know when something isn’t working, and you have faith in the future.

- **Typical text**
  - **Ghosting**: “**crickets**”
  - **Icing**: “Work is super crazy right now and I need to stay focused. Can’t wait to hang out when my schedule frees up.”
  - **Simmering**: “Sorry for short notice but can’t make it out tonight. Maybe we can get together week after next?”
  - **Power Parting**: “This isn’t working for me. Thank you for sharing the world of improv. I enjoyed our time together and wish you all my best.”

- **What it does for/to the recipient**
  - **Ghosting**: Short term emotional chaos, mid-term confusion and doubt, long-term resentment.
  - **Icing**: He/she knows exactly what’s going on, and he/she knows you’re just too weak to end it. Fastest path to resentment.
  - **Simmering**: A vague sense that something is wrong and that an end is imminent, but not enough evidence for a direct confrontation.
  - **Power Parting**: Clarity and resolution, a faster healing time, and no haunting hopes or ambiguity.