


Written by Adam Devine

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Relationship Accountability Spectrum

	GHOSTING	ICING	SIMMERING	POWER PARTING	
					
Definition	Ceasing communications suddenly and entirely with someone you are dating, but no longer wish to date.	Manufacturing a reason to suspend the relationship, a la, "I'm too busy."	Reducing the frequency of dates and communication.	Ending it conclusively, in language that can't be misinterpreted by wishful thinking.	
What it is for you	You cannot face the pain you will inflict, so you make it invisible to yourself by disappearing.	You want him/her to pine for you and be there if you change your mind. It's equal parts ego and anxiety.	Something isn't working for you, but you like the security of companionship and you want bandwidth to browse other options.	You know and trust yourself well enough to know when something isn't working, and you have faith in the future.	
Typical text	**crickets**	"Work is super crazy right now and I need to stay focused. Can't wait to hang out when my schedule frees up."	"Sorry for short notice but can't make it out tonight. Maybe we can get together week after next?"	"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	Short term emotional chaos, mid-term confusion and doubt, long-term resentment.	He/she knows exactly what's going on, and he/she knows you're just too weak to end it. Fastest path to resentment.	A vague sense that something is wrong and that an end is imminent, but not enough evidence for a direct confrontation.	Clarity and resolution, a faster healing time, and no haunting hopes or ambiguity.	