

**Table 1:**  
*Socio-Demographic Profile of the participants n=5*

<b>Profile</b>	<b>Frequency</b>	<b>Percentage</b>
<i>Age</i>		
<b>21</b>	1	<b>20%</b>
<b>22</b>	4	<b>80%</b>
<i>Sex</i>		
<b>Male</b>	2	<b>40%</b>
<b>Female</b>	3	<b>60%</b>
<i>Romantic Relationship Status</i>		
<b>Single</b>	3	<b>60%</b>
<b>In a Relationship</b>	2	<b>40%</b>

**Table 2***Summary of Cases*

<b>Ghosting Cases</b>	<b>Ghosting Indicators</b>	<b>Ghosting Psychological Issues and Effects</b>	<b>Ghosting Coping Strategies</b>
Case 1: Silver <i>The Ghoster Ghostee</i>	Sudden cutting of communication: Ignoring of messages, no response	Sadness over the lost relationship, thinking what could have gone wrong, since the relationship started sweet and romantic. Reminiscing the past and resentful that it would be difficult to find another person with the same traits	Engaged in hoeing (hoeing is connoted as flirting and having online sexual encounters by the participant), told friends, diverted attention to academics, posting online, ghosted many persons too, as an ease of way to get out of the hoeing phase.
Case 2: Pierre <i>The Hurting Ghostee</i>	Cold shoulder to abrupt cutting of communication, even if ghoster is online, messages are ignored, no responses, no checking up	Feelings of hurt, sadness and disappointment over the person. Significant hurting because of a first-time experience and being vulnerable believing to be undeserving of such treatment. Was not able to move on for a long time. Had a hard time trusting other people and questioned self-worth.	Took out hurt on other persons as acts of revenge-for-ghosters. Played games and ran for a position in student council as a distraction. Reached the acceptance stage when he stopped stalking and reading previous messages of ghosters.
Case 3: Kira <i>The Traumatized Ghostee</i>	Sudden withdrawal from communication and making excuses as to why there are lapses responding or returning messages	Self-blaming and thinking of not being enough. Developed a fear of being repeatedly ghosted and started to normalize ghosting culture, even to a point of expecting this from getting-to-know, talking-stages.	Started detaching from her talking-stages and put up a wall for self-protection from being ghosted again. Resorted to toning down emotions and restricting and restraining from fully investing emotionally to avoid becoming dependent on the other person.
Case 4: Iris <i>The Easy-to-Get Ghostee</i>	Unexpectedly cutting of communication through not replying to messages and sudden disappearance	Felt confused after being ghosted since there were no signs that there was a problem in the relationship, even trusting the person to be sexually intimate with. There was sadness when alone, felt angry, feeling used after the sensual moments, questioning self-value, engaging in self-devaluating thinking patterns, and blaming self for always being ghosted after having sexual intimacy with the ghoster.	Lived a normal life by taking it one day at a time, recognized and acknowledged the anger felt concealed true emotions to survive the incident, talked to people to release the tensions
Case 5: Supremo <i>The Disbelieving Ghostee</i>	Sudden cutting of communication without explanation; Ignoring efforts of reaching out.	Feelings of sadness and anger. Pained after being left hanging in a serious relationship. In disbelief that they have been ghosted after having everything planned in their relationship. Experienced having trouble trusting other potential partners after being ghosted.	Moved out of their house and stayed in a boarding house to forget about the memories. Engaged in casual dating and hook-up culture; talked with a lot of people; spent time drinking with new people.

**Table 3***Ghosting Issues and Effects*

Themes	Collective Descriptions	Ghosting Psychological Issues and Effects
The Masala Effect: Euphoric-turned-toxic Ghosting Issues	It refers to a phenomenon that can occur in romantic relationships when one partner, usually the person who has been ghosted, experiences a euphoric high in the initial stages of the relationship that is ultimately followed by a toxic fallout when the relationship ends abruptly and without explanation. These are the effects of ghosting that make victims question themselves, their worth as a person, and what possibly went wrong to end up having been ghosted, as they recall not having had any problems prior to being ghosted.	Sadness over the lost relationship, thinking what could have gone wrong, since the relationship started sweet and romantic. Reminiscing about the past and resentful that it would be difficult to find another person with the same traits.  Felt confused after being ghosted since there were no signs that there was a problem in the relationship, even trusting the person to be sexually intimate with. There was sadness when alone, felt angry, feeling used after the sensual moments, questioning self-value, engaging in self-devaluating thinking patterns, and blaming self for always being ghosted after having sexual intimacy with the ghoster.
The Matcha Effect: Bittersweet-blend Ghosting Issues	This is a phenomenon that can occur in romantic relationships when one partner experiences a bittersweet blend of emotions after being ghosted. This effect is named after the popular Japanese green tea, matcha, which is known for its bittersweet flavor profile. This is characteristic to how ghosting victims feel about being ghosted. Victims are hurt and disappointed, as they were hopeful about the relationship only to be met with being ghosted in the end. Victims have blamed themselves and questioned their self-worth, and have developed issues on trusting others as well as a fear of being ghosted.	Feelings of hurt, sadness and disappointment over the person. Significant hurting because of a first-time experience and being vulnerable believing to be undeserving of such treatment. Was not able to move on for a long time. Had a hard time trusting other people and questioned self-worth.  Self-blaming and thinking of not being enough. Developed a fear of being repeatedly ghosted and started to normalize ghosting culture, even to a point of expecting this from getting-to-know, talking-stages.

The Lapsang Effect: Smoke-gets-in-your-eyes Ghosting Experiences	The phenomenon that can occur in romantic relationships when one partner experiences a smoky and unpleasant aftermath after being ghosted. This effect is named after the Chinese black tea, lapsang souchong, which is known for its strong and smoky flavor profile. Break-ups are painful, more so those that end suddenly without a proper goodbye especially from the person whom you really fell in love with. Ghosting victims feel a sense of grief after ghosting incidents, and are in disbelief that they have been ghosted in a serious relationship where there are already plans for the relationship itself. Hence, they become troubled with trusting potential partners after being ghosted.	Feelings of sadness and anger. Pained after being left hanging in a serious relationship. In disbelief that they have been ghosted after having everything planned in their relationship. Experienced having trouble trusting other potential partners after being ghosted.
--	---	---

---