

# unlock your *hidden* power

Dissolve the obstacles in your path and bring success TO YOU!

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## Ghosting is Emotional Abuse

Yes, we all have the inherent right to not communicate with someone. *That's our choice.* But if our choice is to stop communication cold, with no explanation at all, then it walks that fine line of becoming immature and cowardly.

In this video, we're talking about ghosting ... why it's considered emotional abuse, why some people think it ISN'T, and how to move forward whether you're the ghoster or the ghostee.

## 3 Takeaways

- Ghosting is *completely invalidating* to the human spirit
- Instead of creating a spiritual injury in someone by ghosting them, simply say "I have nothing more to say." This way, it won't activate the pain pathways in the brain and cause a trauma.
- If you've ever been ghosted, it wasn't about YOU. They were avoiding their own emotional discomfort.

## Assignment:

1. Draw 2 columns
2. Left- write down the effects of ghosting
3. Right—in a perfect world, how do you want others to feel?
4. Compare ... then make a brave, courageous decision about allowing **ONLY** positive energy in your circle
5. If you know anyone who's been ghosted, share this episode

## Biggest Mistake to Avoid

Accepting the ghoster's behavior, because they're sending a very clear message – "I'm not capable of a loving, healthy relationship."



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