

Ghosting aka The INFJ Door Slam

Removing someone from your life is a very challenging thing to do even under the best of circumstances. What makes it even harder is when others criticize not only that you did it but even how you ended a relationship. It is so frustrating when you took this big step & people with no vested interest in the relationship feel the need to tell you how wrong you were. It can make you seriously doubt your decision.

One aspect of this I have experienced is being told how wrong I was for simply backing out of someone's life rather than explaining how I feel or trying to work things out. Those familiar with the Myers Briggs personality test recognize this as the infamous INFJ door slam, even though all personalities may use it. Others call it ghosting. Whatever you choose to call it, many people call it childish, petty & even cruel when it often is nothing of the sort.

While the door slam isn't appropriate in every relationship that ends, in many cases is it a very good option to take no matter what others may think.

With narcissists, trying to work out relationship problem is a waste of time. In fact, telling them that you are hurt when they do or say something usually just makes them do or say that thing more often.

They also have no desire to change their hurtful behavior. If something they do hurts someone, that is either inconsequential to them or it brings them joy. Trying to talk things out with someone like this is not only impossible, but it will cause a lot more pain & frustration.

Not to mention, narcissists will try to convince a victim to maintain the relationship's status quo & can be very good at doing so sometimes. This can cause a couple of unpleasant outcomes. The victim may become confused & stay in the toxic relationship. Or, the victim may leave but carry a great deal of shame for leaving the "poor abuser" or "ruining his or her life" by ending the relationship. Another scenario can happen if the abuser & victim live together. Talking to the abuser before ending the relationship & moving out can give the abuser time to come up with especially creative & effective tactics to keep the victim in the relationship.

In cases like this, it is much better for someone to leave a relationship unannounced & silently for their own mental health's sake.

Not all relationships are abusive, though, & sometimes a person wants to end it simply because of personality differences, moral differences or even religious beliefs. In cases like that, sometimes leaving a relationship silently still may be a viable option.

If someone repeatedly hurts you, you tell them they're hurting you & they continue to hurt you, they have to know why you're ending the relationship. They don't need you to explain yourself yet again. There is no point.

No one should have to explain to someone how to be a decent human being, especially repeatedly. Some people seem to have no clue how to be civil, let alone polite, & are content with their behavior. They say things like, "This is just how I am." Explaining why you want to end a relationship with someone like this is most likely going to be frustrating & a waste of your time.

Obviously, people are very different so you need to consider your options seriously when ending a relationship someone. If the person is reasonable, explaining why you're ending it is a good option. That person may learn that they need to behave in a healthier way. And, who knows, they may teach you something about your own behavior as well. If the person in question isn't reasonable though, quietly walking away probably is your best option.