

# FROM TALKING FOR HOURS TO GHOSTING IN SECONDS

*How Technology Rewired Our Attachment Systems*

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I remember being 16, lying on my bedroom floor with the corded phone stretched under my door, talking to my boyfriend for three hours. About nothing. About everything. Long silences were fine. Comfortable, even. We would do homework together on the phone. Watch the same TV show. Just exist in each other presence through a phone line. My mom would yell: Get off the phone! Someone might be trying to call! I would yell back: Five more minutes! It was never five minutes. Fast forward to last week. My 23-year-old coworker came over. She was upset because a guy she had been seeing ghosted her.

*[Full article continues with research, frameworks, and actionable steps]*