

My match disappeared!



We 'matched' but neither of us initiated the conversation. After a while, the match disappeared without a trace.

Confusion

"What happened?"

Regret

"I should have written them..."

Looking for explanations

"Why did they unmatch me?"

„Yesterday, I matched one guy that seems really nice. And I waited to write because I wanted to write something more nice. And then today, I think he disconnected. Maybe because I didn't write. And then I'm really disappointed because I know I should have written before.“

- Colorful Donut, 23 f



Information, Confidence

Competence

[Knowledge and understanding]

Comfort

[Overview and structure
Peace of mind]

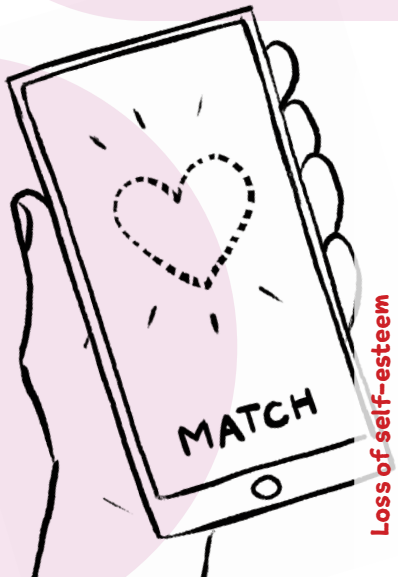
Fitness

Relatedness

Morality

Recognition

Purpose



Loss of self-esteem

At least say hi!



Anger

Generalization

"Why are all ... like this?"

Feelings of unjust

"This is not fair!"

Discouragement

"Why bother writing anyone?"

**I matched with someone interesting.
I wrote my first message,
but they did not answer at all.**

„ Natural for me would be to respond,
but probably what they have,
like a load of likes. ”

- Cuqui, 27 m



Feedback, Belonging

Competence

[Knowledge and understanding,
environmental control]

Comfort

[Overview and structure]

Purpose

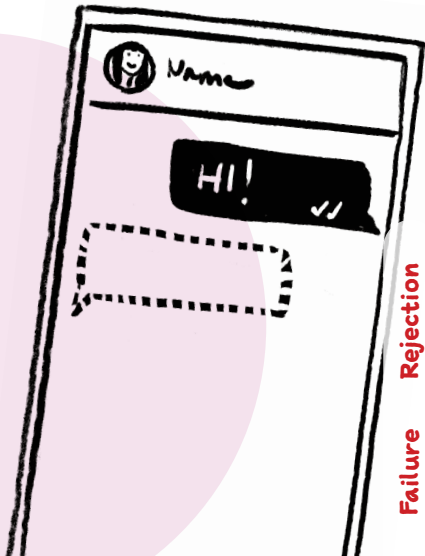
[Personal growth, spirituality]

Autonomy

Impact

Relatedness

Stimulation



Asked for a date and got no response



Once I asked the person for a date, they went silent. Even though they answered frequently before.

Anger and Anxiety

"I'm scared of their answer."

Rumination

"When will they answer?"

Self-doubt

"What am I doing wrong?"

Regret

"I shouldn't have asked them out."

„ He still didn't answer. I'm a bit scared he doesn't want to meet me. I have never met someone from a dating app, even if I used them for quite a while now. This makes me question myself and search for what I do wrong."

- Colorful Donut, 23 f



Feedback, Reassurance

Stimulation

[Variation, novelty]

Comfort

[Overview and structure]

Competence

Morality

Recognition

Purpose

Relatedness



Rumination

Loss of self-esteem



They don't want to go out with me...



Anger, Annoyance

Emotional pain

Reevaluating needs

"They are not the one."

Stepping back

"I will not pursue them any longer."

**I asked them out for a date
and they declined.**

„ The guy texted:
"Hanging would be fun. As friends."
I really dislike it when people give
excuses like "hang as friends" which is
just a lame way to tell me you don't
want to date. "

- BooCat, 25 f



Belonging, Relatedness

[Love and intimacy,
emotional support]

Comfort

[Overview and structure]

Competence

[Knowledge and understanding]

Purpose

[Personal growth, Spirituality]

Community

Security



I had to bail...



After we agreed to meet, I stopped talking to them because I felt unsure about meeting up.

Rumination

"I feel sorry for them."

Justifying behaviour

"Others did the same to me."

Reevaluating values

"I should have handled this different."

„ Somehow I want to reject this guy but feel sad for him because I might hurt him. But I was thinking... a lot of people I trust hurt me without feeling guilty. "

- Free Bird, 27 f



Take action

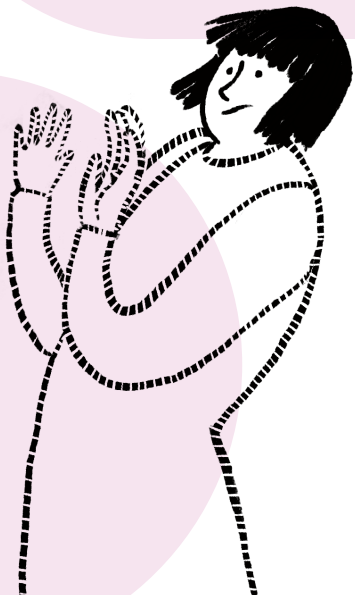
Morality

(Acting virtuously, fulfilling duties)

Comfort

(Peace of mind)

Community
Relatedness
Purpose
Impact
Autonomy
Competence



Disappeared right before our date



Confusion

"Where are they?
What happened?"

Decline in self-esteem

"Maybe I'm doing something wrong."

Reevaluating the person/connection

"Why can't they communicate?"

We agreed to meet for the first time, but the person is unreachable on that day, preventing us to make further arrangements and meet up.

„ The day we were supposed to meet
[I asked him] so what time and where?
And he never answered for the whole day.
He answered me the day after saying, "Oh,
I'm sorry, I had an assignment." So I'm like,
you could have at least written a message. "

- Colorful Donut, 23 f



Information, Belonging

Comfort

[Overview and structure]

Competence

[Knowledge and understanding]

Purpose

[Personal growth, spirituality]

Community

Relatedness

Security



Rejection

This date is not going well



Feeling rejected

"They are not interested."

Decline in self-esteem

"I'm not good enough for them."

Reevaluating needs and values

"I don't want to see them again."

The person cut the date short or appeared uninterested in me.

„ He seemed like he was not happy talking with me or something was going on. And after a while, like 10 minutes of talking, he finished the call. We planned this call days before. I thought he would put some time to get to know me or propose a meeting in person. After the call, he has not texted me. "

- Free Bird, 27 f



Confidence, Belonging

Relatedness

(Love and intimacy, Camaraderie, Emotional support)

Community

(Social harmony)

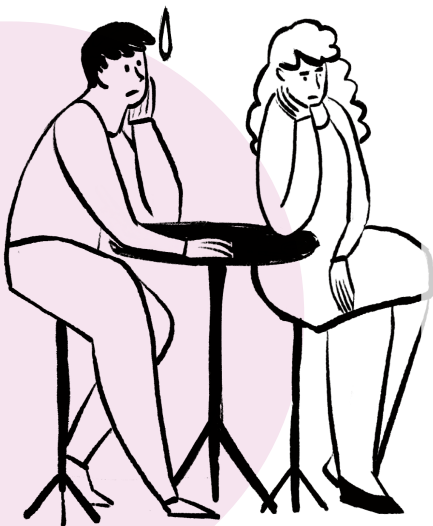
Security

(Social stability)

Comfort

Competence

Purpose



Rejection
Loss of self-esteem

I got ghosted!



Anger

"Why can't they say something?"

Decline in self-esteem

"Maybe I did something wrong"

Searching for explanation

"They must have been looking for something else"

Fear and anxiety

"I should be more careful next time"

The person disappears and becomes unreachable after a date (or even weeks, months of dating) without giving an explanation.

„ After our meeting, I texted him I had a good time with him. And he also texted me the same, but then he unmatched me. I felt upset that he unmatched me. Probably whatever he is looking for, he could not find it in me. "

- Free Bird, 27 f



Explanation, Reasoning

Comfort

[Overview and structure]

Competence

[Knowledge and understanding]

Purpose

[Personal growth, Spirituality]

Relatedness

Community

Security



Rejection

I am not the only one...



Anger and jealousy

"I don't want to think about them being with another person!"

Decline in self-esteem, feeling inferior

"They have the upper hand."

Withdrawal, self-sabotaging

"I'm not going to talk to them."

I found out that they are dating someone else besides me, as well.

„ He was with another woman in a hotel. I'm not in love with him already, but it's not nice to know that he's with another woman.

I feel jealous. And anxious. Because...

Well, when it's a very nice weekend, maybe he doesn't want to see me again. "

- HoneyBunny, 34 f



Autonomy

[Self-reliance]

Competence

[Challenge,

Environmental control,
Knowledge and understanding]

Comfort

[Peace of mind]

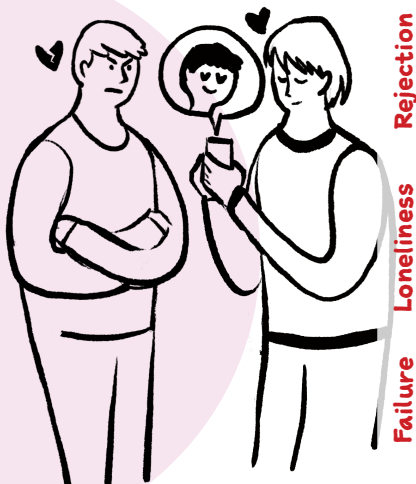
Relatedness

Impact

Stimulation

Purpose

Security



They cancelled, even though we agreed



We have been seeing each other for a while now and I built up expectations. However, the person cancels our next date due to personal/external circumstances.

Disappointment

"I was looking forward to it."

Feeling powerless

"I wish I could do something."

Looking for advice

"What should I do now?"

Reevaluating connection

"Maybe it's not meant to be."

„ I was dating someone for a while, and I thought it went great. She also says that she likes it, but she is very busy [...] So she told me there was no time to meet again for almost two months. This was coming out of the blue, so I wasn't really happy about that. "

- Marshmallow, 21 m



Competence

[Environmental control]

Autonomy

[Freedom of decision, Self-reliance]

Impact

[Influence]

Relatedness

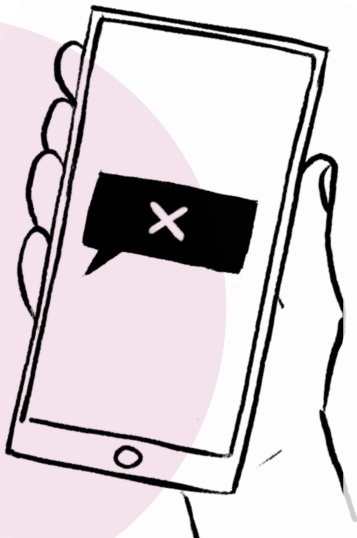
[Emotional support]

Relatedness

Impact

Stimulation

Comfort



Failure
Rumination

This should be equal



Anger

Feeling neglected

"They are always busy."

Doubt and distrust

"Maybe they don't want me."

"Maybe they have someone else."

Reevaluating connection

"This is not what I want."

We are dating for a while now, and I feel like they are putting less effort/time into it than I do.

„ You're just taking my company for granted, you don't have anything better to do so you just chill with me. [...] You should be so nice to me. It should be equal. And now I'm only the one making the efforts. "

- Kashmir 25 f



Competence

[Challenge, Environmental control, Knowledge and understanding]

Autonomy

[Self-reliance]

Comfort

[Overview and structure]

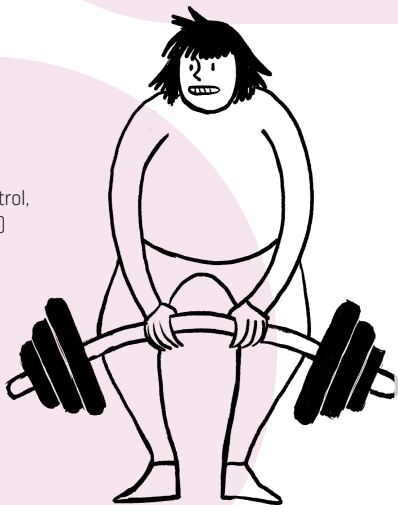
Purpose

[Personal growth, Spirituality]

Relatedness

Community

Security



Loneliness **Rejection**

My needs are valid



During the dating period the person fails to meet my expectations in terms of their behaviour towards me.

Feeling misunderstood

"They don't get me."

Reevaluating relationship

"Maybe they are not the one."

Withdrawal

„ He didn't respond the way I wanted... Maybe it is not so big deal, I don't have to feel this way. I know that it is nonsense, but he didn't acknowledge me."

- HoneyBunny, 34 f

„ And I just was really, really irritated. Does he even listen to me? What is going on? "

- Kashmir 25 f



Relatedness

[Love and intimacy,
Camaraderie, Emotional support]

Community

[Social harmony]

Security

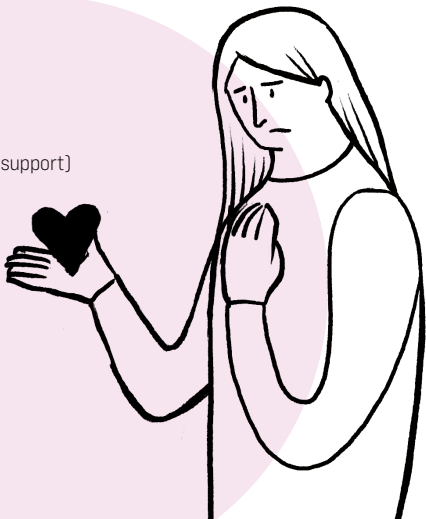
[Social stability]

Comfort

Competence

Purpose

Autonomy



Rejection **Loneliness**

They broke up with me



Emotional pain

Idealizing

"But we were perfect together!"

Looking for explanation

"Why did they break up?"

After a period of dating, the person wants to break things off with me.

„I hope we get back together because he really seems like the perfect match. [...] I'm glad to 'hear' from him, but it makes me at the same time sad. I miss him. "

- HoneyBunny, 34 f



Competence

[Knowledge and understanding]

Relatedness

[Emotional support]

Autonomy

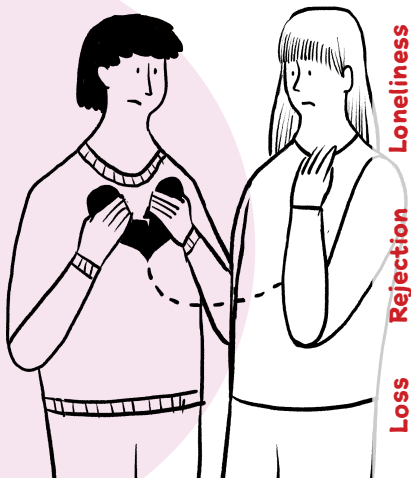
[Self-reliance]

Purpose

[Life goals and direction,
Meaningful activity, Spirituality]

Comfort

Recognition



I decided to stop dating



Doubt

"Is this the right way to do it?"
"Did I hurt them?"

Hope decreasing

"Is there still someone
out there for me?"

After a period of dating, I decided I wanted to stop and broke it off with the person.

„I knew for some days already that I should not continue dating him. [...] The conversation was uncomfortable but not very long. I was hoping to feel more relieved, or proud that I took the courage to end it this way instead of stretching it much longer, but that wasn't really the case. "

- Dancing Queen, 32 f



Security, Hope

Competence

(Skill progression,
Knowledge and understanding,
Challenge)

Relatedness

(Emotional support)

Autonomy

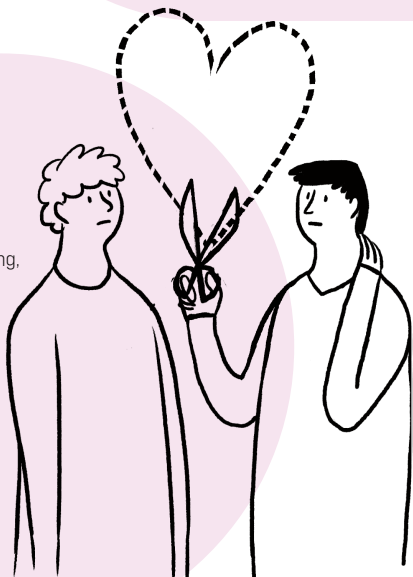
(Individuality)

Recognition

(Appreciation)

Comfort

Community



Loss
Loneliness