

r/Paranormal

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Experience For 6 months my girlfriend says there's a ghost. Today, I finally believed her. (self.Paranormal)

submitted 2 months ago by [KoofDillinger](#)

First time poster.

Let me start by saying I'm a complete skeptic and have had no paranormal experiences whatsoever.

Since my girlfriend and I moved into our new apartment over the summer she hasn't been able to sleep. Strange things tend to happen when I'm not there and she's alone. For a while she's been mentioning a presence she can feel and thinks it's rather sad than malevolent.

While laying in bed talking she mentioned it being female. And as we were discussing it, our kitchen lamp turned on full brightness. This lamp uses a dial to click on and off and to adjust brightness. This definitely spooked me more than her. Can anyone try and explain if something actually is going on?

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[–] KiyuSanjin

3 points

2 months ago

look for anything relating to a death in the house and see if you find any other happenings. Sometimes you feel like the brightness of a room change without any actual change. From time to time I think, that one of the lights in my room was off again (the bulbs tends to burn out rather quickly) and when I check all lights are on as usual. I just was to focused or had to adjust to a different lighting and this was the reason I thought it went out. Don't put too much weight into a single situation.

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[–] KoofDillinger [S]

1 point

2 months ago

I agree and am not. I posted this directly after it happened. I'm rather curious about other people's similar experiences. This is the first time I've had anything that could even be considered MAYBE somewhat paranormal. Nothing else has happened but will keep updating.

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