

## r/Paranormal

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Advice

## Ghost at work walking around

(self.Paranormal)

submitted 2 months ago by Specific-Layer



Hi, I think I may have a ghost or something at work.. I'm mostly alone at the office and when I'm in the other room I hear noises coming from my office.. I also keep hearing the door open. This has been the second time that me and the janitor heard this magical door open by itself but nobody is there. Today while I was talking to the janitor we both heard the door open and maybe 20 minutes latter my food spilled on the ground but the container was closed but somehow most of it spilled... There wasn't a breeze or anything and yet it fell. The janitor saw this too.

I was wondering if anyone has any idea how I can get this ghost or spirit or whatever to quit being a little shit.

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## Paranormal

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[–] [Msk\\_papichulo](#) 1 point 2 months ago

Managed to see the Doc today and as usual they just wanna put me on different meds which isn't really taking the problem away.

It's 12:12am and I'm shit scared just to try n go to sleep feels like im not alone and being watched i hear noises i can't recognize or describe.

My meds has been changed so many times this year and it's messing me up not just mentally but physically as well. My personality has changed so much that i don't know who i am and what i like anymore.

Speaking with my psychologist is difficult cause the way i was raised and how society define men from were im from is like " we just got to walk it off", i never got to learn how to deal with fellings and opening up to people as it's seen as a weakness an get labeled as not man enough.

To physically talk to someone bout it is hard to do that's why im here hoping to be anonymous feels a lot easier.

Meds got me high or mellow every single day for bout 11 months now and it's f'd up to a point it's affecting my relationship, im still in love with my high school sweetheart even though she's very supportive and by my side each step we still got a son to raise that just turned 1.

With all the medical bills and an operation wich is non optional i can see its starting to affect her as well as i can't even help out at home with basic things around the house.

Thank you all for advice good to know that there is still caring people out here and being anonymous and just talking gives a sense of relief.

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[–] [rvd5554](#) 1 point 2 months ago

the meds are no good if this is a spirit it could be drawn to you because of something negative, do you have any family that are depressed? you have to pray and tell them they are not allowed where you are

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[+] [\[deleted\]](#) 2 months ago (1 child)

[–] [LiamsBiggestFan](#) 7 points 2 months ago

I love the way you said quit being a little shit I thought you were describing my kids for a sec! When I try and get them to quit being little shits I find bribery works but I don't know if it works with anything paranormal

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[r/Paranormal](#) provides a platform for its community, believers and skeptics alike, to discuss and share **true** personal paranormal experiences, evidence, thoughts, and theories. Users may also discuss possible theories to debunk submissions.

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sorry pal hope you get some good advice and some peace and quiet.

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[-] [c00fc00f](#) 11 points 2 months ago

Fuck your salad OP, i wanted to steal your lunch till i saw the salad and was overcome with supernatural rage. Also keep that door open it gets warm in here. I apologise for your lunch OP, but next time bring lasagna.

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[-] [Aloneanddogless](#) 12 points 2 months ago

Or **ghoulash**.

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[-] [violinlady\\_](#) 4 points 2 months ago

Air movement from heating / cooling ? Look up too !

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[-] [meowbite](#) 2 points 2 months ago

Hire a spiritual consultant to clear the property

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[-] [Worried-World8384](#) 6 points 2 months ago

I think first just buy some mouse traps or see if that helps.

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[-] [Msk\\_papichulo](#) 6 points 2 months ago

Hi guys im in need of help or an explaof what is happening to my.

Im a 28 year old male fair believer of religion but don't practice it much, 2020 has been really tough. I was in a minor car accident in Dec 2019 and have been on several pain medications deu to neck and back injuries (constantly in pain) I've been on the medication for a couple of months going for a year now lost my job but my issue is for about 5 months now my depression got really bad and i feel like im really losing it im hearing voices but can never make out wht they say and it multiple voices that sound like different people not just one distinct voice and at night when i close my eyes i see all different kind of "demons" i don't know not sure but they really bad looking and it will be hundreds of different face just flashing when i close my eyes. Wtf is it the meds? I can't sleep so in order to get any sleep i have to take alot more meds with alcohol just to knock me out.

Feels like my mental health is deteriorating and money is really tight so i can just go to any Doc whenever i want. Is this just all in my mind?

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[–] [shootme\\_co](#) 3 points 2 months ago

Please see a doctor

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[–] [SwimnoodleSeller](#) 3 points 2 months ago

It's either due to the medications (if you're still taking them) or it's your mental health reacting to the stress you've been through lately. Either way, you should go see a doctor and tell him about it.

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[–] [LiamsBiggestFan](#) 4 points 2 months ago

In all seriousness [u/fuccitsjae](#) has commented with really genuine advice. You should take what they are saying and use it as good advice. You must get back in touch with your doctor soon. You're able to give a good description of how your feeling but depression will get worse if you don't seek help. I'm sure you understand sometimes we must take responsibility for our own mental health if you don't do this for yourself now you might not be able to somewhere down the line. Take care of yourself please.

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[–] [LeoSunflower7](#) 1 point 2 months ago

GTFO

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[–] [fuccitsjae](#) 25 points 2 months ago

This isn't really the place to ask for advice on that, I'd make your own post about it on medical/mental advice based sub.

If you're taking opioids, it's uncommon but opioid hallucinations do happen and you should tell your doctor about them.

It could be the medicine and your currently lacking mental health both along a part on it as well.

My last and most serious possible explanation would be possible schizophrenia; schizophrenia doesn't usually develop until mid to late 20s.

No matter what, I'd contact your doctor and ask them about it rather than medically untrained people on reddit to help possibly diagnose what's happening

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[–] [chuckle\\_puss](#) 10 points 2 months ago

I really appreciate you giving such sane advice to someone who needs actual help.

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[–] [diana\\_puma](#) 9 points 2 months ago

You have to ignore it... the more attention you give , it will continue... I know because my brother worked in a haunted wear house for years and he saw and heard things. It only stopped once he ignored it. Only the the new guys were getting freaked out.

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[–] [BlueLadyTrue](#) 13 points 2 months ago

I agree with this. I had some idiot coworkers who thought they'd actually ask the supposed (not confirmed) ghost at our work to reveal itself. Well, it did. Big time. Doors slamming open and shut, pictures off walls, sound of running footsteps in the abandoned, sealed off floor above us, and really bad vibes in there by the time I arrived for my shift. I had to say a prayer and order the spirits to leave in order for it to stop happening. My general rule of thumb for bad spirits is this: Ignore it unless it is making you feel scared or you feel unsafe, then kick it out. I always say "In the name of the Lord Jesus Christ, I command all evil spirits to leave, and I invite the Holy Spirit in." And that works really well.

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[–] [WtfsaidtheDuck](#) 0 points 2 months ago

Prayer? Seriously? That's a very religious ghost. Just ask them to go, that should normally be enough. Don't try to put religion in here when it's obviously not about that and don't try and convert people.

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[–] [Bartleby2003](#) 3 points 2 months ago

i don't think it's necessarily the religion that an entity may (or may not) respond to, but rather, the individual's conviction and strength - and faith - behind it. but, i'm no expert, either.

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[–] [Less\\_Rise\\_3172](#) 11 points 2 months ago

They weren't doing that at all.. they literally just gave their method of dealing with things. Reaching for something to get mad at eh? ☹️

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[–] [WtfsaidtheDuck](#) -3 points 2 months ago

It's close to "Jesus is my saviour, and he is also YOUR saviour, call up on him or you'll be doomed". Faith is personal, keep it to yourself.

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[–] [Less\\_Rise\\_3172](#) 10 points 2 months ago 🍷

You are speaking on your own behalf. You're offended by religion and are upset someone brought it up. They're not forcing religion on anyone, they were giving their 2 cents just like you are right now. They said "I had to say a prayer - I always say" not "YOU HAVE TO say a prayer or YOU MUST say"

You're wrong, stop being a little bitch

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[–] [BlueLadyTrue](#) 12 points 2 months ago

I said what works for me. ☐ Not trying to convert people or make it about religion. I'm iffy on religion but this is what has worked for me so I use it. I typed up the specific prayer in case anyone wanted to know it. Just easier to put it in my original comment instead of in a response if someone asked.

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[–] [WtfsaidtheDuck](#) 3 points 2 months ago

Maybe demons instead of ghosts?

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[–] [BlueLadyTrue](#) 4 points 2 months ago

Maybe--maybe even both? I don't know much about their differences. I just know if something's being spooky or trying to scare me or other people, I yeet it.

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[–] [aglaophonos](#) 32 points 2 months ago

Make sure no one is actually "living" at your work. Check all closets , drop ceiling tiles, vents, crawl spaces. Your ghost could be a squatter

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[–] [Specific-Layer](#) [\[S\]](#) 9 points 2 months ago

The hallway and stuff are monitored by CCTV and motion camera while the night shift custodian watches the building. I think he knows there's some sort of ghost roaming around because both of them just sorta shrug it off. The door that keeps

opening is monitored by CCTV and motion camera and there is absolutely no one there. Also there isn't a breeze and the building is locked down so you can't get in without a key card.

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[–] [aglaophonos](#) 2 points 2 months ago

Don't get me wrong I absolutely believe in the paranormal. I've lived in a couple haunted apartments myself but I would just double check just to be safe. I've read a lot of posts on [r/letsnotmeet](#) and live humans are still the scariest monsters out there.

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[–] [Kathrine2002](#) 4 points 2 months ago

This ^

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[–] [DKN3](#) 4 points 2 months ago

You have to say a Prayer

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[–] [Father-Ted7](#) 18 points 2 months ago

Just give him a laxative, and he won't be a little shit anymore.

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[–] [fuccitsjaj](#) 5 points 2 months ago

No more little shit, just liquid shit

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[–] [DivideInfamous](#) 9 points 2 months ago

I would just ask it. Tell it you are aware of its presence and its ok to be there, just dont spill my food anymore. If you hear it moving around just acknowledge you hear it. I feel like it just wants to get your attention.

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[–] [Less\\_Rise\\_3172](#) 2 points 2 months ago

Not the best advice.. that's a slippery slope

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[–] [SlowBurn90](#) 3 points 2 months ago

I agree with this, alot of times this sort of stuff happens because they are just trying to communicate and it can be hard and frustrating for them sometimes to actually do so, so in turn they try different things to get through. Also I know you didn't state you feel this way but unless it is obviously being malicious don't just assume it is trying to harm you. Honestly I think the best thing is to acknowledge it and the things it does, maybe try saying hello to it or try having a conversation(as crazy as it may sound) and go from there.

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[–] [Nishyman15\\_](#) 6 points 2 months ago

I'm sorry your getting haunted but you made me laugh lol

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[–] [Specific-Layer](#) [\[S\]](#) 9 points 2 months ago

There's also one of those "spirit catchers" in my office that someone left before me. Do you think if I got rid of it or put it at the door or something it will quit it? I have it pinned to the cork board..

It was previously on the door frame when I got the office and area but I took it down not realizing there probably is a ghost..

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[–] [Sobing](#) 8 points 2 months ago

If you mean a dream catcher those are sometimes associated with hauntings. Either toss it or make sure it's getting hit directly by the sun during the day as that's supposedly how they cleanse themselves of bad dreams after the night, however I kinda doubt its because of that. Like someone else said. First check for signs someone has been sneaking in and out, then ask your boss if they would put a cctv in there just in case. If its neither of those things just ask the little shit to knock it off

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[–] [Bartleby2003](#) 3 points 2 months ago

spirit catcher? i hope you don't mean dream catcher.

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[–] [Jhernande\\_z06](#) 5 points 2 months ago

What if it is a dream catcher?

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[–] [Bartleby2003](#) 3 points 2 months ago\*

sorry; just meant i hope the two weren't being confused, and it came out a bit dramatic. i don't know what a ghost catcher looks like, and i love the symbolism and theory behind the native american dream catcher, so i was just hoping they weren't the same thing, but maybe they are? my apologies, either way. ♡

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