Shaun walks down the corridor passing McKenna's room, noticing she's upset. He enters her room and begins trying to console her but she doesn't reply to him. Cerys calls her downstairs for dinner, and McKenna walks straight through Shaun revealing that he is a ghost.

Shaun leaves the house, feeling uneasy and shocked at realising he's a ghost, where he meets Ramiel in the street. Ramiel introduces himself as one of the angels who is responsible for manifested spirits still walking the earth and explains to Shaun what it is to be a ghost; that his interactions with the physical world can only affect the living at the cost of the ethereal energy that composes his spirit. Being asked what he will do Shaun replies that he wants to watch over McKenna and ensure her wellbeing any way he can as a ghost.

In a surreal montage of different times and places but one continuous monologue, Shaun is telling McKenna about his regrets of his manner of placing work over family and how he wishes he spent more time showing his love for family and particularly McKenna as his only child. Knowing that McKenna is oblivious to Shaun's existence as a ghost, he vents out his feelings of pride and love to her as a daughter and trying to narrow down how he would convey the most in as short a message as possible if he were able to send one.

Shaun is attending a spirit help group. The members discuss their interactions with the physical world; one fellow ghost tells how her friend Carl tried communicating with his living boyfriend by moving objects in the room in some kind of code but he faded quickly before being able to convey any message. Another ghost who appears much weaker and translucent to his peers tells how he tried to turn off the lights at his mother's house to save her electricity bill but it cost him a lot of his energy. They discuss the logic behind what interactions are made and how much fading they cause to try and establish what could be done that wouldn't cost anyone much of their spirit.

Leaving the group Shaun notices McKenna walking past, so he walks with her to talk about his revelations from the support group and trying to think of how he can send a message. She's focused on her phone, unaware of the car she walks out in front of. Shaun tries grabbing her back from the road, making physical contact and successfully pulling her back causing his spirit to 'pass on' as he almost instantly fades away. Left dumbfounded, McKenna recognises this must have been divine intervention by her dad and comes to accept that he did love her.