A HE CALLED IT LOVE CARDS

# DON'T SEND IT

50 Emergency Cards for the Night They Stop Texting

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**— from He Called It Love**

@HECALLEDITLOVE

# READ THIS FIRST

It feels louder right now.

Pause.

You don't have to act on it.

# BREATHE

Inhale.

Hold.

Exhale slowly.

Let it pass.

@HECALLEDITLOVE

# WAIT

Give it one minute.

You don't have to decide anything yet.

@HECALLEDITLOVE

# DON'T SEND IT

You're not going to feel better after you send it.

@HECALLEDITLOVE

# WAIT

Give it 10 minutes.

Then decide.

@HECALLEDITLOVE

# REMEMBER

Silence isn't confusion.

It's a decision.

@HECALLEDITLOVE

# GROUND YOURSELF

Put the phone down.

Feel your body.

Stay here.

@HECALLEDITLOVE

# BE HONEST WITH YOURSELF

If they wanted to, they would have.

@HECALLEDITLOVE

# DON'T SEND IT

You're chasing relief, not connection.

@HECALLEDITLOVE

# COME BACK TO YOU

Take care of you.

Right now.

@HECALLEDITLOVE

# WAIT

You don't need an answer tonight.

@HECALLEDITLOVE

# REMEMBER THIS

You already have the answer.

@HECALLEDITLOVE

# THIS IS AN URGE

It will pass.

Let it.

# DON'T SEND IT

You don't need to explain yourself to someone who stopped texting.

@HECALLEDITLOVE

# BREATHE

Slow it down.

Nothing needs to happen right now.

@HECALLEDITLOVE

# COME BACK TO YOU

Choose yourself.

Even now.

@HECALLEDITLOVE

# READ THIS FIRST

You're not being ignored.

You're being shown.

# BE HONEST WITH YOURSELF

That inconsistency hurt you.

@HECALLEDITLOVE

# DON'T SEND IT

You're about to abandon yourself for a response.

@HECALLEDITLOVE

# WAIT

If it matters tomorrow, you can send it then.

@HECALLEDITLOVE

# REMEMBER THIS

Consistency is the bare minimum.

@HECALLEDITLOVE

# GROUND YOURSELF

Relax your shoulders.

Unclench your jaw.

@HECALLEDITLOVE

# THIS IS AN URGE

You don't need to act on it.

@HECALLEDITLOVE

# COME BACK TO YOU

You are safe without their response.

@HECALLEDITLOVE

# DON'T SEND IT

Silence already said enough.

@HECALLEDITLOVE

# READ THIS FIRST

You miss the feeling.

Not the reality.

@HECALLEDITLOVE

# WAIT

Don't react from emotion.

Respond from clarity.

# BE HONEST WITH YOURSELF

You deserve consistency.

@HECALLEDITLOVE

# REMEMBER THIS

If they cared, it would feel different.

@HECALLEDITLOVE

# DON'T SEND IT

You're not desperate.

You're just activated.

@HECALLEDITLOVE

# BREATHE

Inhale calm.

Exhale urgency.

@HECALLEDITLOVE

# COME BACK TO YOU

Your peace matters more.

@HECALLEDITLOVE

# THIS IS AN URGE

It feels real.

That doesn't mean it is.

# WAIT

Give yourself space before you give them access.

@HECALLEDITLOVE

# REMEMBER

You shouldn't have to chase clarity.

@HECALLEDITLOVE

# DON'T SEND IT

You're trying to fix a feeling they created.

@HECALLEDITLOVE

# GROUND YOURSELF

Look around.

You're okay right now.

@HECALLEDITLOVE

# BEFORE YOU GO BACK

Don't forget how this felt.

@HECALLEDITLOVE

# DON'T SEND IT

You don't get answers from silence.

@HECALLEDITLOVE

# COME BACK TO YOU

You are allowed to walk away.

@HECALLEDITLOVE

# READ THIS FIRST

Nothing changed.

It just feels louder right now.

@HECALLEDITLOVE

**WAIT**

You don't need closure tonight.

@HECALLEDITLOVE

# THIS IS AN URGE

You're craving relief.

Not them.

This feeling will pass.

@HECALLEDITLOVE

# REMEMBER

You deserve effort that feels natural.

@HECALLEDITLOVE

# DON'T SEND IT

Temporary relief isn't worth long-term regret.

# BREATHE

Stay here.

You're okay.

@HECALLEDITLOVE

# COME BACK TO YOU

Love yourself through this moment.

@HECALLEDITLOVE

# BE HONEST

You felt the shift.

Trust that.

@HECALLEDITLOVE

# DON'T SEND IT

You're not missing them.

You're missing certainty.

@HECALLEDITLOVE

You came back to yourself.

Stay there.

You didn't lose anything by waiting.

@HECALLEDITLOVE

*The hours creeping slowly.*
*The if only I send this last text,*
*then they'll understand.*

*No, they won't.*

*But the silence — they gave you the answer.*
*I know from experience.*
*It hurts.*

*Use these cards on your phone.*
*Print them out.*
*Please let them help you.*

*You did nothing wrong*
*but love somebody*
*who didn't know*
*how to be loved by you.*

*— He Called It Love*