THE LOW CONTACT PLANNER

For the family you're not ready to cut off, but can't keep letting all the way in.

"Low contact isn't half a boundary. It's a whole one, sized to what you can survive."

— from He Called It Love

LOW CONTACT IS NOT A FAILED VERSION OF NO CONTACT

It's not weakness. It's not indecision.
It's the boundary that fits your actual life
— the shared holidays, the kids, the
small town.

You get to build the version that works
for you.

DECIDE WHAT'S ALLOWED IN

Birthdays. Holidays. Emergencies. Pick your list.

Everything else waits, gets a short reply, or gets nothing.

DECIDE WHAT'S NOT UP FOR DISCUSSION

Your parenting. Your relationship. Your past. Your weight.
Write the list.

When it comes up anyway, you don't engage. You redirect or you leave.

WRITE YOUR EXIT LINES NOW, BEFORE YOU NEED THEM

"I'm not discussing that."

"I have to go."

"Let's talk about something else."

Have them ready. Don't improvise in the moment.

SET YOUR CONTACT RULE

Once a month. Texts only. No phone calls. Whatever keeps you steady.

Write the rule down. It's easier to hold a line you already wrote.

EXPECT THE PUSHBACK

"Why are you being like this."

"Family doesn't do this to family."

That's not a real question. Don't answer it like one.

CHECK IN WITH YOURSELF AFTER EVERY CONTACT

Did that leave you calmer or wrecked?
Adjust the rule accordingly.

This planner isn't fixed. It moves as you heal.

You don't have to choose between "all in" and "gone forever." Low contact is allowed to be the whole plan.

-Sara from He Called It Love