A HE CALLED IT LOVE GUIDE

# THE RIGHT WORDS

Five texts for the conversations you keep rehearsing in your head. Copy, edit, send.

*"Some require kindness. Some require courage. Some simply require the right words."*

**— from He Called It Love**

# BEFORE YOU START

These aren't scripts to win an argument.
They're words for when you're done finding your own.

Pick the one that fits. Change the details to match your life.

Send it once. You don't need to explain it twice.

# THIS IS MY LAST MESSAGE

I've said everything I need to say. I'm no longer willing to keep having the same conversations or explaining the same decisions.

My choice has been made. Please respect it.

I won't be responding to any future messages.

I truly hope you find happiness. I'm choosing to move forward.

# WE CAN TALK ABOUT THE KIDS

I want us to have a healthy co-parenting relationship.

From this point forward, our conversations stay focused on the kids — their schedules, their needs, and the decisions that matter.

I'm not discussing our past or anything personal anymore. Our kids deserve parents who can communicate with respect.

# WE'VE OUTGROWN THIS FRIENDSHIP

This isn't easy to say — this friendship has meant a lot to me.

But we've grown in different directions, and I want to remember the good without holding on to something that doesn't feel healthy anymore.

I hope life brings you everything you're looking for. Thank you for the chapter we shared.

# I LOVE YOU, BUT THIS HAS TO CHANGE

I love you, and because I love you, I need to be honest.

Some of our conversations leave me feeling hurt instead of heard.

If we're going to move forward, it has to be built on mutual respect. I'm not asking you to be perfect — I'm asking to be treated with kindness.

# I'M SORRY

I've spent a lot of time thinking about what happened, and I owe you an apology.

I was wrong. I can't change what happened, but I can take responsibility for my part in it.

Whether or not you forgive me is your choice, and I'll respect that. I just wanted you to know that I'm truly sorry.

# ONE MORE THING

You don't owe a longer version.

You don't owe a follow-up text
explaining the follow-up text.

Said once, clearly — that's enough.
Let it stand.

*You don't owe anyone a longer explanation than the one you already gave.*

— Sara from He Called It Love