A HE CALLED IT LOVE LETTER

THE TEXT YOU DON'T HAVE TO SEND

A quiet page for the night
you need to say everything.

— **from He Called It Love**

If your heart needs to say something,
let it be here first.

Read this out loud.

Change the words.

Or let it help you write your own.

You don't have to send it tonight.

I wanted to ask why you stopped texting.

I wanted one conversation that made
all of this make sense.

I wanted to believe there was a reason
for your silence.

Maybe there is.

Maybe there isn't.

But I can't keep waiting for answers
that only you can give.

I can't keep measuring my worth by
whether my phone lights up.

So tonight, I'm leaving these words here.

Not because this doesn't hurt.

Not because I stopped caring.

Because this night is the start of my peace.

@HECALLEDITLOVE

NOW WRITE THE TEXT YOU WANT TO SEND

Open your Notes app.

Write everything.

Write what happened tonight.

Write the history behind it.

Whether it has been three weeks, three years,
or—in my case—21 years, write the part
that still matters to you.

Write what hurt.

Write what you wish they understood.

Write the angry part.

Write the part that still misses them.

Even write the part your heart was hoping for.

Do not clean it up.

Do not make yourself sound calm.

Do not worry about whether it is fair,
pretty, or perfectly worded.

This is not the message you are sending.

This is where you tell the truth.

Read it out loud once.

Then close the note.

Do not send it tonight.

You don't have to make tomorrow's
decision tonight.