A HE CALLED IT LOVE CARDS

WHEN THEY DON'T TEXT BACK

10 Emergency Reminders for No Contact Panic

— from He Called It Love

@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, was 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

Put the phone down.

Read one card.

Breathe.

Wait ten minutes.

You don't have to be over it

to choose yourself for the next ten minutes.

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THIS FEELING WILL PASS

It always has.

Every single time before — it passed.

This time is no different.

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YOU ARE NOT CRAZY

What you're feeling is your nervous system withdrawing from trauma.

It's biology.

Not weakness.

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THEY HAVEN'T CHANGED

The person you're missing doesn't exist.

You're mourning who you wished they were.

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SILENCE IS NOT

REJECTION

It's protection.

Yours.

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THE URGE TO TEXT IS JUST FEAR

Fear that you won't survive without them.

You will.

You already are.

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YOUR BODY IS LYING TO YOU RIGHT NOW

The anxiety, the longing, the pull — that's trauma.

Not love.

REMEMBER THIS

You deserve someone whose silence doesn't destroy you.

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YOU ARE ALLOWED TO FALL APART

Crying is not breaking.

Feeling is not failing.

You can fall apart and still stay no contact.

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YOU MADE IT THROUGH
EVERY HARD NIGHT
BEFORE THIS ONE

You'll make it through this one too.

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If this helped you, The Silence Survival Kit

has 50 emergency cards for every hard moment.

Built at 2am.

For you.

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