



# The "Do Not Text" Checklist

*For when you're tempted to go back to someone who broke you.*



**Before You Hit Send, Ask Yourself:**

## 1. Why now?

- Am I bored?
- Am I lonely?
- Am I seeking closure they've never given me before?
- Am I craving a version of them that no longer exists?

## 2. What am I hoping they'll say?

Be honest:

- Do I want them to apologize?
- To validate my experience?
- To say they've changed?
- To miss me?

Now ask:

**Have they ever given me any of that consistently before?**

## 3. What happened the last time I reached out?

- ☐ Did I feel better long-term?
- ☐ Or did I feel re-hooked, dismissed, or humiliated?
- ☐ Did they actually change?
- ☐ Or did they just pull me back in until I was quiet again?

**Reminder:** If it worked before, you wouldn't be here now.

#### 4. What am I risking by texting them?

- My progress
- My peace
- My self-respect
- Another round of gaslighting
- Another spiral of self-blame
- Reopening wounds I already survived

#### TRUTH CHECK:

You don't miss them.

You miss the way they made you feel temporarily.

And that feeling? You can learn to give it to yourself, without begging someone who broke you.

#### INSTEAD OF TEXTING THEM:

- ☐ Text a safe friend who reminds you why you left
- ☐ Reread your journal entries from the worst days
- ☐ Open your notes app and type out the message—but don't send it
- ☐ Listen to a breakup or trauma-bond podcast
- ☐ Take a walk and move the energy out of your body
- ☐ Say out loud: "I choose myself this time."

#### Final Reminder:

You didn't leave because you stopped caring.

You left because they never truly did.

Don't hand your healing back just because they threw a breadcrumb.

