



What should you text a friend you lost touch with?

Cut out the card along the dashed line (6 by about 4 inches). Say one line, then stop and listen. Use your own words when they come.

Reaching out to an old friend

1. Short, specific, warm: why you thought of them, then one easy question.
2. One phrase about the gap is enough. No guilt paragraph.
3. Ask for nothing. "No need to write back" takes the pressure off.
4. If they reply, move to a call and set the next one before you hang up.
5. No answer? One light follow-up in two or three weeks, then let it rest.

More lines from the page

- I drove past our old place on Elm today and had a full flashback to the couch we carried up four flights. Miss you. How are you these days?
- Just heard the song you made us play on every road trip, and I laughed out loud in the grocery store. Hope you're well. No need to write back, I just thought of you.
- I know it's been forever. You crossed my mind this morning and I realized I'd love to hear how your life is going. Coffee or a call sometime, if you're up for it?
- Kiran: Drove past our old place on Elm today and thought of you. How are you these days?
- Jess: OMG KIRAN. I was literally thinking about you last week. I'm good! Still in Chicago, new job, it's a lot. How are the twins??
- Kiran: Loud and wonderful. I'd love to actually hear your voice. Free for a call this weekend?
- Jess: Yes. Sunday afternoon?
- Kiran: Perfect. Talk then.
- No pressure at all, just wanted you to know I'd love to catch up whenever.

If you are afraid of your partner, scripts are not the answer: call the National Domestic Violence Hotline at 1-800-799-7233 or text START to 88788. In danger, call 911.