Do I Text Them?

Knot Alone

Nine questions, one honest answer. Screenshot it. Work down until one stops you — and if nothing stops you, send it with your whole chest.

---

1 **Is this an emergency or something genuinely practical?**

Yes → send it, keep it short and factual. No → keep going.

↓

2 **Am I hoping this message will change how they feel about me?**

Yes → stop. No message has ever done that. No → keep going.

↓

3 **Have I already said this, in some form, before?**

Yes → stop. Repetition reads as pressure, not as clarity.

↓

4 **Would I send this at 11am on a Tuesday, sober and rested?**

No → wait until 11am on a Tuesday. It will look different.

↓

5 **Am I sending it to get a reply, or to put something down?**

To get a reply → what happens if there is none? Sit with that first.

↓

6 **Is the real need underneath this: to feel close, chosen, or less alone?**

Then name that need — to yourself, or to a friend, not to them.

↓

7 **Will I check my phone every four minutes after sending?**

Yes → you are not sending a message, you are opening a wound.

↓

8 **If they do not answer, do I have a plan for tonight?**

No → make the plan first. Then decide.

↓

9 **Reading it back: is it kind, short, and free of a hook?**

If yes — send it. You are allowed to reach out as an adult.

Checking their profile counts as texting them. It is the same dose, taken quietly.