

Always the One Who Texts First

For the tiredness of being the one who always starts it.

WHEN TO USE THIS

Use this when you are worn out from keeping things going on your own.

Think of a few people. Who starts it, and when did they last?

WHO	WHO STARTS IT	LAST TIME THEY DID

How does it feel to look at that?

Is there anyone worth saying it to? What would you say?

What would you like to try for a month? Keep it small.

Wait and see with one person. Keep going with another.

Noticing the pattern is not petty. It is you paying attention to what things cost.