A FREE GUIDE FROM THE WAY BACK INTO HER LIFE

The Always-List: 12 Things That Keep the Door Open

The Never-List told you what to stop sending. This is what to start. Twelve small things — none of them grand, all of them noticed.

1	**Hold a steady, undemanding rhythm.**	Short, warm, no-ask messages on a calm cadence. Let silence be silence — don't fill it.
2	**Let one message stand.**	Say it once. Then taper. Never chase a reply, never check whether it landed.
3	**Let your reactions be the evidence.**	Stay calm when it's hard. That's the only announcement of change she'll believe.
4	**Show attention, not need.**	Notice something specific about her life today and name it briefly. Proof of attention — never a bid for validation.
5	**Meet her where she is now.**	Engage with what she loves today, not the past you miss. Today is the only shared ground you have.
6	**Keep humor safe and kind.**	If there's any chance it lands wrong, don't send it. Unequivocally positive, or nothing.
7	**Give with no strings.**	If the gift carries a caption that steers her, delete the caption. If you can't, don't send the gift.
8	**Get it right before you send it.**	Run the check, mail it once, then wait. No follow-ups, no explanations of the explanation.
9	**Give without a ledger.**	Help freely or don't help — but never keep score, and never mention the score.
10	**Speak only to her, about her.**	No comparisons — not to her siblings, not to anyone. She's not a category. She's your daughter.
11	**Only ask what you can hear calmly.**	If her honest answer would undo you, don't ask the question yet. Wait until you can.
12	**Keep every channel one-to-one.**	Never post about her. Never recruit. Privacy is the proof she can trust you with the rest.

The test under every message: could she receive this with no reply required and feel only warmth? If yes, send it.

Ready to write the one letter that asks for nothing?

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