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I Forgot

TIMING RULES

1. Never ever initiate a message to him. Only respond to messages he sends you.
2. Copy his messages into a Google Doc, and draft a possible strategic response in that same Google Doc. Have a safe person help you draft the message.
3. If he sends a message when the children are in your care, respond only minimally or not at all. Then draft a possible strategic response and wait until the kids are in HIS care AND he initiates a new message before responding.
4. If the kids are in his care and he messages, respond as quickly as possible after your "Viewed" timestamp in OFW to give him the impression you didn't think too much about it.

CONTENT RULES

1. Never write about anything he hasn't brought up in his messages.
2. Never ask him to do anything or stop doing something.
3. Never message about what we're going to do, only write about what we've already done. (And never going to offer to do anything for him unless it's strategic.)
4. Never document something that isn't true.
5. Never reveal our true concerns and feelings to Chuck.
6. Always be as vague and general as possible, don't use bullet points or detailed explanations of anything.

I'm Happy & Pleasant

- Start with a reference about the weather and end your messages with a pleasant sign off.
- Compliment your children.
- Use contractions.

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I'm So Confused, It's Funny

- 1. Deliberately misunderstand or misinterpret what he says.**
 - I'm sorry to hear you're struggling with . . .
 - I don't feel comfortable . . .
 - Can you be more specific about [topic]? I bet a screenshot would help, I'm a visual learner.
 - Since you messaged ["quote"] on [date] (see screenshot), can you help me put the pieces together?
 - I'm relieved to hear you say . . . [write something he didn't say or intend]
- 2. Tell third party helpers like teachers, doctors, therapists that he's struggling with his mental health.**
 - I'm concerned. Chuck seems to be having some mental health struggles.
- 3. Use humor.**
 - haha
 - lol
 - that's funny
 - you're cracking me up

I'm Helpful

- To [blank], just . . . [state the obvious]
- If that doesn't work, try . . . [state the obvious]
- Yes, that information is on the OFW Calendar, OFW Info Bank, OFW Expense Log, screenshot, etc.
- That's a good question! Have you talked with . . .
- Oh, yes, I see you read my message on [date] (see screenshot). Do you have more questions about it?
- Oh, yeah, I usually pick [item] up at Walmart . . .
- I got [child's name] on Amazon, I bet they'd still have it?

I Agree

- Let me know.
- Either way.
- Sounds good.