

LASTSEEN.TODAY

why did you do it like that

SEEN 03:14

NOT SENT

DRAFTS

Thirty messages you are not going to send, one letter,
one audit.

Free sample – eleven pages.

None of these get sent. That is the whole design.

You have been writing them in your head anyway, at bad hours, in worse states. Your head is a terrible place to keep them.

So they go here instead. One prompt per page, one empty message per prompt. You fill it. Nobody reads it.

Rules, if you want them.

Write fast. Do not edit. Do not be fair – fairness is for later.

One a night, or all thirty in one. There is no schedule and no grade.



The ones you'd send at 3am

Drafts 01 – 10

The one where you ask why.

You already know they will say they don't know. Write it anyway.

The one where you apologise for something you didn't do.

Start with "I'm sorry." Find out what comes after it.

NOT SENT

The one where you name the exact moment you knew.

There was one. You have been arguing with it ever since.

THE FINAL SECTION

THE LETTER

The one you don't give them.

Thirty drafts were practice. This is the one.

You are going to write a single letter, in six parts, and you are not going to send it. Not a version of it. Not a shortened one. Not just the last paragraph.

When you finish you have three options: keep it, destroy it, or leave it in this book. There is no fourth one.

What actually happened.

Facts only. Dates, events, what was said. No interpretation, no "they always". If you could not prove it in front of someone else, it does not go on this page.

THE AUDIT

What was actually good, and what you were putting up with.

You will be tempted to do this twice. Once on a good day, when all of it was wonderful. Once on a bad day, when all of it was a waste. Both are lies, and they come from the same place.

Do it once. Do it in one sitting. Do it with a pen, not in your head.

This is the only part of the book with rules. Keep them.

What was actually good.

RULE

Only what you can name an instance of. Not "they were funny" – the night they were funny. If no occasion comes to mind, it does not go on the list. Vague good memories are not memories, they are hope.

01	
02	
03	
04	
05	
06	
07	
08	

END OF SAMPLE

There are twenty-seven more.

And this is one of three. There is no journey. There is only after.

ONE DRAFTS – the workbook. Thirty prompts, the letter you don't give them, and the audit.

TWO READ RECEIPTS – the field guide. Twenty behaviours, decoded.

THREE 30 DAYS – the programme. One page a day for the first month.

THE AFTER · `lastseen.today`

For personal reflection. Not therapy, counselling or clinical advice.