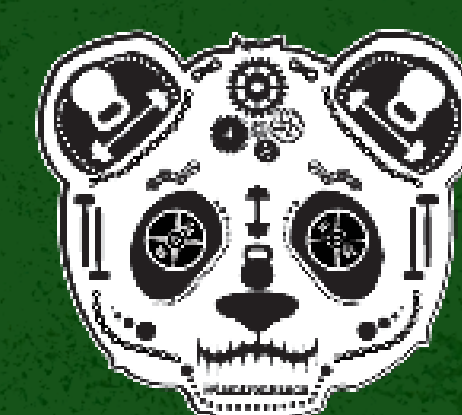




WHO'S ON YOUR MIDNIGHT LIST?

Not your contacts. Not your group chats. The list of people you'd actually call at 2am if things went sideways, and who'd actually pick up.

Most men have never written it down, because most men assume the list exists without thinking too hard about it. Take the timer to check.

Write three names. Just three.

1. _____
2. _____
3. _____

If you filled in all three without hesitating — good. Send this to one of them right now and tell them why. That's not sentimental, that's maintenance.

If you got stuck after one, or you didn't write any

That's not a character flaw. That's a maintenance problem, and maintenance problems have a fix that doesn't involve becoming a different person. Pick one of these and do it this week — not "someday," this week.

- Text one person from ten years ago. Not a paragraph. "Been thinking about you, how are you actually doing." That's the whole message.
- Say the true thing once. Next time someone asks how you're doing, skip "fine." Give them one real sentence. See what happens. Most men are shocked it doesn't blow up their life.
- Show up somewhere on purpose. Not an app, not a feed — a room. A group, a gym class, a standing thing with other men in it. You can't midnight-list someone you've never sat across from.

The part nobody wants to hear

A thin list isn't proof you don't need people. It's proof you've been running on default for a long time — heads down, handle it yourself, don't ask, don't need. That mode works right up until the time it doesn't.

You don't fix an empty list by wanting a fuller one. You fix it by making one call you've been avoiding. Today's as good a day as any. Better than most, actually — you're already thinking about it.