

RELATIONSHIP COMMUNICATION TOOL

What to Text When...

The Exact Messages That Prevent Regret

Stop freezing. Stop spiraling. Stop sending things you regret.

This is not a guide you read once. It is a tool you use in real time.

25 Situations · 100+ Exact Scripts · Emergency Decision Protocol

BEFORE YOU START

What This Actually Does For You

This is not a list of suggestions. It is a decision tool for high-stakes moments when your emotions are running faster than your judgment.

- It stops you from sending the reactive text -- the one you'd regret in an hour.
- It removes the spiral. You don't have to draft, delete, and redraft. The options are here.
- It gives you language that is calm and direct when you don't feel either of those things.
- It tells you when to send -- and when to say nothing at all.
- Short, grounded texts create more clarity than long emotional ones. Every time.
- You open it when you need it. You leave it when you don't. That's the whole model.

Open it when you need it. Use what works. Come back as often as this is useful.

HOW TO USE THIS TOOL

Three Steps. That's It.

1. **Find your situation.** Scroll the scenarios. It's here.
2. **Pick the option that sounds like you.** Direct, calm, confident, or playful. Trust your instinct.
3. **Send it.** Then put the phone down. You've said what needed to be said.

A few things to know:

- Short texts are not a sign of not caring. They are a sign of clarity.
- Pick the option that sounds like a version of you -- not a perfect script.
- If none of the four feel right, go to the Emergency Section first.
- The 'What Not to Send' examples are real. Read them. Recognize yourself if you need to.
- Clarity protects you. Keeping someone comfortable at your expense does not.

Find the situation. Send the message. Stop overthinking.

PART ONE

The Situations

Twenty-five real situations. Four options each. The one you need is in here.

This section is your first stop. Find your situation -- use the one that fits.

SCENARIO 01

When They Suddenly Go Quiet

WHAT'S HAPPENING

Someone you've been talking to consistently drops off. No warning. The conversation just stops.

WHAT YOU WANT

To acknowledge the silence once, cleanly, without chasing.

TEXT OPTIONS

Option 1 - Direct

"Hey, things have gone quiet on your end. Just checking in once."

Option 2 - Calm

"Hope you're good. I'm around when you want to talk."

Option 3 - Confident

"I've noticed you've gone quiet. No pressure -- but let me know if you want to keep this going."

Option 4 - Playful

"Either you lost your phone or you've been kidnapped. Either way, hope you're okay."

WHEN TO SEND

Send it once. No follow-up. If there's no reply in a few days, you have your answer.

WHAT NOT TO SEND

- x "Why are you ignoring me? Did I do something wrong?"
 - x "Helloooo?? Are you alive lol"
-

SCENARIO 02

When They Take Hours or Days to Reply

x "I'm going to need like a week or maybe two or I'm not sure."

PART ONE / CONTINUED

Five More High-Stakes Moments

These are the situations most likely to cause a mistake. Read them carefully.

NEW SCENARIO

When You're About to Double-Text

WHAT'S HAPPENING

You sent something. No reply. Now you're about to send another message -- and you know it.

WHAT YOU WANT

To send one follow-up that doesn't look like panic.

TEXT OPTIONS

Option 1 - Direct

"Just wanted to make sure that came through."

Option 2 - Calm

"No rush -- just following up when you get a chance."

Option 3 - Confident

"Dropping this one more time, then I'll leave it with you."

Option 4 - Playful

"Last message, I promise. Still there?"

WHEN TO SEND

Once only. After this, stop. Silence is an answer too. Use this sparingly -- most of the time, you shouldn't double-text.

WHAT NOT TO SEND

x "Hey. Hey. Are you ignoring me? I just want to know."

x "I sent you something and you didn't respond and now I'm spiraling a little."

NEW SCENARIO

When They're Active Online But Not Replying

PART TWO

Before You Send That Text

Your emotions are up. You want to respond. Read this section before you touch the keyboard.

Most mistakes happen in the first two minutes after a triggering message. This section is built for that window.

5 RULES

01

Emotion is information. It is not an instruction.

Feel it. Don't send it.

02

If you typed it in under two minutes, don't send it.

Reactive texts create problems. They don't solve them.

03

The longer the text, the worse the timing.

If you can't say it in three sentences, say nothing yet.

04

Asking for reassurance through text doesn't work.

You'll get a reply that doesn't actually reassure you. Call instead.

05

You don't have to respond right now.

Taking time is not avoidance. It is self-respect.

3 PAUSE AND RESET TACTICS

1. Move away from your phone for 20 minutes.

Put it in another room. If you still want to send it after 20 minutes, reconsider -- and reconsider again.

2. Send the message to a friend instead.

Say exactly what you want to say -- to someone who can hold it. See if you still need to send it after.