



How do you comfort someone over text?

Cut out the card along the dashed line (6 by about 4 inches). Say one line, then stop and listen. Use your own words when they come.

Comforting someone over text

1. Repeat one detail so they know you read it: "the whole team?"
2. Name it as hard: "That's brutal." Skip "at least."
3. Ask one question or make one offer with a day on it.
4. Never send a lone "damn" or "omg." Add a question.
5. Serious news or getting worse? "Can I call you in ten minutes?"
6. Text again in two or three days. That one counts most.

More lines from the page

- Ugh, that meeting sounds miserable. Did he really say that in front of everyone? Want to vent tonight?
- I'm sorry today was so rough. I'm around after 8 if you want to talk, or I can just send you dumb videos.
- Oh no. I'm so sorry. Seven years is a long time, of course this hurts. Do you want company this weekend?
- I'm really sorry. You don't have to explain anything right now. I'm here whenever, even at 2 a.m.
- The whole team? That's brutal, and it says nothing about you. How are you feeling tonight?
- I'm so sorry. That's a huge shock. Want me to look at your resume this weekend, or is it way too soon?
- I'm so sorry you're dealing with this. Waiting is the worst part. Do you want me to come with you on Thursday?
- Thinking about you today. No need to reply. If you want to talk about it, or about anything else, I'm here.
- I'm so sorry about your grandpa. I know how close you two were. Thinking of you, and you don't have to write back.
- I'm here. You're not alone. Can you breathe out slowly with me? In for 4, out for 6. Text me a number when you've done three.
- That sounds really scary. Are you somewhere safe? Do you want me to call?
- I'm so sorry about Biscuit. He was the best dog. Fourteen years is a whole life together.
- This feels like too much for texting. Can I call you in ten minutes? Totally fine if you'd rather keep texting.
- I'm worried about you. Are you thinking about hurting yourself? I'm calling you right now.

If you are afraid of your partner, scripts are not the answer: call the National Domestic Violence Hotline at 1-800-799-7233 or text START to 88788. In danger, call 911.