

Before You Text Them

A three-page reset for the ten minutes before you send — when the urge is loud and your own voice feels far away.

01

Interrupt the moment before it takes over.

The urge to reach out is not weakness. It is your nervous system reaching for the fastest relief it knows. You are not going to argue with it. You are only going to give it somewhere to land before it becomes another message.

1 · NAME WHAT IS ACTUALLY PULLING YOU

Write the sentence and finish it honestly. Do not tidy it up.

I want to text him because

2 · APPLY THE TEN-MINUTE RULE

You are allowed to send it. In ten minutes. Not now — in ten. Ten minutes is long enough for the wave to crest and start to fall, and short enough that you will not feel controlled by a rule.

3 · MOVE THE MESSAGE OUT OF THE APP

Write it in your notes. Writing is allowed. Sending is optional. The message belongs to you until you decide otherwise — and most of the ones written at this hour were never meant to be read by anyone but you.

4 · GIVE YOUR BODY TEN MINUTES SOMEWHERE ELSE

- A glass of water, drunk standing at the sink.
- A shower, with the light down.
- To the door and back, twice, slowly.

The phone can stay on the table. It will not punish you for the distance.

The message you send at your worst is still yours to carry tomorrow. The one you do not send, you never have to explain.

02

Separate what is true from what the urge adds.

Most messages sent in this state are built on one fact and three stories. The fact rarely needs action tonight. The stories are what are pressing your thumb against the screen.

FACT	FEELING	STORY
He has not replied in four days.	Scared. Small.	“It means I am easy to leave.”
He replied with one word.	Humiliated. Angry.	“It means I never mattered to him.”

Facts are short. They have dates and actions. Feelings are one word. Stories begin with “It means...” — and they are the column making your decision for you.

YOUR TURN — THE ACTUAL SITUATION

Fact:

Feeling:

Story:

ONE QUESTION TO ANSWER IN WRITING

If he answered exactly the way you are hoping — tonight — what would you actually have tomorrow morning that you do not have now?

If your answer is “relief,” write that. Relief is real, and it is also the shortest-lived thing you can buy with your dignity. Naming it changes what you do next.

You are allowed to want him. Wanting is not a plan.

03

Leave with one step you can stand behind.

Not a perfect answer. Not a decision about the whole relationship. One step, chosen on purpose, that will still look like yours in the morning.

DOOR A · SEND NOTHING TODAY

Close the app and put the phone face down. Tomorrow, when the story is quieter, read what you wrote in your notes. If it still says the same thing, it was never an impulse — and it will be a better message for the wait.

DOOR B · SEND THE HONEST VERSION

If something real needs saying, it can be said in a way you will not regret. Four rules:

- Write it from your facts column, not your story column.
- Keep it under four lines. Length is what fear adds.
- No accusation, no score-keeping, no diagnosis of him.
- No question that only works if he rescues you. Say what is true; do not ask to be saved.

DOOR C · SEND NOTHING AND GIVE THE HOUR TO YOUR BODY

Sleep, water, a walk, a shower, a meal you actually sit down for. This is not avoidance. It is refusing to negotiate something important while you are at your weakest.

THE ONE TEST BEFORE YOU SEND ANYTHING

Will I be able to respect myself tomorrow morning — whatever he answers?

If the answer is no, the message can wait. It will still be there tomorrow. So will you.

If the urge comes back tonight: ten minutes, notes app, water, then decide. That is the whole method. It works because it is small enough to actually do at 2 a.m.

When you are ready for the longer work — the full protocol, the guided workbook, the printable edition and the audio companions — it lives at [REWIREHER.STORE](https://rewireher.store).

This guide is not therapy, medical care, or a diagnosis. If you are in crisis or in danger, contact your local emergency number or a crisis line in your country. © Rewire Her. Please keep this file for yourself.