Using thoughtful text message language can empower communication and achieve better results

**AVOID "textese"**

Instead of This

- How r you 2day?
- Think of what you might lose if you relapse
- Your group work is appreciated
- Some people find that it's helpful to make a list of goals for the next year

Say This

- How are you today?
- Think of what you are gaining by staying sober
- I/We appreciate all the work you're doing in group!
- Spend five minutes today jotting down some goals for the next year

Send texts that are positively-framed, direct, and personalized