

LANGUAGE OF TEXTING

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

