

Name _____

Texting Time-Out: Turning Down the Heat

Instructions: Each conversation below includes an aggressive or emotionally charged message. Write a **reply text** that:

- ✓ Avoids escalating the conflict
- ✓ Shows maturity and understanding
- ✓ Sets a boundary if needed, but respectfully



Text Thread 1: Total Meltdown

Cam: "You're a backstabber. Don't ever talk to me again. You're fake and everyone knows it."

Your De-escalating Text Reply:

Text Thread 2: Explosive Blame

Drew: "This is ALL your fault. I should've never trusted you. You RUINED everything."

Your De-escalating Text Reply:

Text Thread 3: Harsh Accusation

Morgan: "Don't play dumb. You knew exactly what you were doing. You're seriously messed up."

Your De-escalating Text Reply:

Text Thread 4: Public Shaming

Sky: "Wow. Talking behind my back? Real classy. Can't wait to tell everyone what kind of person you REALLY are."

Your De-escalating Text Reply:
