

Texting and Response Time Worksheet

Almost everything written about attachment and texting is about interpreting the other person: what a slow reply means, what a dry message signals, whether the punctuation changed. That analysis is entertaining and it is also the problem, because the hours are not lost to their reply. They are lost to the interpreting.

Who this is for: A delayed reply can take your evening, or you leave people waiting for days and have never really looked at why.

The exercises

1. The cost log

Minutes, not feelings.

Sent at ____, replied at ____, gap ____

Minutes of my attention it took:

What I did during the gap:

Two-week total, in hours:

2. The prediction test

Write the reading down before you find out.

My reading, written before the reply:

What it actually was:

Right or wrong?

Running tally after two weeks — how many of each?

3. Your own rules

Three of them, decided in daylight.

Rule one:

Rule two:

Rule three:

Which will be hardest, and what will I do instead at that moment?

4. If you are the slow one

The other half, and it is not a criticism.

My longest delay this fortnight, and what preceded it:

Busy, or aversive? How can I tell?

What a holding message would cost me:

The four words I would use:

5. What the fortnight showed

Three numbers and one decision.

Total hours lost:

Prediction accuracy:

Messages regretted:

The one decision I am making from this:

This worksheet is free to print, photocopy and share, including with clients. It is self-reflection material, not a diagnosis, an assessment or a substitute for professional support. If a relationship involves fear, control or coercion, or if working through this raises more than feels manageable, please speak to a doctor, a therapist or a domestic abuse service.