

Before You Send It

The message will still be there in twenty minutes. So will your reasons. Will your wording?

You're angry, or hurt, and there's a message on your screen ready to go. This room takes ten minutes and asks three things of you before your thumb decides. Paste the draft here — it stays on this device, and nobody will ever see it, which makes it the one safe place to look at it honestly.

ONE

Paste the message

Exactly as it stands. Don't clean it up — the honest draft is the useful one.

TWO

What outcome do you actually want?

Pick honestly — more than one can be true: to be understood. To hurt them back. To set a boundary. To solve something. To defend yourself. To end it. Or: *I'm not sure*. "To hurt them back" is a real answer, and writing it down is more honest than sending it.

THREE

The only question that matters

Read your draft again, then answer plainly: if you send this exactly as written, is it *likely* to produce that outcome? Not "would they deserve it" — *would it work*? Messages written to be understood rarely read like messages written to win.

FOUR · IF THE ANSWER WAS NO

The version that might work

Rewrite it aimed at the outcome instead of the feeling. Shorter is almost always stronger. You can keep the boundary and lose the blade.

Now choose — and waiting is choosing too

Wait twenty minutes. Close this tab and set a timer. Your draft is saved here, on this device. If it's still the right message in twenty minutes, it will still be right.

Send the rewrite. Copy it from the box above and send it from wherever it lives.

Don't send anything yet. Some messages are really letters never meant to be sent — the next room over exists for exactly those.

One honest exception: if this message is about your safety, or leaving a situation that isn't safe, that's bigger than wording — reach out to someone you trust, and the resources below are there at any hour.

IF IT STIRRED SOMETHING UP

Coming back down

Breathe in through your nose for four, out through your mouth for eight — longer out than in — for a few minutes. Then name five things you can see, four you can hear, three you can touch. Stirred-up feelings after writing like this are common and tend to pass; if they don't, that's information that this deserves more support than a page can give.

If you're in crisis or thinking about harming yourself, please don't work through it alone here. In the US, call or text 988 (the 988 Suicide & Crisis Lifeline), or chat at 988lifeline.org — available 24/7. Outside the US, findahelpline.com lists helplines around the world.

A BLESSING ON THIS WORK

This work is a gift. Share it freely with anyone who needs it — print it, copy it, pass it on whole. It is not for sale, by us or by anyone, and it shouldn't be changed. Above all, keep the crisis lines and the words about seeking professional help exactly as they are — for someone, those may be the lines that matter most. It exists to help people heal, and to raise the vibration of the world. That will never cost anything here.

— Aether & Root · aetherandroot.com/inner-work