



# What to Text When You're Too Anxious to Talk

**Fill-in-the-Blank Scripts for Reaching Out Without Explaining Everything** For when talking feels impossible — but being alone feels worse.

★ Perfect for:

- Teens & young adults
- Social anxiety & panic
- Asking for space, support, or just... not being okay



# Why This Exists

Anxiety makes it hard to form words, even when you *want* connection.

These ready-to-send texts help bridge that gap.

✨ You deserve support — even when you don't have the perfect words. 📱 Try these, or adapt them in the app at [navigateanxiety.org](https://navigateanxiety.org)



# Texts for Needing Space Without Disconnection

"Hey, I'm having a hard moment. I don't need advice, just some quiet time. Can we talk later?"

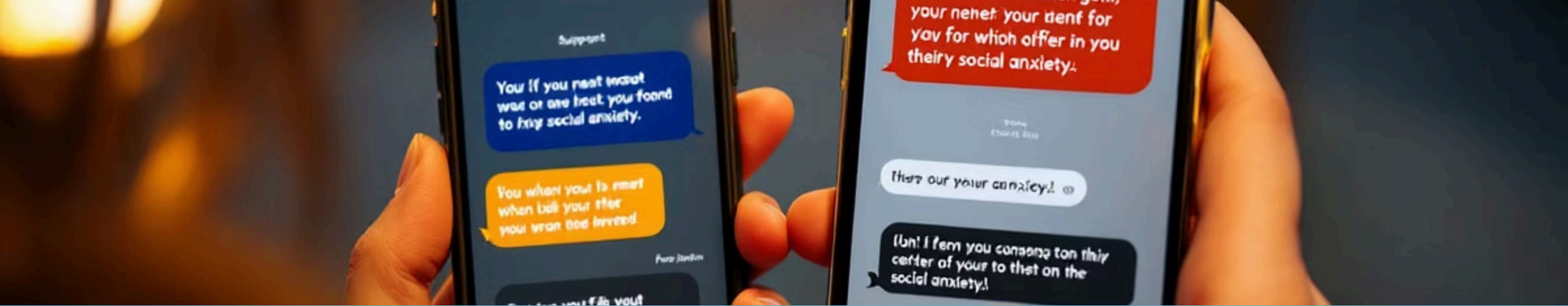
"Not in a good headspace to chat right now — but I wanted you to know it's not personal."

"Can I take space without it meaning I'm pushing you away?"

✨ These messages say: "I care. I just need room."







# Texts for Gently Asking for Help

- ❑ "Could you check in with me later? Even a 'thinking of you' text helps more than you know."
- ❑ "I'm anxious and can't explain right now. Can you just be here with me, even in silence?"
- ❑ "I need support but don't know what to say. Can I send hearts until I figure it out? 🧡"

🌿 Connection doesn't have to be perfect to be powerful.



# Texts for Explaining Anxiety Without Over-Talking

**"Just a heads-up — my brain's being super loud right now. I might seem distant."**

**1**

**"If I cancel plans or don't reply, it's not you — it's anxiety being mean to me today."**

**2**

**"It's hard for me to say what I need when I'm spiraling. Thanks for understanding."**

**3**

✨ These are great for people you trust to hold space without judgment.



# Use These as Templates or Send As-Is

## Personalise or copy-paste

You can personalise or literally copy-paste these messages. No overthinking required. No guilt for needing this.

## Open the app

In the moment, open

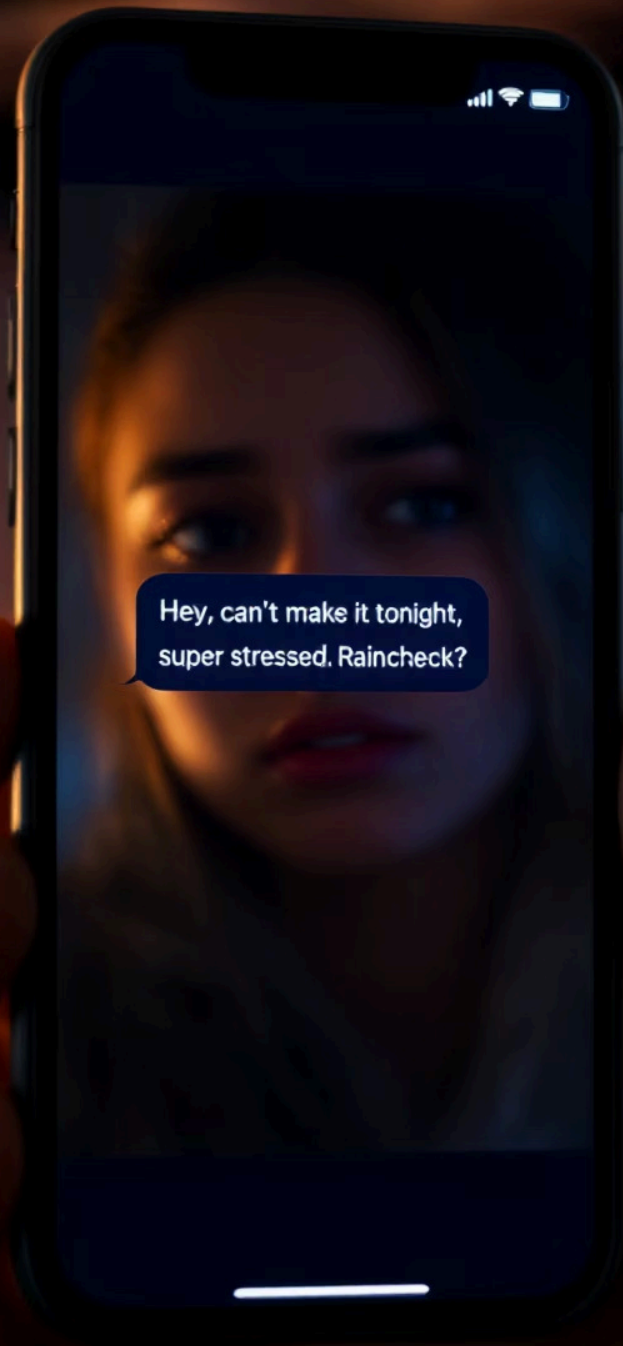
<https://navigateanxiety.org> and say:

💬 "Help me write a message to a friend."

💬 "I need a script for asking for support."

## Get guided support

✨ The app will gently coach you through it — even when you're frozen.



## Bonus: Anchor Texts to Save in Notes



**"Hey, I'm not doing great, but I wanted to stay connected."**



**"Today's really loud in my head. Just being checked on would help."**



**"Can I text you tomorrow when I'm less anxious?"**

🧠 Think of them as "emergency exits" from the spiral.

# Final Note: Asking is Brave



📱 Let Navigate Anxiety help you text what you can't say: <https://navigateanxiety.org>

💛 One message can change the tone of your entire day. Even "I'm not okay" is enough.



# Share This With Someone Who Might Freeze Up Too



💬 Know someone who shuts down when anxious? Send them this. Save them the words they might not find in the moment.

✨ Support doesn't have to be loud. Sometimes it just needs to be sent.