

// FREE CLAUDE SKILL · 5 SECTIONS · BY JOSH POCOCK

Don't Text Them

Stop the 2am text before you send it

A free Claude skill. Paste the text you're about to send. Claude scores the regret risk out of 100, holds it until morning if it needs to, and writes the version you won't regret.

● ● ● TERMINAL · BOOT

```
# v1.0 · install once, then run it in any session
$ git clone https://github.com/joshpocock/dont-text-them ~/.claude/skills/dont-text-them
✓ installed to ~/.claude/skills/dont-text-them
$ claude
> /dont-text-them
```

[Get the skill on GitHub →](#)[Read it on the web: strideaiacademy.com/r/dont-text-them](https://strideaiacademy.com/r/dont-text-them)

🛡️ It never sends anything and never touches your phone or your accounts. You decide.





SECTION 01

The one prompt

One line. Paste this into Claude Code and it does the rest.

 PROMPT

```
Install the Don't Text Them skill: clone https://github.com/joshpocock/dont-text-them into  
~/.claude/skills/dont-text-them, then confirm /dont-text-them works.
```

01

Copy the prompt above

The repo link plus one line



02

**Paste it into Claude**

Claude Code installs the skill



03

/dont-text-them

Then paste the text you're about to send



04

Lock it in the vault

Read it again at 10am

By hand

 TERMINAL

```
git clone https://github.com/joshpocock/dont-text-them ~/.claude/skills/dont-text-them
```

Start a new Claude Code session and type `/dont-text-them`, then paste the text you're about to send.

On the Claude app (free plan works)

1. Turn on **Settings > Capabilities > Code execution and file creation**.
2. On the GitHub page click **Code > Download ZIP**.
3. In Claude go to **Customize > Skills > + > Upload a skill** and pick the zip.
4. Start a new chat and say "use the dont-text-them skill", then paste your draft.

No install at all? Copy the text of `SKILL.md` into any chat and paste your draft under it. Claude scores it by hand from the same table.

What it checks

The stage names are the joke. The numbers are the honest part: every point on the score comes with its reason.

STAGE	WHAT HAPPENS
Sobriety Check	One honest question: drinking, angry, sad, lonely, tired, or fine?
Regret Score	0 to 100, with every factor shown: the 2am Factor, Recipient Risk, the Double Text Detector, Regret Phrases, the Bridge Burner, the Essay Detector, Caps Lock Rage.
Time-Since-Breakup Multiplier	A breakup last week multiplies the score. A year later it shrinks it.
Boundary Alarm	If they asked for space or blocked you, the answer is no, and Claude writes no workaround.
Cooling-Off Timer	Locks the draft in a vault on your computer until 10am.
Send Tomorrow Instead	The Unsent Letter, the Calm Version, or Logistics Only.

SCORE	VERDICT
0 to 24	Send it, it's fine
25 to 49	Sleep on it (or at least 30 minutes)
50 to 74	Wait until morning
75 to 100	DO NOT TEXT THEM



SECTION 03

One text, start to finish

A made-up draft, real tool output. To an ex, 2am, nine days after the breakup, one unanswered text, drinking and sad:

"hey. i know it's late but i miss you. why didn't you answer my text last night? i'm fine btw, just wanted to say i hope you're happy"

>_ OUTPUT

REGRET SCORE: 100/100 [RED] DO NOT TEXT THEM

2am Factor	+25	it is 02:00
Recipient Risk	+20	sending to: ex
Double Text Detector	+12	1 message(s) still unanswered
Sobriety Check	+20	you said: drinking
Mood Check	+10	you said: sad
Regret Phrases	+30	"miss you", "why didn't you", "i'm fine", "hope you're happy", "just wanted to say"
Time-Since-Breakup Multiplier	x1.3	9 day(s) since it ended

COOLING-OFF TIMER: reconsider at 2026-10-28T10:00

Then Claude offers what to do instead. It skips any option that doesn't fit:

- **The Unsent Letter.** Everything you wanted to say, addressed to your notes app. Never sent.
- **The Calm Version.** One to three sentences you could send in daylight without regret, if anything.
- **Logistics Only.** If there's a real reason (a jacket, a bill, a pet), one neutral line about only that.

The same tool on "landed safe, thanks for the ride" to a friend at 2am: 10 out of 100. Send it.



SECTION 04

The morning check

Come back after 10am and ask Claude what's in the vault. It shows what's due, asks "still want to send it?", and keeps a Texts Saved counter. You can run the tool yourself too. It's plain Python with nothing to install:

>_ TERMINAL

```
python scripts/regret.py vault --due
python scripts/regret.py release <id> --outcome deleted
python scripts/regret.py stats
```



SECTION 05

The fine print



It never sends anything. No phone access, no accounts, no scheduling. You paste a draft and you decide.



A no is a no. Blocked, asked for space, or told to stop means no message, every time. It won't help you get around it through friends, new numbers or new accounts.



Your drafts stay on your computer. The vault is a file in a `.dont-text-them` folder where you run it.



The weights are a judgment call, not science. They're tuned so a normal text to a friend stays green and a 2am "miss you" to a recent ex goes red. Change them if your life is different.



Not therapy. It scores the text, not the person or the relationship. If you're struggling, talk to someone you trust or a local support line. If you or someone else is unsafe, contact local emergency services.

Want to build skills like this?

Stride AI Academy is where I teach people to build Claude skills and automations like this one, then sell and deliver them. Four courses and weekly live calls.

See the Academy →

THE ACADEMY

strideaiacademy.com

Courses, weekly live calls, and the build-it-with-me community.

THE SKILL

github.com/joshpocock/dont-text-them

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THIS GUIDE, LIVE

strideaiacademy.com/r/dont-text-them

Copy buttons on every prompt, always the latest version.

EVERY FREE SKILL

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