

MS-05 — Come Back Next Week

Academy · The Message You Still Send · Core lesson · 10 minutes · Do with lesson closed

Never type or paste these into a chat

- Passwords or codes
- Social Security, bank, card, account numbers, or barcodes
- Health details
- Kids' names, schools, teams, or where they will be
- Full addresses, birthdays, or other people's contact details

Use stand-ins: [Landlord], [Teacher], [Kid A], [my street].

1 — Health

No symptoms, medicines, or test results. Write questions on paper. Emergency: 911.

2 — Today's price

Read the shelf tag, store page, or call.

3 — Rules and law

Use the real page or office. Court, eviction, custody, immigration: lawyer or legal aid.

4 — Tax, benefits, scams

No tax, benefit, SSN, or income details.
Password, code, gift card, wire, crypto, or bot-money promise: stop.

My ask — keep this on the desk

Help me write a short, polite message to [role].
Use only what I say below. Do not add anything.
Plain words, 3 short lines.

[my rough words]

1. Filled example

Help me write a short, polite reply to a teacher.
Use only what I say below. Do not add anything. Plain words, 3 short lines.

thanks for sending the homework, [Kid A] will hand it in thursday

Good short answer:

Hi [Teacher],
Thank you for sending the homework.
[Kid A] will hand it in on Thursday.

Saved in Notes as: Teacher homework reply — Sept 26, 2026

2. Half-filled practice

To: [Neighbor]

One thing: thank them for bringing in the package

Rough words: thanks for bringing my package inside while i was out

My 3-line draft:

3. My second real message

Role, not name:

One thing:

Rough words:

- ☐ Passed stop check
- ☐ Drafted with stand-ins
- ☐ Checked every fact
- ☐ Changed three parts and read aloud
- ☐ Copied out and cleaned in Notes
- ☐ Added real names outside the chat
- ☐ Sent by me

Saved in Notes with date:

Follow-up date, only if needed:

Weekly proof

One message I had been putting off was sent by me, to the right person, with one clear ask, no added facts, and no stray symbols. A reply is nice but not required.

Brake card: Stop square · New chat · Ctrl/Cmd+Shift+T restores the tab · Log out if shared · Private detail pasted? Delete the chat; change a pasted password; call the card company for a pasted card number; tell a person · Two honest tries? Stop and book a human.