

Texts from



last fight



Having squad squabbles over SMS can leave you feeling srsly low. We hash out the three most common types of DM disagreements, and why they're never a good idea.

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t's 2016, which means the likelihood of you being involved in a social media convo rn is pretty freakin' high. In fact, as I, Cassie Steel, write this story I'm mid-WhatsApp thread, group text AND Snapchat streak while trying to maintain an IRL conversation with my co-worker (soz Jess). Yep, this is how we're all communicating now. But also how we're arguing...



The writing's on YOUR wall

Flashback to say, 10 years ago and fights with friends were usually reserved for school playgrounds and three-way phone chats. You'd have your disagreement, talk – or sob – it out and before you could say Phoebe, Rachel and Monica (*#Friends*), your bust-up would be forgotten. But now with chatting happening in digital spaces, what goes down in a fight literally goes down... forevz. "Online is the easy way to confront conflict," says friendship expert Dana Kerford at URSTRONG (urstrong.com). "But it can often lead to inappropriate ways of managing it." Yep, you guessed it – epic three page sessions online aren't necessarily as effective as dealing with your issues IRL. So er, how are we supposed to sort out any conflicts we have, when our phone is literally beeping 24/7?

The group bitch

We've all been there. A vent sesh about a particularly hectic day suddenly turns into an epic whinge about everything and everyone, and next thing you know your online chat has morphed into *Mean Girls*.

Bitching is never a good idea, but doing it online is the worst. If anyone turns on you – like let's say in this case, someone shows Amy this chat session – where does that leave you? Answer: Looking pretty freakin' guilty. Having a harmless whinge is (sort of) OK IRL, but as soon as it gets documented the risk quadruples. Someone could EASILY screengrab that conversation and send it to an adult. "Which they have every right to do!" emphasises Dana. Your best bet is to stay quiet OR remove yourself from the convo, stat. Keep it light with something like, "Gotta go guys, PLL is on."



