

the RED CUP Q&A



separating alcohol fact from fiction
EVERY TUESDAY IN THE DAILY WILDCAT

Q Why Do People Drunk Text?

THX 4 texting me last night.
U changed my life :-)

I'll move my stuff in after
class. BTW, I LUV U 2!!!

I texted U?

Oh, S#*@!

A. Committing a TUI (Texting Under the Influence) can cause any college student a massive amount of regret. Just when you thought you were finally over the breakup, your careless TUIs to your ex during last night's party reopened the wounds and restarted the drama. You stare at your drunk texts and cringe. Most of the words are misspelled; your intent comes out sloppy, embarrassing, and both pushy and desperate. And, really... should any adult person use that many kissie-face emoticons? You've abandoned cute and entered into creepy. Worst of all, now you have to deal with the aftermath of your drunk texts. <sigh>

The effect of excessive alcohol on your brain's limbic system and frontal lobes played a significant part in why you got overly emotional and started drunk texting. The limbic system controls emotions and memory. As alcohol affects this system, exaggerated states of emotion (anger, aggressiveness, withdrawal, mood swings) and memory loss may occur. Additionally, as people reach a BAC above .06, judgment becomes impaired, and at .08 BAC, people are more likely to do things they would not do when sober. A 120 lb. female needs only slightly more than two standard drinks to reach a .08 BAC. A 140 lb. male could get to .08 BAC by consuming three and a half standard drinks.

You might be able to download apps that have features to reduce drunk texting. But, the root of the problem isn't your gizmo, it's your consumption. The easiest way to avoid TUIs is to moderate your drinking.

In closing, we offer two sound pieces of texting advice: If your feelings are real, share them sober. And, friends don't let friends text drunk.



wildfact

The cell phone was invented in 1973 by Dr. Martin Cooper.



Got a question
about alcohol?

Email it to redcup@email.arizona.edu



www.health.arizona.edu

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