Based on the prominence of certain words, and a brief qualitative review of anonymized conversations, these were some of the topics that texters mentioned related to these categories:

1. **Family relationships**
   Conversations about family relationships often revolved around family arguments with parents, siblings, expectations, or a fear of telling family members how texters really felt.

2. **Romantic relationships**
   Texters often discussed arguments and fights, fear of losing their partner, and grieving over breakups.

3. **Financial/work stress**
   Conversations about financial and work stress were often related to fears of not being able to pay bills, fear of losing a job, or being unemployed. Some texters mentioned losing dogs to eviction, or struggles to pay for dog care like grooming or vet bills.
4. School/college
These conversations about school and college often touched on anxiety over coursework or grades, or fear of losing scholarships or pressure experienced over student loans.

5. Friendship stress
Conversations about friendship stress spanned a wide range, from concerns about losing friends to a conflict, to friends talking behind each others’ back, bullying, or being ignored.

6. Adult family stress
Conversations about adult family stress revolved around conflict between spouses and family planning. For example: themes of infidelity, addiction, or divorce, or worries about being pregnant, unplanned pregnancies, making a decision about the pregnancy, financial stress, or the stress of trying to conceive.

7. Social media
Social media-related conversations about stress often involved the stress of actual or possible negative publicity associated with social media. Being asked for money or the fear of being scammed (or being victims of fraud) also came up.