



Caption Library

15 captions, ready to paste. Make them sound like you.

Swap [CODE] for your own ?via= code (example: B65O0J). Keep your strongest line and #ad in the first 100 characters before the "more" cut-off. Your link goes in your bio, not the caption.

A

#ad he left me on read for 3 days so I fed the texts to Bestea instead of my group chat 🤖 it decoded the whole thing and showed me where he lands on my roster. no-judgment bestie energy only. link in bio, code [CODE] 💙

#situationship #datingtok #textsdecoded

E

#ad after 8 months of "no labels" this is what I learned: get the app, not the answers from your group chat at 2am. Bestea is a no-judgment bestie that tells you the truth. link in bio, code [CODE] 💙

#storytime #situationship #dating

B

#ad "we should hang sometime" decoded and I will never recover 🧠 the app does the overthinking so I don't have to. link in bio, code [CODE]

#situationshipcheck #dating #fyp

F

#ad I wish someone told me this before my last talking stage: if he calls it a situationship, he already knows he's not picking you. I only saw it once I logged it. link in bio, code [CODE]

#datingadvice #situationship #fyp

C

#ad texts with my situationship: a horror series. Bestea keeps the receipts so I stop gaslighting myself 🤖 free to start, link in bio, code [CODE] 💙

#situationship #relatable #datingtok

G

#ad POV: your 73rd talking stage and you're tired of decoding "wyd" at 11pm. I stopped explaining his texts to my friends and started running them through this. link in bio, code [CODE] 💙

#pov #situationship #datingtok

D

#ad I scored my talking stage out of 100 and got a 34 🤖 green flags: 2. red flags: 9. we're (not) keeping him. score yours free, link in bio, code [CODE]

#talkingstage #datingtok #fyp

H

#ad reply with his last text and I'll tell you green flag or red flag 🙄 or skip the line and get the app that reads it for you (no judgment ever). link in bio, code [CODE]

#redflag #greenflag #datingtok

I

#ad tell me you're in a situationship without telling me you're in a situationship 🙄 mine's tagged "slow burn" going on 7 months. stitch me. app in bio, code [CODE]

#situationship #relatable #fyp

J

#ad stitch this with the green flag that turned out to be the reddest flag 🏳️ I track how he treats me now, not the vibes. link in bio, code [CODE]

#greenflagredflag #dating #datingtok

K

#ad hot take: a situationship is just a relationship he's getting for free. write down who actually shows up vs who just texts, not the same people. app in bio, code [CODE]. fight me 🙄

#hottake #datingtok #situationship

L

#ad everything you think is a green flag is actually a red flag 🏳️ attention isn't effort. the app made me track the difference. link in bio, code [CODE]

#datingadvice #greenflag #fyp

M general / evergreen

#ad your love life deserves notes 📖 Bestea is a private, no-judgment journal for the people you're seeing: decode the texts, track who shows up. link in bio, code [CODE] 💙

#datingjournal #situationship #selfworth

N self-worth angle

#ad you deserve to know where you stand 📖 not crazy, just informed. this app is the bestie who tells me the truth. link in bio, code [CODE]

#youdeservebetter #datingtok #fyp

O send-to-a-friend

#ad send this to the friend who's been "talking" to him since March 🙄 the app that decodes it is in my bio, code [CODE]

#tagafriend #situationship #datingtok

caption rules

#ad is the first thing. Always. It is the law and it builds trust.

Keep the hook and #ad inside the first 100 characters.

3 to 5 hashtags is plenty. Mix one big tag (#fyp / #datingtok) with two niche ones, and add **#besteabestie**.

Never name a real person. Keep it about you.