Suggestion - why don't you guys just use Renegade AutoComplete to do it all for you? There's no need to copy & paste your post into another text box or anything, it'd replace it where you type it.

TriggerText : nod
ReplaceText : Nod

aurorax0You people need something better to do with your time.

/me agrees - although i guess it is creative.

I think Aircraftkiller has just seen one of his first secret admirers on these forums.