



RECIPE FOR CONVERSATION

TALK ABOUT: CONNECTING WITH OTHERS



What does it mean to you to feel connected to another person?

What are some things you can do in a conversation to show the other person that you're truly interested in listening to them?

What are some things others do to help you feel comfortable sharing and opening up to them in conversation? What are some things that others do that make you feel less comfortable sharing with them?

How are face to face conversations, phone calls, and text conversations different? Which do you prefer and why?

Are there certain types of conversations you'd rather have by text, vs. phone, or in person? Explain.

Who do you feel most comfortable talking to about difficult topics? Why?

Besides talking, what are some other ways you can feel connected with someone?