

Steps to start a conversation

with someone in your community

1

Getting Together

Coming together kickstarts conversations that build connections. Engaging in these conversations creates opportunities to share experiences, thoughts, and emotions. Here are some different ways to get together:

Ways to Connect



Invite someone for lunch, dinner, coffee, or a walk.



Invite them to a pick-up game, craft, event, or video game session.



Reach out to an acquaintance outside of your inner circle.



Set up a video chat or call.

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Starting a Conversation

You may think you need to jump right into having a difficult conversation. This can feel awkward, but starting a discussion can be casual.

You can have deep and personal conversations about positive experiences and shared interests. Building connection over positive conversation can be just as important as discussing heavier topics.



Begin with genuine curiosity.



Start the conversation from a place of support.



Practice active listening and seek to understand their experiences without judgment.



Offer words of encouragement.

take
time.



During the Conversation

Once you've started a conversation, you can take these important actions during the discussion to help it go well.

Active Listening Tips



Put away all distractions.



Make eye contact.



Ask open-ended questions.



Repeat back what you hear.

Additional Tips



Be compassionate towards others with different views.



Don't try to "fix" everything.



Ask how you can help.



Don't demand answers.



Let them know you're there for them.



If warranted, encourage them to talk to a professional.

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take
time.



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After the Conversation

One conversation likely isn't going to "cure" anything, but it will open the door to future conversations and establish trust between you and the people you care about in your community. After the initial conversation, it's important to follow up with them. Here are some things you can try:

Check in With Them Daily or Weekly



Send a text.



Meet up with them.



Video chat.

Keep Inviting Them to Things



Invite them to coffee or to share a meal.



Try a physical activity together.



Share a common hobby.

They Trust You, Stay Trustworthy



Don't gossip.



Keep your promises.