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CONVERSATION GUIDE

The 5-Minute Conversation

Get past "nice" and the dead air. Start it, keep it going, and make it a real back-and-forth.

STEP 1 | START HERE

Watch my quick walkthrough first

Loom video link

Why your conversations die

You're in your head hunting for the perfect line, so you miss what they just said. You don't need better lines. You need three simple moves, in this order.

1

START

See something, say something.
Notice one real thing and say it out loud.

2

THREAD

Ask about what they just said, not a brand new topic.

3

WEB

Share a bit of your own story. Keep each turn to about 20 to 35 seconds.

Same moment, two endings

"My weekend was good."

DEAD AIR

"Nice." Silence. You both look at your phones and it's over in 4 seconds.

5-MINUTE VERSION

- 1 "Good how? Actually relaxing, or busy good?"
- 2 "Wait, you went hiking? Where at?"
- 3 "I tried a trail last month and got lost for an hour..."

Openers you can steal

None of these are clever. That's the point. Notice what's in front of you and say it.

- | | |
|---|--|
| 01 Gym: "How long have you been training? Your form's clean." | 02 Class: "Did that last part make sense to you? I got lost." |
| 03 Work: "How long have you worked here? What's the worst shift?" | 04 Coffee shop: "Is that drink actually good, or should I stick to my usual?" |
| 05 Party: "How do you know everyone here?" | 06 Line: "Is it always this slow, or did we just get unlucky?" |
| 07 Their stuff: "Is that a band shirt? I've been meaning to check them out." | 08 Anywhere: "What's your story? How'd you end up here?" |

Show you're listening

Nod, lean in, let your face react, and look away when you're thinking. Most people don't really listen, so this alone makes you stand out.

Go deeper: the 3 buckets

P

PRACTICAL

Facts and plans. "What do you do?"
Safe place to start.

E

EMOTIONAL

How it feels. "Do you actually like it?" This is where it gets real.

S

SOCIAL

People and identity. "Who got you into that?" This is where you connect.

Start practical, then move down the buckets. Not sure where they are? Read their tone, or just ask.

1 start. 3 pulls. 1 share.

Have one conversation today, then fill this in right after while it's fresh.

Who and where

My opener (Start)

My 3 thread pulls

1

2

3

The bit of my story I shared (Web)

Self-check

- ☐ I started it with something I actually noticed
- ☐ I pulled 3 threads instead of jumping topics
- ☐ I shared one of my own stories
- ☐ My turns stayed under about 35 seconds
- ☐ It lasted past the 2-minute wall

Where it died, and what I'd adjust next time

Want me to break down your conversation and tell you exactly what to fix?

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