

Want more help from me directly?

Join our community

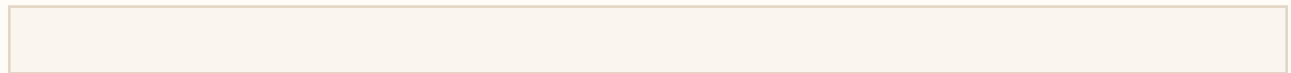
CONVERSATION CHEAT SHEET

The 5 Thread Pulls

Stop running out of things to say. Pull a thread instead of searching for a new question.

STEP 1 | START HERE

Watch my quick walkthrough first



Loom video link

What is a thread?

A thread is any detail the other person drops that you can ask about. Most conversations die because we ignore the thread and jump to a brand-new question. Pick one of these five pulls and keep it going.

1

The Detail Pick one word they said and ask about it.

"You said you just started lifting. What made you pick that?"

2

The Why Ask what is behind what they do.

"What got you into that in the first place?"

3

The Story Ask for a moment, not a fact.

"What is the best (or craziest) thing that happened with that?"

4

The Feeling Ask how it feels, not what it is.

"Is that stressful or do you actually enjoy it?"

5

What's Next Ask where it is going.

"What are you hoping to do with that this year?"

STEP 2 | BUILD YOUR OWN

Write 3 thread pulls you will actually use

Think of three real people in your life. Pick a topic they care about, choose a pull from page 1, and write the exact line you would say.

Conversation 1

Who is it?

Which pull? (1 to 5)

My exact line:

Conversation 2

Who is it?

Which pull? (1 to 5)

My exact line:

Conversation 3

Who is it?

Which pull? (1 to 5)

My exact line:

STEP 3 | USE IT TODAY

Use one pull in a real conversation in the next 24 hours. Then write what happened:

Want me to look at your lines and coach you through them?

Get more help inside our community

Join now