

## EPISODE 103: HOW TO KEEP A CONVERSATION GOING

### 1. TRY CARING LESS

- Trying too hard can *freeze us up*, rather than *free us up*.
- We get in our own way when we become overly conscious of everything we do right or wrong in a conversation.

### 2. PUT YOUR MIND IN “CONVERSATION MODE”

- After long, harried, tired, stressed days, mind still preoccupied, body still trying to clear the stress or excitement of the day. It’s hard to get into the flow of relaxing, chatting, and connecting.
- We need to consciously get our mind off fifteen other things we care about and choose to focus on one thing: *this time, this person, this conversation*.
- Put mobile on airplane mode. Put mind on the equivalent. Things can wait.

### 3. SHOW UP WITH SOME CONVERSATIONAL FIRE STARTERS

- Preplan four or five questions. Write them down for quick reminders: topic, event, subject, area of interest to you/them, something off the wall, something simple but sincere.
- Conversation is not a lecture, but an interview.

### 4. REMEMBER THE POWER OF “CONVERSATIONAL AFFIRMATIONS”

- Conversational affirmations are non-verbal signals we send or brief comments we make to indicate to a person we are chatting with that we are enjoying what they are saying, actually listening to them.
- Bring some energy to the conversation: facial expressions, follow-up comments.

### 5. LEARN TO BE COMFORTABLE WITH “GAPS”

- Many times, silence is a gift. Time to relax; be calm.
- Americans tend to be uncomfortable with conversational gaps.
- Some of the best, most authentic conversations surface out of the moments of calm silence.

Are there other communication-related topics you’d like to hear the Communication Guys address? Let us know on our [Facebook page](#).