

How to Start A Deep Conversation

Leaders' Resource



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Purpose

Build Trust

Warm Up with Small Talk

Ask Personal Questions in a Safe Environment

Share Personal Stories

Leave the Conversation Open for Future Reference

Purpose

Deep relationships go beyond time spent together. To build and develop strong relationships, we need to know how to start deep conversations that allow us to be genuine and vulnerable with the people that matter.

Build Trust

1. Importance of Trust

- a. No one wants to open up their life to someone who doesn't care
- b. We all want to share things with people who care and we know we trust

2. Before having Deep Conversations

- a. Consistently show love and concern to the person
- b. Consistency in someone's life is imperative in establishing trust

Warm Up with Small Talk

1. Small talk helps people warm up to deeper levels of conversation
2. It allows you to have a glimpse of what matters to the person and how to continue asking deeper questions

Warm Up with Small Talk

3. Examples of Small Talk

a. Hobbies

- *What have you been up to in your personal free time?*
- *What activities help you to relax?*

b. Sports

- *What is your current exercise routine?*

c. School/Work

- *Has school/work been manageable for you?*

d. Family

- *How are your parents/children doing?*
- *What do you enjoy doing as a family?*

Ask Personal Questions in a Safe Environment

1. Use good probing questions

- a. These reveal people's interests, intention and circumstances
 - *What is God speaking to you?*
 - *What do you think about most recently?*
 - *What matters most to you?*
 - *What made you decide to...?*
 - *Could you share more about your feelings and thoughts regarding...?*
 - *How do you come to terms with...?*
 - *How've you changed over these months? - and what made you change?*
 - *Where do you see yourself...?*

Share Personal Stories

1. This allows for two-way flow of information
 - a. Ensures that the person doesn't feel interrogated
 - b. However, we should not cut off the other person just to share about ourselves
 - c. Allow the conversation to reach its natural end before adding in
2. This allows both parties to understand more about one another
 - a. We can be vulnerable with the people that matter

Leave the Conversation Open for Future Reference

1. Revisit past topics and conversations

- a. Avoid trying to achieve knowing all about someone in one sitting
 - Seasons change, people change, and this is all part of building relationships.
- b. Allow for people to share progress/struggles, which help to build relationships!

Leave the Conversation Open for Future Reference

1. Revisit past topics and conversations

c. Examples:

- *We should meet up again so that you can share with me more!*
- *Update me on this the next time we meet!*
- *Will be keeping you in prayers for what you just shared! Believing for God's intervention in your situation!*
- *I remember you were telling me about ____? How's it coming along?*
- *You were sharing about ____ the last we met. How's it working out for you?*