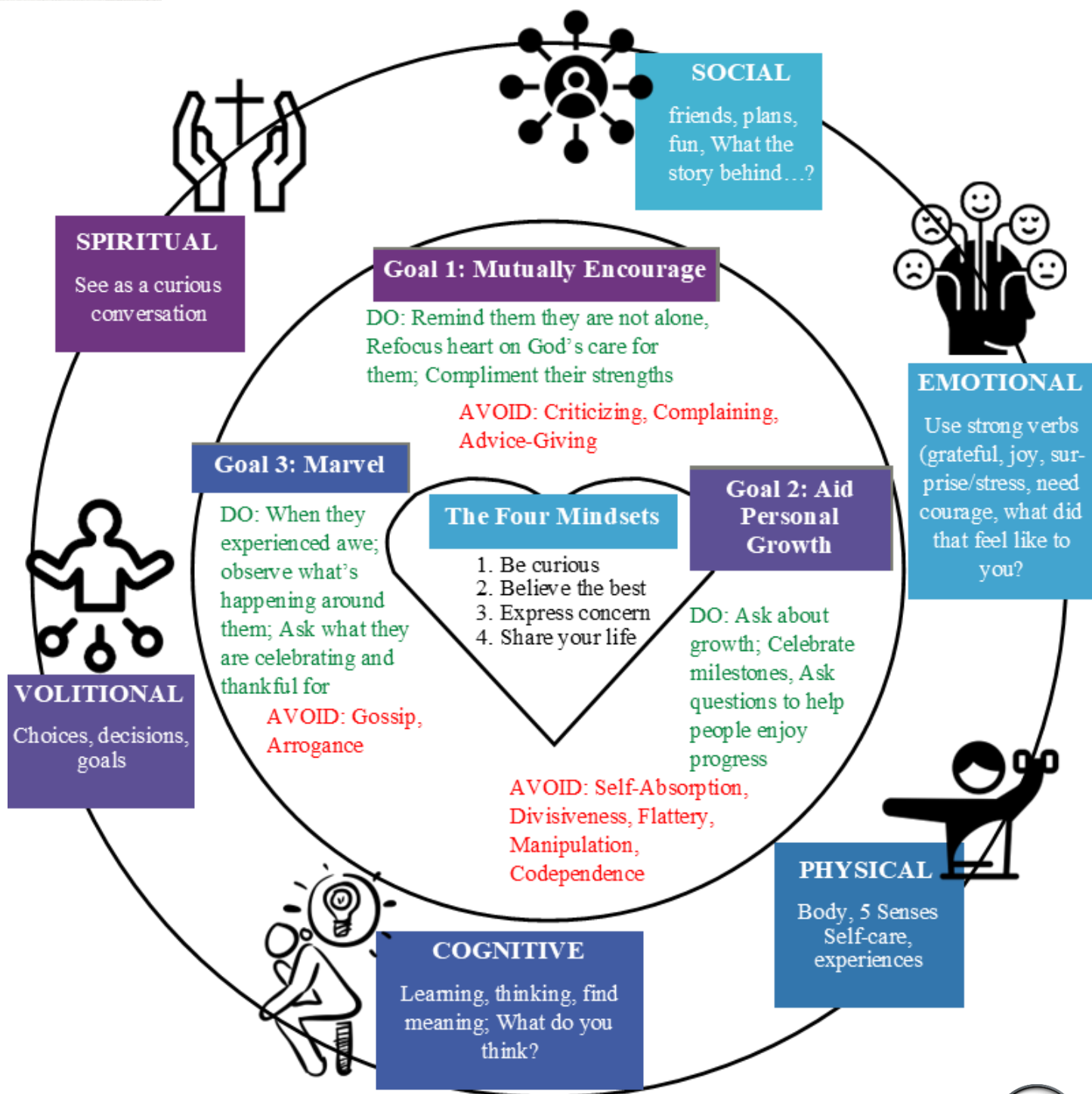




THE SIX CONVERSATIONS: Pathways to Connecting in an Age of Isolation and Incivility by Heather Holleman

Engaging in people's stories involves asking great questions and listening well. Heather Holleman outlines four mindsets at the heart of loving conversations, three simple goals to keep in mind, and the potential pitfalls to avoid that will sabotage good connections with people. Last, she offers very practical questions in six areas of life. Below is an overview picture of the book. [Buy the book](#) to improve your conversations with anyone.



QUESTIONS FOR THE SIX CONVERSATIONS

SOCIAL



What new friends have you made recently?
How do you enjoy our friends showing support to you?
Do you have any upcoming plans with friends?
Which person in your life right now is a role model to you?

EMOTIONAL



What things have you been grateful for recently?
What's been stressing you out or bothering you lately?
What's been going well for you? What are you celebrating?
Where are you feeling you need courage lately?
What are you looking forward to this week?

PHYSICAL



How have you been taking care of yourself recently?
What have you been doing to relax?
What's the story behind the shirt (tattoo, shoes, hat) you're wearing?
What music have you been listening to lately?
Restaurants? Sleep?, etc.

COGNITIVE



What are you learning lately?
How are you making sense of [news, an event, anything happening in their world]?
Why do you think that is?

VOLITIONAL



Are you working toward any goals today?
What's the next big decision coming up for you?
What made you choose that [shirt, hat, tattoo, outing]?
Did you feel like you had no power? What are your choices? Next steps?

SPIRITUAL



Have you been thinking about spiritual things lately?
Is your relationship with God something that's important to you?
Do you consider yourself on a spiritual journey?
Do you have anything going on that I can pray for?
What do you think God is doing in this situation?