

# CONVERSATIONAL HABITS THAT BUILD BETTER CONNECTIONS



As the pandemic lifted the physical distancing and isolation became the new normal, the feelings of minds not meeting has risen as well. Psychologists identified steps on how to break those barriers and engage better into a deeper connection.



## STEP 1 - ASK QUESTIONS

- ✗ do not mirror what the other person asked you
- ✗ do not switch topics all the time
- 🔑 ask follow-up questions to get more information



## STEP 2 - BEWARE EMPATHY

- ✗ do not let empathy turn into egocentrism
- 🔑 ask what people think and feel instead of divining in it



## STEP 3- FAMILIARITY OVER ORIGINALITY

- 🔑 people follow your story easier if they have experienced it too
- 🔑 if you are giving an original story make it more relatable

## STEP 4- DON'T BE AFRAID TO GO DEEP

- ✗ small talk is not the only conversation
- 🔑 try out deeper topics even with strangers
- 🔑 deeper the conversation-deeper the connection!



## STEP 5- VALUE HONESTY AND KINDNESS

- 🔑 value actful honesty over mindless kindness
- 🔑 honesty is best with a pinch of diplomacy
- 🔑 honesty is the key of building connections

## ... AND REMEMBER

Remain conscious of other persons mood and comfort. Show more genuine interest and sensitivity to people and you may indeed find the greater social connection.

