

One to One Conversations for Shy Lutherans

1. It's a natural conversation where you do more listening and less talking—could be 10 minutes or 45 minutes.
2. Your goal is to take the time to listen and hear this person's story. Often in conversations we spend most of the time thinking about what we will say in response. The goal here is to give the gift of listening,
3. You can make an appointment to meet someone for this conversation, or you may just happen upon a time to have a conversation (look for opportunities).
4. Start with open ended questions (ones that can't be answered in a word or two) - see the back of this sheet for examples. Ask questions that get beyond the surface (i.e. weather and sports teams)!
5. Follow your curiosity and ask follow-up questions such as "**What was that like for you?**" or "**Can you give me an example?**"
6. Where you find you have something in common with what the person has said, acknowledge it in order to build trust and connection, but always return your focus to the other person (don't shift to your story).
7. You don't have to hear the person's whole story in one encounter. Assume you'll have another chance to talk with him/her.
8. Thank the person for the conversation.
9. When you are alone, answer this question if possible: "What is life-giving for this person?"



Here are some examples of questions to start with. Don't ask every one of them!

- ◆ Where did you grow up and what was it like there?
- ◆ Where do you live now and how do you feel about living there?
- ◆ What do you like about what you're doing?
- ◆ What kind of impact in your community do you want to have?
- ◆ What accomplishment or project are you most proud of?
- ◆ What is the most important thing in your life right now?