

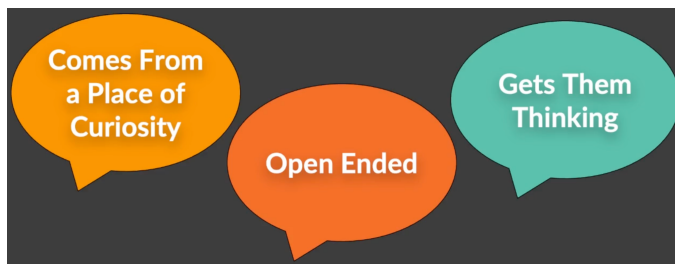
MODULE #2

QUESTIONS: Curating & Crafting Questions that will get people talking!

LESSON: Just Drop it!

Is your Intention Curious?

Marks of a Good Question:



Replace "Why" with "What" or How"

Example of a bad question: "Why are you up late at night working all the time?"

Example of a better question: "How is work going lately? I've noticed it's taken up a lot of your evenings."

"Why" in Disguise: (DON'T DO IT.)

1. How did this happen?
2. What happened?
3. What were you thinking?

RESOURCES TO CHECK OUT:

Best Self - Conversation Cards for Little Kids: If you have kids and want to connect, this deck does a good job getting them to share and is a lot of silly fun mixed with deep connection.

Best Self - Ice Breaker Start Set: A great resource to keep around the house and especially at the dinner table for when things slow down with guest.

We're Not Really Strangers Card Game: This game gives you a structured way to see great questions in action. Once you play, you can snap a picture of questions you liked to use later.

NOTES:

What are YOU thinking a lot about this week? Who is someone you can ask that question to next? Go for it!

Drop the WHY and start using HOW and WHAT....

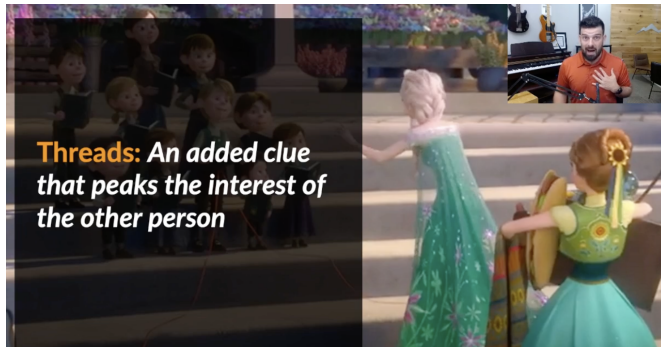
Refer to my printable question list if that's helpful. Maybe keep your favorites on your phone as reminders or put printable in backpack and refer to them after you set your intention before going into meet with whoever. How is that going for you? Eventually you won't need that list!

*Remember we are wanting to ask OPEN ended questions that lead to more than a one word answer... which will lead into our THREADS lesson.

LESSON: THREADS (Little Clues you aren't seeing or are forgetting to offer.)

Follow the String: ([Link to Frozen Pixar Short](#))

Threads: small clues that peak curiosity in others



Examples:

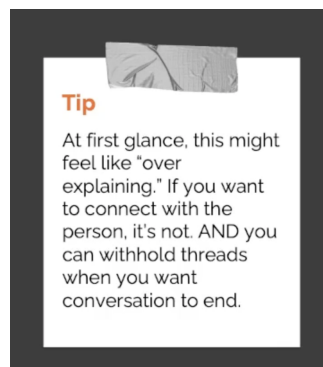
I went to the store

vs

I walked to the hardware store yesterday with my dog, Abe. He needed some training and exercise and I wanted to see if they had parts for our pool pump timer.

How to Use Threads:

- Hunt for them!
- Follow the ones that are most interesting to YOU!
- Threads lead to more threads - Conversations can be adventures!
- Create threads and even emphasize threads.



NOTES:

Pick one of these questions and write a closed answer vs an open answer with lots of threads to choose from.

Question Options: Oh where'd you get that shirt? What'd you do yesterday? Oh what kind of dog is that? How many kids do you have?

Answer (closed):

Answer (open) - underline or highlight the threads:

Practice looking for threads today in conversation. Follow the threads that interest you and ask about them. When you share, share with your own threads and see what happens. How did it go?

LESSON: Wearing and Carrying.

Small Talk Leads to **BIG** Talk!

#1 Obstacle I Hear: If I don't know someone, then I don't know what to ask them

Every item a person is wearing is a CHOICE



- Avoid judgment, even positive judgment
- “I Like Your...”
- Be cautious about health/body topics
 - Follow YOUR curiosity. Don't just check a box
 - "You" questions are fine here
 - This works AFTER an initial greeting
 - Observations can function as questions

Some Structure for Questions:

- What does that _____ tell me about you?
- How do you like your _____?
- Are you a _____ person?
- Nice _____. How are you liking it?
- Do you feel like they _____ or _____ (*False Binary*)

NOTES:

For your homework. Go to the store or for coffee (if you need an excuse) and observe the people in line or shopping near you. What are they wearing or carrying? (watch, hat, logo...):

About to move out of questions module (Form a question from raw curiosity, pick up on threads in conversation, look at strangers (or friends) and ask from what they're wearing and carrying "What does that tell me about you.")

PRACTICE THIS FOR ABOUT A WEEK before moving on (set a reminder on Alexa or your phone to remember to jump back in). Then record your observations over time as you do this.

NOTES:

What are you noticing being easier?

What is still pretty challenging? Write what you wanna work on intentionally and post somewhere you can see each day. (Bathroom while brushing your teeth?)

NOTES: