

Everyone has trouble thinking of what to say sometimes. However, when faced with these problems, there are some common topics people rely on to kick-start a conversation.

## Surroundings

When talking to others, pay attention to where you are. If something happens around you that is interesting or different, it can be a conversation starter. It's a known connection between the two of you. This is a good way to strike up a conversation with a stranger. An example might be talking about how busy the store is if you're shopping, or if something funny happens when standing in line at a store.



## Weather

The weather is a good conversation starter for someone you don't know. It's a topic almost most people can talk about. Examples of this are if it has been extremely hot or if you there have been bad weather recently.

## TV, Movies, Or Books

If you would like to get to know more about a person you are having a conversation with, ask about their interests. The most basic interests you can ask about are TV, movies, and books. If you are feeling more confident or notice something that the individual said, you can bring that up, too. An example of this is talking about sports if they are wearing a sports team's t-shirt or hat.



## Interesting Plans

Sometimes asking about someone's plans can be a great way to start a conversation. You can learn a lot about a person, such as what they like or dislike, their interests, special hobbies, or even similarities you both have in common. With this extra information, you will be able to have a deeper discussion.

## School or Work

If you're at work or school, asking them questions about work or school can be a great way to get to know someone. You can ask what they do at their job, if it is different than yours, or talk about a particular task, such as a paper, that you have to complete.



**\*Note:** To continue the conversation at a deeper level, you can also bring up another topic.



## Current Events

If you recently read an interesting article, or something exciting is happening in the news, you could start a conversation about that.

**\*Note:** Try to avoid talking about politics, as those conversations can become very intense, especially if your opinions differ.

## If You Are Still Having Trouble:

Sometimes, it is really hard to have a conversation. If you feel uncomfortable or the person doesn't want to talk, you can politely excuse yourself. However, if the person does want to talk, you can mention that you can't think of anything to talk about and see if they begin to ask questions.