

Conversation Tools

Communication gets stronger with practice and oftentimes we don't know the best way to word what we're actually trying to say. With this in mind, conversation tools are not scripts that you memorize. They are starting points that can help you slow down, stay curious and communicate with greater intention. Try using some of these during difficult conversations or everyday interactions. As you continue to build your realtalk Muscles and skills, these tools become less about the exact words you use and more about the habits they represent.

Curious Questions

- "Can you tell me more?"
- "What led you to that conclusion?"
- "What experiences shaped that view?"

Inviting Others In

- "I'd love to hear your thoughts..."
- "Does anyone have a different perspective?"
"What would you add?"

Navigating Disagreement

- "I see this differently and I'd like to understand where you're coming from."
- "We may not agree, but I appreciate hearing your perspective."
- "What would moving forward together look like?"

Perspective Taking

- What experiences have shaped your thinking?
- Can you help me understand what this has been like for you?

Reflective Listening

- "What I hear you saying is..."
- "It sounds like..."
- "Did I get that right?"

Repair Statements

- "I don't think I expressed that well."
- "Can I try again?"
- "I realize I made an assumption."