

The Magic of Meaningful Conversations

Four Mindsets of Loving Conversation

(from the book The Six Conversations by Heather Holleman)

1. Believe the best: (1 Corinthians 13:4-7)

Listen for: What are positive qualities and areas of strength this person has?

What might I learn from them?

- a) Challenging assumptions
- b) Choosing positive regard
- c) Asking God for eyes to see them as He does

2. Be curious: (Philippians 2:4)

Listen for: What does this person care about?

What are their values?

- a) Be interested more than being interesting.
- b) Something to learn, not something to prove.
- c) The six types of conversational styles:

- * Social

- * Emotional

- * Volitional

- * Physical

- * Cognitive

3. Express concern (Galatians 6:2)

Listen for: What are this person's major stressors?

What are their significant joys?

- a) The goal is encouragement, love, and support. The goal is NOT to "fix" or be a savior. "Update me on your good or bad news. I'm here to support you."

- b) Be mindful of needed “space” to process.
- c) Earn trust through asking and remembering:
 - * “What do you need most right now?”
 - * “It sounds like you care about_____.”
 - * “I thought it was interesting when you said_____.”
 - * “I remember you mentioned_____.”
 - * “I want to acknowledge_____.”

4. Share your life (1 Thessalonians 2:8)

- a) How can you relate to something they have shared while not dismissing their story?

“When you told me that, I felt sad. I don’t know what to say, but I’m here to share your burden.”
- b) Be self-aware - On any given day, develop the self-awareness to know three things you’re struggling with, three things you’re celebrating or happy about, and three upcoming decisions or areas of uncertainty. Be open and honest by admitting your own failures and weaknesses. Trying to be perfect creates distance in relationships.
- c) Follow up with “How about you?”

Helpful Tips:

1. Have some “spark” questions in your back pocket:
 - * “Are you looking forward to anything lately?”
 - * “ On a scale of 1-10, how was your day? What would need to happen to make it a 10?”
 - * “What was the highlight of your day?”
 - * “What is new since we last talked?”

Speaking their names in conversation creates more intimacy.

2. Be honest about awkward moments - NO ONE has perfect conversations!
3. Have conversations by faith, knowing that God goes with you and can be your guide!