



وزارة التعليم العالي والبحث العلمي

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عنوان المحاضرة: How to start a Conversation

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## How to Start a Conversation

### Introduction

While some people find it easy to strike up a conversation, others find it difficult. One of the most important social skills is how to strike up a conversation. Knowing how to start a conversation can make you feel more at ease and confident in a variety of social circumstances, whether you're trying to impress a possible customer, talk to a potential love interest, or chat with a new friend.

Investigate some communication improvement ideas if you wish to become more adept at striking up conversations. It can be beneficial to

plan ahead, eliminate communication blockers, and use easy discussion openers.

## **1. Prepare Ahead of Time**

Starting a conversation at a party or work function can be quite intimidating if you have a waking nightmare about being in a room full of strangers. If you have social anxiety, shyness, or introversion, certain social settings may be difficult for you.

Making plans in advance can help to reduce worry. Review your topic of discussion in your head, and you might even wish to practise with a friend. Being prepared is the first step in developing outstanding communication skills.

Try these three easy techniques before you start a conversation if you are hesitant to do so:

1. **Stay positive:** Stop worrying about making mistakes and have faith in your abilities. Worrying too much about what you will say next can cause you to lose track of the conversation as it's happening. Instead, use active listening and stay focused on the other person and what they are saying.
2. **Take a deep breath:** If you are tense and nervous, you're less likely to feel at ease. Try to stay relaxed and just let the conversation flow naturally.
3. **Introduce yourself:** One of the simplest ways to begin is to just introduce yourself and then give the other person the chance to do the same. Once this initial icebreaker has taken place, try asking a simple question or making a simple observation to help inspire further discussion.

## **2. Beware of Conversation Killers**

Even if it should go without saying, there are a few situations where you should avoid speaking to someone unless you are really familiar with them.

While your uncle may start conversations at family gatherings with political commentary, rumours, complaints, and rude jokes, it's probably not a habit you should try to adopt in your day-to-day activities.

According to some study, sticking to relatively innocent comments may be your best chance when it comes to conversation starters. In one study, participants were asked to judge the efficacy of several beginning statements that could be made by a potential love partner, including sarcastic "pick-up" lines, general queries with no clear answer, and the direct approach.

Few respondents liked the pick-up line strategy, but opinions on the other two opening techniques tended to be divided. Men favoured the straightforward approach ("I'd like to buy you a drink!") whereas women tended to favour innocent queries ("What's your favourite team?").

## **3. Keep it Positive**

Try to start your conversation on an upbeat note. Stay away from launching into complaints or making negative observations. No matter what the situation is, you can find something positive to say.

Comment on the weather, the food, the company, or the event itself. Saying something as simple as you are having a good time and hoping that your conversation partner is having a pleasant experience

as well is a good way to get a conversation rolling. Even if the situation itself is not perfect, try to put a positive spin on it.

People tend to respond better to a positive comment rather than a negative one. It helps show that you are a pleasant person who pays attention to what's going on. Staying positive also helps put others at ease. As a result, people will be more interested in continuing a conversation with you.

#### **4. Start Simple**

Not every great conversation needs to begin with a deep, philosophical, earth-shattering observation. Simple icebreaker comments or questions are a great way to begin.

Examples include:

- "The weather has been lovely."
- "The food here is delicious."
- "How do you know the host?"
- "Are you having a nice time?"

Even though it may seem cliché, making a comment about the weather, the setting, or the food can be a great opener. It's a quick and easy method to start a conversation and gives two strangers something in common. Talking about unimportant matters can spark deeper discussions about preferences, backgrounds, hobbies, and other deeper subjects that can strengthen social ties.

#### **5. Strike a balance**

A good conversation does not rely on just one approach. A simple conversation might start by:

- Asking some basic information (“Did you enjoy the presentation?”)
- Listening to the answer (“It was great! I feel like I really learned a lot!”)
- Disclosing your own thoughts (“I thought so as well. I already have some ideas about how I can incorporate those tips into my work process.”)
- Next, you might repeat the process by asking another question, or your conversation partner might then choose to ask a question about your earlier response.)

Additionally, you might find it useful to pose open-ended inquiries that cannot be resolved with a simple "yes" or "no." Instead of asking "Did you like the speaker?" you may ask "How did you like the speaker?"

An important talent that can help you develop social connections in a number of situations is the ability to strike up a conversation. It can be challenging at first, especially if you deal with shyness or social anxiety, but practise makes perfect when it comes to feeling more at ease while speaking to others.

Consider each of these exchanges as a training session. Your conversational abilities will get better the more conversations you start with other people.

*In addition to other interesting tips on:*

<https://www.verywellmind.com/how-to-start-a-conversation-4582339>