



## HOW TO GET SOMEONE TO TALK

We share six tips to help you get someone to talk (or, if you're the non-talker, help you begin to talk).

### INTRODUCTION (00:41)

Not know how to share your thoughts and feelings may be a result of the family in which you grew up.

1. *How did the family you grew up in communicate to one another?*

### NON-TALKER: REALIZE YOUR THOUGHTS & FEELINGS MATTER (03:46)

You cannot expect other people to value your thoughts and feelings if you do not value them.

2. *Do you believe your opinions and emotions are important and valuable to other people? Why or why not?*

### NON-TALKER: WORK AT SPECIFICALLY IDENTIFYING YOUR FEELINGS (04:35)

Discovering what your opinions, thoughts, and feelings are may take time and be messy.

3. *What often stops you from talking: not knowing what to say or not wanting to say what you're thinking?*

### NON-TALKER: LEARN HOW TO COMMUNICATE YOUR THOUGHTS & FEELINGS (05:31)

Talking about our opinions and feelings to others requires us to take a risk and value who we are.

4. *What makes you uncomfortable or unwilling to tell someone what you think or feel?*

### TALKER: VALUE THE OTHER PERSON'S THOUGHTS & FEELINGS (06:50)

Allowing the non-talker time to think and respond will show them that you value their thoughts and opinions.

5. *What might you need to believe about the other person to help you stop talking and give them space to talk?*

### TALKER: AFFIRM THEIR ATTEMPT TO COMMUNICATE (07:57)

Your body language and verbal cues will either affirm or shut down the person's attempts to talk.

6. *What gestures or words might you need to be thinking of to encourage the person's attempt at talking?*

### TALKER: GIVE THE OTHER PERSON TIME & SPACE TO THINK (09:01)

Negotiating a time and place for a conversation gives the talker and non-talker what they need to feel valued.

7. *How can you make your non-talker feel safe and their thoughts valuable to you and the relationship?*

Activation on next page...

**ACTIVATION (11:30)**

- 1) Identify why you have trouble vocalizing your thoughts and feelings.
- 2) Share what you've identified with someone.