Start here, together

A gentle conversation workbook for adults 18+. Use it at your own pace.

01 What do we want this conversation to feel like?

02 What is a good time and place for us to talk?

03 What would help each of us feel comfortable?

04 What is one thing we agree not to do today?

My private interests

Print one copy each. Keep it private unless you choose to share.

01 Something I am curious about, without committing to it:

02 Something I enjoy talking about:

03 Something I would rather leave as fantasy:

04 Something I do not want to discuss right now:

The conversation starters

Ask first: Is now a good time? Either person can pass on any question.

01 What makes you feel listened to?

02 How do you prefer to bring up a new interest?

03 What is one thing you wish I understood better?

04 How can we respond kindly to a difference?

Our boundaries

A yes to a topic is not a yes to an activity. Boundaries can change at any time.

01 Things we are comfortable discussing:

02 Things we do not want to discuss or share:

03 What does a pause or stop sound like for us?

04 What privacy rules do we want to agree on?

A shared-interest conversation

Use only topics you both freely choose to share. No match is an obligation.

01 A topic we both want to talk about:

02 What does this topic mean to each of us?

03 Is this a fantasy, a question, or something to discuss further?

04 What would we need to feel safe and respected?

Check in and close

There is no score. You do not have to reach an agreement today.

01 What felt good about this conversation?

02 What felt uncomfortable or needs more time?

03 What do we want to keep private or discard?

04 When, if ever, would we like to revisit this?