Taking the Conversation Deeper

From Surface Chat to Soul Talk

Encouragementology®
the practice of instilling hope

DAY 1: Noticing the Surface

Where do my conversations tend to stay light or routine, and what feels comfortable about that?

- What topics do I return to again and again with others
- What do I avoid talking about, even with people I trust
- What does staying on the surface protect me from right now

Taking the Conversation Deeper

From Surface Chat to Soul Talk

Encouragementology®
the practice of instilling hope

DAY 2: Listening Beyond Words

How do I usually listen when someone is talking to me?

- Do I listen to understand or to respond
- What do I notice about my body or attention when conversations slow down
- When have I felt truly heard, and what made that moment different

Taking the Conversation Deeper

From Surface Chat to Soul Talk

Encouragementology®
the practice of instilling hope

DAY 3: The Questions I Ask

What kinds of questions do I typically ask in conversation?

- Do my questions invite reflection or quick answers
- What question do I enjoy being asked by others
- How could I ask one question this week with more curiosity and less agenda

Taking the Conversation Deeper

From Surface Chat to Soul Talk

Encouragementology®
the practice of instilling hope

DAY 4: Leaving Space

How do I respond to silence or unfinished thoughts in conversation?

- Do I rush to fill the space, fix the feeling, or change the subject
- What emotions come up for me when conversations feel open-ended
- What might be possible if I allowed more pause and less pressure

Taking the Conversation Deeper

From Surface Chat to Soul Talk

Encouragementology®
the practice of instilling hope

DAY 5: Going One Level Deeper

What would it look like to take one conversation just one step deeper?

- Who feels safe to practice this with
- What small shift could I make without forcing vulnerability
- How can I model the kind of conversation I want to experience

Taking the Conversation Deeper

From Surface Chat to Soul Talk

Encouragementology®
the practice of instilling hope

REFLECTION

What have I learned about how I show up in conversations?

- Where have I been invited to slow down or stay curious
- What patterns do I notice in how I connect with others
- What intention do I want to carry forward into future conversations