



Conversation Starters

Sometimes social situations can feel difficult if you are not practiced at them, or if you are feeling anxious.

It can make it easier to ask other people questions, to take the spotlight off you! It could also be helpful to answer the questions yourself so that you have something prepared when someone asks you. Remember it's okay to say 'I don't know' or 'I've not thought about that' or 'I'm not comfortable answering that'.

Here are some questions that you could have in mind when meeting with people in a social situation. Most of them are considered 'small talk', but some of the topics can lead to deeper conversations.

Ice Breakers

- Where did you grow up?
- Do you have any pets?
- Do you have any siblings?
- Do you know what your name means?
- What type of phone do you have?
- What did you do this past weekend?
- What are your plans for this weekend?
- What do you like to do in your spare time?
- What is the first thing you do when you wake up?
- What is the last thing you do before you go to sleep?
- What is your middle name?
- What was the last thing you purchased?
- What is your favourite holiday?
- What is your favourite day of the week?
- If you could meet anyone in history, who would it be?
- What do you like to do to relax?
- Are you a saver or a spender?
- Do you play any instruments?



If you have asked a few of these questions, you feel comfortable and the other person seems like they would like to stay and chat you could ask some more questions.

These topics are set out in categories so you can use them with the appropriate person and at the appropriate time/place. Have in mind that some of these could be considered personal, so make sure you only ask them if you would be willing to answer them yourself! You may find you feel more open with some people.

Childhood Questions

- What was your favourite children's book?
- What is your first childhood memory?
- What type of kid were you (e.g. spoiled, rebellious, well-behaved, quiet, obnoxious...)?
- What is one thing you miss about being a kid?
- What did you want to grow up to be when you were younger?

School/Work

- Where did (do) you go to school?
- What was (is) your favourite subject?
- What was (is) your least favourite subject?
- What's the first thing you do after school/work?
- Were you the class clown or teacher's pet?
- What do you do for a living?
- What is your dream job?
- If you had £10 million, would you still be working/going to school?
- What was your least favourite job that you've ever had?
- What is something that you have gotten in trouble for at school/work?



Relationships

- What is the first thing you notice about a guy or girl?
- Have you ever been in love?
- Do you believe in soul mates?
- What are your turn offs?
- Do you believe in love at first sight?
- Do you prefer short hair or long hair on a guy/girl?
- What do you look for in a guy/girl?
- Who was the last person you called?
- Would you rather be rich and never find true love or be poor and find true love?

Travel

- Where was the last place you went on holiday?
- Where do you plan on going for your next holiday?
- If you could live anywhere in the world, where would it be?
- What countries have you travelled to?
- What was your worst holiday experience?

Food/Drink

- What is your favourite drink?
- What is your favourite food?
- What is your favourite meal of the day?
- Are there any foods that you dislike or will not eat?
- Are there any foods that you would like to try?
- What is your favourite restaurant?
- What is your favourite pizza topping?
- What is your favourite ice cream flavour?
- What did you have for dinner last night?
- What is the signature dish that you cook?



Entertainment

- Who is your favourite actor?
- What is your favourite movie of all time?
- What was the worst movie you've ever seen?
- What is your favourite TV show?
- What was the last movie you've seen?
- What type of music do you like to listen to?
- Who is your favourite music artist?
- What was the last book you read?

Sports

- Who is your favourite athlete?
- How often do you exercise?
- What is your favourite sports team?
- Do you play any sports?

Personal Questions

- Who do you look up to?
- Where do you see yourself 5 years from now?
- What are you scared of?
- What is the best piece of advice you've received?
- What do your parents do for a living?
- What is your biggest regret?
- What is your most embarrassing moment?
- What is the craziest thing you've ever done?
- What are some of your short-term goals?
- What are some of your long-term goals?