5A LESSON - Increasing Meaningful Conversation

ACTIVITIES

To build healthier relationships, our social education must cover a number of interactive skills. Some of the previous lessons have offered knowledge, strategies, and practical exercises to improve interactive skills. This lesson's activities will include additional, more specific ideas for improving social behavior.

JOURNALING QUESTIONS TO EXPLORE EACH DAY

As with any improvement, building more meaningful conversations don't just happen. We need all the help and energy possible. Answering the questions below each day should provide evidence of your efforts and improvements. Please be sure to review the questions periodically throughout the day, replaying your memories in an effort to clarify and journal your answers.

1. How much time did I spend memorizing conversation skills today, and what was I trying to learn?

Keeping track of the amount of time you spend learning particular skills provides you with a necessary record for assessing your effort and growth.

2. What have I learned regarding my current conversation skills, and what am I doing to improve them today?

Noting what you are learning about your current conversation skills and the ways you can improve, helps you to appreciate the important life lessons and healthier habits you are developing.

DO'S & DON'TS

This supplement is provided to make sure you are aware of a group of particular do's and don'ts in conversation. Spend time reviewing this supplement to assist in improving your conversation skills. For ensuring the most meaningful conversations possible, check for other do's and don'ts listed on the Internet.

BEHAVIORAL WORD STUDY

FRIENDLINESS

This supplemental word study investigates the dynamics of *friendliness,* and also *unfriendliness. Friendliness* improves our connection with other while *unfriendliness* isolates us. The qualities of *friendliness* go beyond simple courtesies. Through *friendliness*, we become more kindly, helpful, and supportive.

Studying and discussing the dynamics of this *Friendliness Word Study* supplement will assist you in making it much easier for you to apply such behavior. Understanding *friendliness* gestures in greater depth reduces personal and professional barriers.

CATEGORIZING STORIES

How can we not appreciate hearing interesting and enlightening stories? This supplement lists over 50 storytelling categories for organizing memorable events. Noting your stories in this way will make it easier to bring these interesting and enlightening memories to the forefront of your mind during any social conversation.

© Emotional Intelligence Institute 2026

CREATING CONVERSATION RECORDS

To assure that you are recalling meaningful subject matter from conversations, when you later communicate with friends, family, and colleagues, create a card catalog of each person or a computer file to list what is important to remember from recent visits. Shortly after each visit, note a person's name and significant details about him/her on a card/file note to review a few times between visits. This will assure that you will mention what is meaningful when you later communicate.

5C LESSON - VOCABULARY WORDS

As with previous lessons, please review the words below and reflect upon a different one each day, watching how each word you chose relates to your thoughts and actions that day. Also, note how these definitions relate to the lesson's subject matter. Taking time to memorize these brief definitions will optimize your ability to identify the power of these words in action.

5A

1. ***associate- v.*** To connect something in the mind by recalling a familiarity. *We so often converse with thoughts that associate with another person's comments.* Synonyms: correlate, blend, link. Antonyms: detach, disassociate, separate.
2. ***compliment- v.*** To express kindness, flattery, or congratulations. *A compliment adds a special touch of kindliness to a conversation. Synonyms: admiration, commendation.* Antonyms: blame, disapproval.
3. ***comprehensive- adj.*** Covering an extensive amount of relevant details worth understanding. *Like many subjects important to understand in life, meaningful conversation involves comprehensive details.* Synonyms: All-inclusive, thorough, expansive. Antonyms: narrow, partial, limited.
4. ***mannerly- adj.*** Expressing kindness, courtesy, and other polite behaviors. *Being civilized must include mannerly behavior. Synonyms: gracious, refined, considerate.* Antonyms: crude, impolite, rude.
5. ***composure- n.*** A serene, poised state of mind. *Despite the problematic situation at hand, she continued to maintain her composure.* Synonyms: self-control, poise, fortitude. Antonyms: instability, imbalance.
6. ***monopolize- v.*** To excessively acquire or control. *If we monopolize a conversation, the other person will, most likely, become irritated.* Synonyms: absorb, take over, exclude. Antonyms: share, distribute.
7. ***Reciprocation- n.*** A mutual give and take. *Kindly reciprocation in any personal situation increases harmony.* Synonyms: counteraction, interchange. Antonyms: exclude, ignore

This lesson and its supplements have provided several helpful guidelines and healthy steps to meaningful conversation as well as a useful template. For further advancement, we recommend a few other resources:

BOOKS

Amazonsmile.com has a number of helpful books about conversation skills.

WEBSITES

ConversationMatters.com

https://www.conversationmatters.com/selftest.html (A conversation self-assessment tool.)

http://www.rd.com/health/12-golden-rules-of-conversation/

http://www.improveyoursocialskills.com/conversation

http://www.forbes.com/sites/johnhall/2013/08/18/13-simple-ways-you-can-have-more-meaningful-conversations/

http://www.positivityblog.com/index.php/2006/11/05/do-you-make-these-10-mistakes-in-a-conversation/

© Emotional Intelligence Institute 2026