

10 Conversation Starters for Micro-Connection

Small words. Open doors.

"Nothing you say is going to scare me. What you are experiencing is not too hard for me."

01

"What's one thing on your mind lately that you haven't had a chance to say out loud?"

Why it works: Opens a door without demanding entry. I have time, and whatever you carry is welcome here.

02

"Is there anything going on with you that I wouldn't know just by looking at you?"

Why it works: Cuts through the curated surface. I know there's more to you, and I'm not afraid of it.

03

"What part of your day actually felt like you?"

Why it works: Replaces "how was your day" with something that honors identity. Invites them to locate themselves.

04

"Is there something you wish adults understood better about what you're going through?"

Why it works: Positions you as a learner, not an authority. Gives them language for experiences they may not have named.

05

"I've been thinking about you. How are you — really?"

Why it works: The word 'really' does everything. You are not invisible. You are not too much. You are worth wondering about.

06

"What's something you're proud of lately that no one has noticed?"

Why it works: Acknowledges unseen effort. Adolescents often perform for approval — this reaches past the performance.

07

"When do you feel most like yourself? What does that look like?"

Why it works: Identity development is the core work of adolescence. This treats that work as real and worth exploring.

08

"Is there anything you've been carrying by yourself that you're tired of holding alone?"

Why it works: Normalizes the weight without pathologizing it. Makes room for them to set something down.

09

"What's something you're figuring out right now — even if you don't have any answers yet?"

Why it works: Removes the pressure to have it together. Curiosity without resolution is honored here.

10

"If I could understand one thing about your world right now, what would you want it to be?"

Why it works: Radical permission. It hands them the mic and says: your perspective is the one that matters to me.