Some thoughts on connecting...

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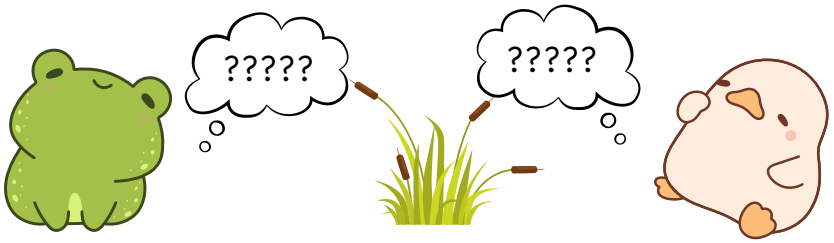
Picture this...

1.



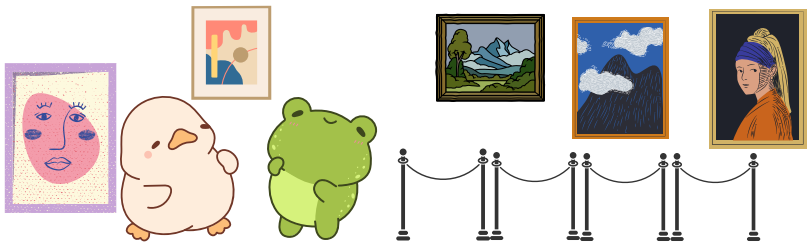
You've been chatting with someone you know. You text and speak and bit when you're with your group of friends (or classmates, or youth group or whatever you call them).

2.



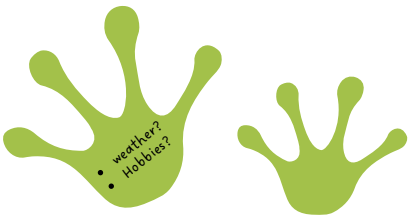
You talk about anything and everything.
You laugh. You joke. You talk about serious stuff. BUT one day you decide to hang out with them.
Outside of the usual group. Alone (or maybe in a smaller group). In person.
And then you realise - you don't know what to say!!

3.



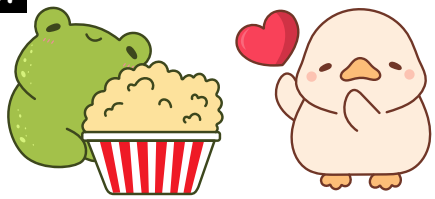
Well, this was me, getting ready for a day out with a friend and suddenly terrified that we would be silent. That I wouldn't know how to make small talk. So I did what every smart, young adult would. I made plans to go to an Art Gallery (at least that's something to look at and talk about, right?)

4.



...and I wrote questions and small talk prompts on my hand, and wrist (and maybe a bit of paper as well).

5.





If this story resonated with you - or made you realise the panic that was inside when it comes to meeting new people or building friendships. It's all good. This is a safe space, and we will talk about how we can do this well (and succeed by failing) so that the panic goes away.

6.



But before we talk about the best ways we can do this - let's remember we're all just people.

7.



We're all different, awkward about our insecurities, learning & growing. So, as we talk about these things, sure there'll be people who are better at some of this (just like there will be things we are better at) but we all need community, connection and people, and we're all just trying to find it!

8.



Maya Angelou once said "A friend may be waiting behind a stranger's face".

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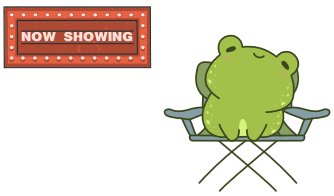
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9.



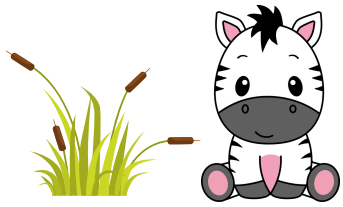
Which means, we can always look for opportunities to meet new people and make new friends! It also means that we don't really know how that's going to go until we do it - maybe they're waiting for us to speak or maybe we are waiting for them, either way, when there's a chance for connection, we should take the moment to build it.

10.



And for inspiration of how to do this, I always to turn movie quotes.

11.



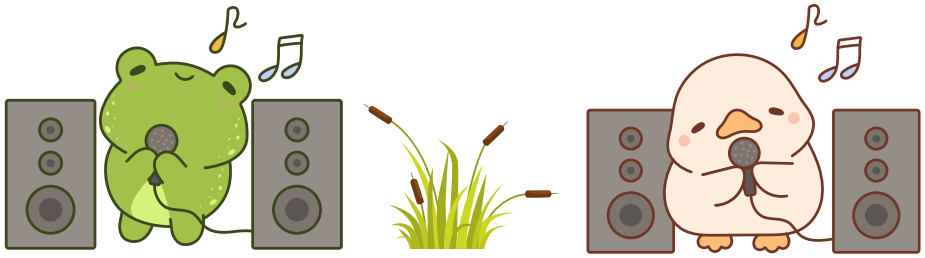
I have no problem telling you this, but I love LOVE the film "We bought a Zoo".
It's got everything I want in a film.
Cute Animals. A Real Story (kind of). Crazy Adventure and of course, A good cry.

12.



And at one point in this film we get a brilliant piece of advice that I think we should all try to remember whenever we meet new people, feel nervous about a silence in our conversation or just need the boost to build the connection a little bit...

13.



"Sometimes all you need is 20 seconds of insane courage. Just literally 20 seconds of just embarrassing bravery and I promise you something great will come of it."



The End

