

# Conversation Emergency Kit



By: Beverley Sher Fragile X  
Alliance Inc 2014

## **KEY:**

**(Try and prepare some questions as well as some information to share on each of the following beforehand):**

- 1. Ask something e.g. "Have you been to this restaurant before?"**
- 2. Tell something e.g. "I really like that shirt you're wearing"**
- 3. Say something that links onto the previous comment**
- 4. Stop, think, talk (avoid being impulsive)**
- 5. Share a happy experience**
- 6. Share an angry experience**
- 7. Share a sad experience**
- 8. Share an embarrassing (but not too personal) experience**
- 9. Share a scary experience**
- 10. Talk about the weather**
- 11. Talk about the setting you're in**
- 12. Talk about something in the news**
- 13. Talk about a current TV show**
- 14. Talk about a current movie**
- 15. Talk about music**
- 16. Talk about pets**
- 17. Talk about food**
- 18. Talk about work**
- 19. Talk about sport**
- 20. Talk about family**
- 21. Talk about vacations**
- 22. Talk about holidays or special occasions**
- 23. Talk about hobbies**
- 24. Talk about partners or relationships**

**What NOT to pack: (when talking to someone you don't already know well):**

**Topics such as religion, politics, strong opinions (e.g. gay marriage), sex, discriminatory comments, money/salary, a person's weight, a woman's age, if someone is pregnant, what medication you're on.**