

Notes from May 22, 2024

How do you handle small talk?

Small Talk Situations:

At work

Work travel (meals to attend, between meetings or before/after meetings)

Challenge: recognizing when capacity for small talk is just about depleted, recognizing before it's too late

Seems easier to get out of family or personal social situations

Tip One: the ones who are really good it know how to ask questions because they know people like to talk about themselves

Challenges: feeling awkward or feeling like have a LOT to say...think about VEEP gladhanding with assistant beside her with info about who she is about to see...

Tip Two: Remembering touchstones – a little thing about someone, example asking about their child's dance recital

Using Awareness: how much people will "like" you when you ask questions

Challenge: Sadness when it's not reciprocated; recognizing what's small talk and what's the beginning or extension of friendship building – moving toward shared experiences

Tip Three: Looking for something to compliment

Tip Four: Conversation Starters like a programmable hat

Challenge: our tendency to respond to "small talk" questions with equal seriousness; makes small talk difficult; conscious effort to differentiate settings and the different "appropriate" responses for those settings

Tip: check in with self and other person (directness, in ability to read social cues)
Ask the question of self – am I talking about what I want to? Can you ascertain how they are receiving/responding to this? Asking them things like "too much information?" with a smile

Taking care of self is source of asking the question, not controlling what they perceive

Tip: treating small talk like you would approach answering an interview question – keeping it to a small number of short sentences, pausing and slowing down (talking a deep breath

to regulate heart rate can help slow down) (smiling and allowing other person to speak as an opportunity for them to engage

Tip: pause, assess and ask self, do they have a need to know. Provide a fulfilling answer and create space for them to take conversation in same or different direction

Challenge: How do we deal with our tendency to use long narrative form in all answers? Find ways to summarize?

Tip: Our tendency to see the connections is real so learn to write short story

Tip: Record and listen to answers of typical small talk questions – be the preview to the movie – be the highlight reel; leave room for others to ask questions about it if they want to know more

“two adjectives instead of one” not necessarily ceding boundaries

Our inability to edit comments linked to our inability to prioritize?

Tip: Remember boundaries

How we may want to choose to make changes in the world we see...movement toward brevity → our tendency to create deeper connection, our want to help others → finding balance between the expectation to be brief and encourage others to share more

...as it serves us, as we discern our boundaries and our ability to decide what others know about us and what we want to know about others

Like small talk in medical situations?

When not good at small talk meets not good at small talk

When they run behind because they talk too much – one has a timer to make sure he doesn't go over

Lack of connection in medical professions, in so many professions – can create struggles for neurodivergent; Need for self-advocacy becomes apparent

Wouldn't it be cool if there were patient advocates for hire? retired medical professionals to be private patient advocates to accompany us into appointments especially for women, neurodivergent women

and health historians to help build for those that don't have a solid history less taxing on our working memory, too!

App – medication section for iPhone in Health App; check for Android version
App – MediSave

For another session: tech, apps and AI that can support executive functions

The more difficult conversations we're called upon to have...

*Can we go deeper into who gets to hear/know what in that boundaries space/oversharing,
how to know when we are for future session*

Apps as “digital twin” for next time

*Running low on social energy and replenishing and ID
Add this to early warning/awareness of oversharing thought*