

Conversation Guide: Weave the Social Fabric

Living Room Conversations offers a simple, sociable and structured way to practice communicating across differences while building understanding and relationships. Typically, 4-7 people meet in person or by video call for about 90 minutes to listen to and be heard by others on one of our nearly 100 [topics](#). Rather than debating or convincing others, we take turns talking to share and learn, and be curious. No preparation is required, though background links with balanced views are available on some topic pages online. *Anyone can host using these italicized instructions. Hosts also participate.*

Introductions: Why We're Here (~10 minutes)

Each participant has 1 minute to introduce themselves.

- Share your name, where you live, what drew you here, and if this is your first conversation.

Round Two: Exploring the Topic -- Weave the Social Fabric (~40 min)

One participant can volunteer to read this paragraph.

Many people sense that something is broken in society. Surveys show about half of young adult Americans are lonely. Opioid addiction, suicide, gun violence, ethnic tension and depression have been rising. We face rapid change from a globalized economy, cell phones and social media, job-hopping, online dating, immigration, and uncertainty about our future health and wealth. Nonprofits have a role to play in gathering, valuing, and supporting individuals and communities across the country. In this abbreviated conversation you have the chance to share personal experiences and explore how you connect with others in your personal or professional life, how you understand the communities you identify with, and what you can do to weave the social fabric.

Take ~2 minutes each to answer a question below without interruption or crosstalk. After everyone has answered, the group may take a few minutes for clarifying or follow up questions/responses. Continue exploring additional questions as time allows.

- Is it easy or hard for you to connect with others who were raised differently, or live and think differently than you? What have you seen getting in the way of that from happening?
- What do you think could be done to help bring your community together?

Round Three: Reflecting on the Conversation (~15 min)

Take 2 minutes to answer one of the following questions:

- What was most meaningful / valuable to you in this Living Room Conversation?
- What learning, new understanding or common ground was found on the topic?
- How has this conversation changed your perception of anyone in this group, including yourself?
- Is there a next step you would like to take based upon the conversation you just had?

Thank you!