My Conversation Map

A conversation is a back and forth. I can learn the parts, one small step at a time.

Name: _____ **Date:** _____

1 The five parts of a conversation

Read the example, then write a line that sounds like me

1. Start
Greet and open: “Hi! How was your weekend?”
My line: _____

2. Trade
Answer, then add a little about me: “Good, I went hiking.”
My line: _____

3. Follow up
Ask more about what THEY said: “Where did you go?”
My line: _____

4. Check in
Notice: are they still into this topic, or ready to switch?
My line: _____

5. Wrap up
End kindly: “I have to go. Good talking to you!”
My line: _____

2 Follow-up question builder

Follow-up questions show I was listening. Pick a starter, then make it fit.

What was that like? | How did you get into that? | What happened next? | What do you like most about it? | Wait, how does that work? | What was the best part?

They said: _____ **My follow-up:** _____

They said: _____ **My follow-up:** _____

They said: _____ **My follow-up:** _____

3 Reading the room

Signs differ from person to person. When I am not sure, I can simply ask.

They may want to keep going

- [ ] They ask me questions back
- [ ] Their answers get longer
- [ ] They add their own stories
- [ ] They say “and then...” or laugh

They may want to switch or stop

- [ ] Short answers, again and again
- [ ] They look at the door or a phone
- [ ] They start to step or turn away
- [ ] They say “anyway” or “well...”

Not sure? Ask: “Am I talking too much about this?” or “Want to hear the rest?”

4 My conversation check

After a chat, tick what I did. Nobody does all of these every time.

- [ ] I said hi or used their name
- [ ] I asked a follow-up question
- [ ] I let them finish before I talked
- [ ] I noticed how they seemed
- [ ] I asked at least one question
- [ ] I shared something about me
- [ ] I stayed on their topic for a bit
- [ ] I ended with a kind line

What went well: _____

One thing I will try next time: _____

Who I could practice with: _____

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My Conversation Practice Plan

Small, real conversations, often. I guess how it will go, then check what really happened.

Name: _____ **Date:** _____

1 Before: my plan Who, where, and what I might say

Who and where: _____

My opener: _____

Two questions I can ask: _____

My guess: how awkward will it feel? 0 1 2 3 4 5 6 7 8 9 10

My guess: how much will they enjoy it? 0 1 2 3 4 5 6 7 8 9 10

2 My practice ladder Start with the easiest step. Move up when a step feels about 3 out of 10 or less.

5 _____ ☐ done

4 _____ ☐ done

3 _____ ☐ done

2 _____ ☐ done

1 _____ ☐ done

e.g. 1 ask a librarian a question, 3 ask a classmate about their weekend, 5 join a group already talking

3 After: what really happened Most people are liked more than they think after a conversation

What happened: _____

A follow-up question I asked: _____

Signs they enjoyed it (or did not): _____

Real: how awkward did it feel? 0 1 2 3 4 5 6 7 8 9 10

Compared with my guess, it was: worse about the same better

4 My 5 day log One short line a day

Day	Who and where	What I tried	Awkward: guess / real
Mon			/
Tue			/
Wed			/
Thu			/
Fri			/

For adults, teachers and therapists

1. Teach options, not one right way. Eye contact, small talk and pace differ between people and cultures.
2. Autistic people often talk easily with each other. Both sides of a conversation can adapt.
3. Practice in real life, in small steps, and praise the try, not a perfect script.
4. Lasting fear, isolation or low mood needs a trained professional, not a worksheet alone.

In the US, call or text 988 (Suicide and Crisis Lifeline) any time, day or night.

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