

# HOW TO ALWAYS KNOW WHAT TO SAY NEXT



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SHYNESS-SOCIAL-ANXIETY.COM

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To Your Success,

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# Special Report: How to Always Know What To Say Next

## Introduction

### “I Don’t Know What To Say!”

I remember when I used to try to make conversation and small talk with people. It was painful. It wasn't that I was afraid of talking, just that I didn't know what to say.

I wouldn't say a word and I would just listen. My mind seemed to go blank and the harder I tried to think up of something to say, the longer I didn't actually say anything... No matter how hard I tried, I couldn't do it. The rare time that I did say something, it seemed out of place and unnatural. I quickly withdrew back into my shell.



But if someone said something funny, inside my head I would say: "Why didn't I come up with that?" Everyone else seemed to always have the right remark to add, even if it was obvious. They seemed to be born with the talent to make conversation.

## The Main Problems

People with shyness or social anxiety usually...

- Wait too long to respond.
- Over-think their responses.
- Don't add anything to the conversation.
- Don't carry their weight in the conversation, being more comfortable letting the other person do most of the talking.



- Or (worst of all), don't say anything and kill the conversation entirely.

### **Then there are other problems as well. Some shy people...**

- Can be very outgoing with a select handful of people, then clam up around people they don't really know well.
- They may do fine in one-on-one conversations, but when put into a group conversation, they'll become observers and not say anything, to the point of becoming practically invisible.
- Or they could be very good at talking about logical topics of conversation, but suck at just joking around with someone and hanging out not talking about one subject in particular.

The second group of problems is addressed in the main ebook. In this report we'll focus on the problem of "running out of things to say."

## **Build the Muscle**

You get better at talking to people by talking to people. Period. I'll give you all the tools you need to get past the common hurdles people with shyness and social anxiety face when trying to make conversation in the beginning, but it's up to you to take the tools and put them into practice.



At first your progress will be slow. You'll have to put a lot of conscious effort into what you're saying, and you'll be using the tools I'm about to teach you heavily. However, as you gain experience and confidence, you'll find yourself naturally picking up on the rhythm or flow of natural conversation, and you'll find that you have to think about it less and less. You'll be more immersed into the topic of conversation, instead of trying to come up with what to say next. Finally,

one day you'll reach a point where making conversation will become effortless, and you'll wonder what was such a big deal in the first place.

The technique I'm about to show you is simple, but ultra-effective. Don't be put off by how easy it is to learn or how short this report is. Conversations are not complicated, people all over the world have billions of them every day. All you need to do is understand some basic but critical points, gain some basic experience, and you, too, will be able to make conversations like a pro.

# Conversation Threading

## **A New “Framework” For Conversations**

Many shy people get stuck when trying to make small talk because they think of a conversation as a straight line. They think it’s like a railroad track, but that’s not true.

Conversations rarely follow a logical sequence from beginning to end. Instead it usually goes in random directions. Have you ever realized you were talking about something really weird and said “How did this conversation start again?”

That’s because there are many possible paths a conversation can take, depending on which threads you choose to follow. Because of this, it really is possible to keep a conversation going forever and never run out of things to say.

But before you get to that point, you have to learn what a thread is.

## **What is a Thread?**

A thread is a single subject or topic or idea in a sentence. In a typical sentence, there can be many threads. For example, take the following statement:

*“Bob made the football team last Saturday.”*



This is a very basic sentence, but in it you can find several threads, if you know what to look for. The threads (or topics) in the sentence could be:

“Bob made the football team last Saturday.”

### Example Replies To Each Thread

In this example, the threads are “Bob”, “football team” and “last Saturday”. You could choose any one of these threads and respond to it in your reply. For example:

**Bob:** “I saw Bob last weekend at the mall. He was sitting with his girlfriend at McDonald’s.”

**Football Team:** “I don’t know how people can watch football for hours at a time on TV. There’s a commercial break every 2 minutes. Basketball is a lot more exciting.”

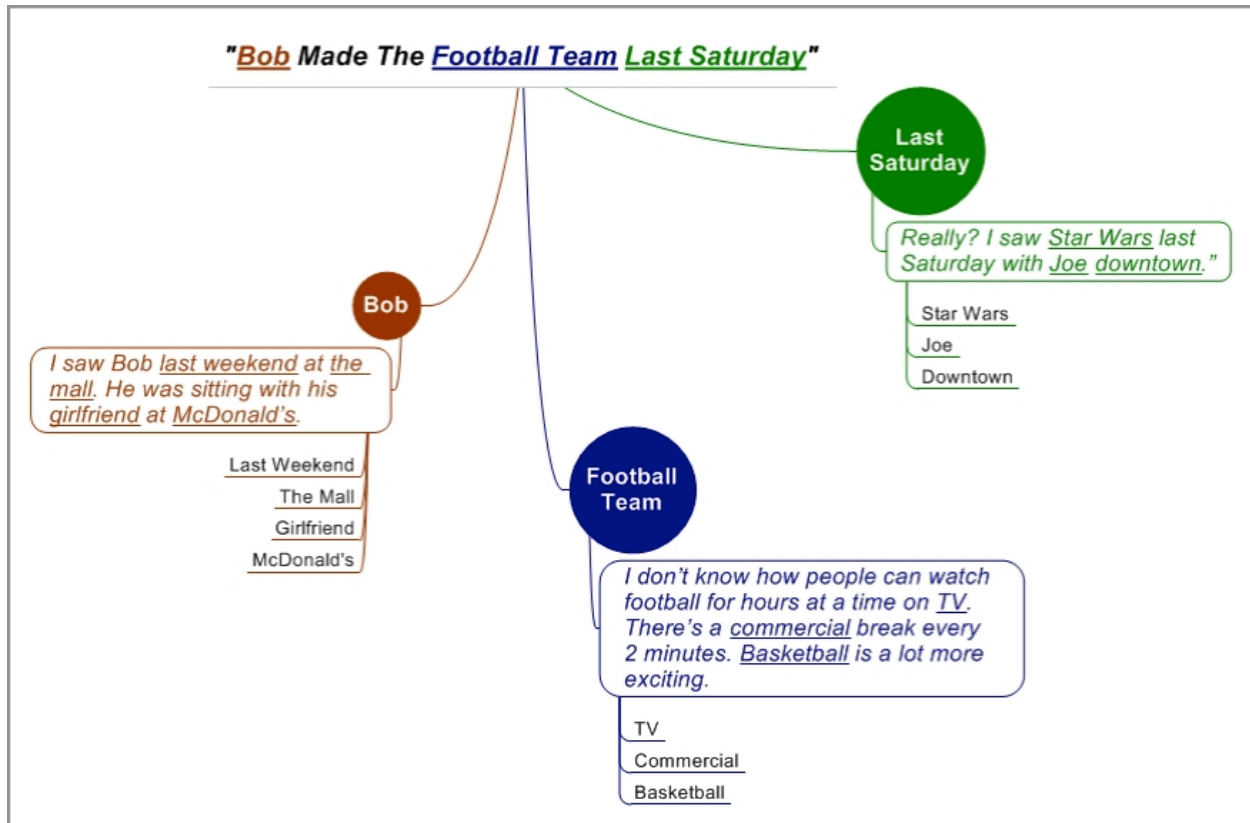
**Last Saturday:** “Really? I saw Terminator 3 last Saturday with Joe downtown.”

### Threads Are Branches

Here’s another way to think of threads:  
Think of each new thread as a branch coming off the main conversational tree. Each branch can also branch out into new sub-threads, forever. This is why conversations can last for hours.



Here's an example showing some threads inside of the replies:



### Why Threaded Replies Are Good:

1. They are on-topic and logically "flow" with the conversational subject.
2. They give the other person something to reply to and keep the conversation going because you actually have something REAL to say. All the replies contain new threads the other person can easily reply to. I'll show you the how to do this in a few paragraphs.

## Applying Threading to Real Life

So now that you know what threads are and how they work, how do you use them in everyday conversations?

### Step 1: Actively Listen For Threads

Whenever someone talks to you, listen to what they're saying very carefully. If it's not a question, there are probably a few different threads in what they say that you can comment on.

At first you may be bad at this, but soon you'll be able to pick out the main subjects almost instantly. After a while you won't need to listen for threads anymore because carrying on a conversation will become natural to you. That's the point you want to reach.

In a way, Conversational Threading teaches you a new way of talking. You have to forget what you know about making conversation (because it's not working) and trust that it will work in almost any situation.

### Step 2: Always Introduce New Threads

You don't want to let the other person do all of the talking. That's boring for both of you. You shouldn't put the burden of conversation on the other person. You have to contribute. So how do you do this?

You do it by making sure your replies have their own new threads. For example, if someone says, "*Bob made the football team last Saturday.*", here's a bad reply:

**Bob:** "Yeah, Bob is pretty good at football."

It's a bad reply because you don't introduce any new threads. You don't really say anything. It doesn't give the other person anything new to comment on or talk about, making it harder for them to continue the conversation.

On the other hand, here's a much better reply where you introduce new threads into the conversation:

**Bob:** "I saw Bob last weekend at the mall. He was sitting with his girlfriend at McDonald's."

You should try to include at least 3 new threads every time you talk in conversation.

You're giving the other person several "paths" they can choose to follow.

### **Step 3: Use Statements, Not Questions**

Shy people have a tendency of asking questions to avoid talking. This is bad. If you ever catch yourself asking question after question in conversation, stop, and start using statements. Here's what a question about Bob might look like:

**Bob:** "Wasn't Bob quarterback on the football team last year?"

Just like in step 2, this doesn't really give the other person something to work with. They have to do most of the heavy lifting in the conversation if you're the one always asking questions.



## **Step 4: Ask Open-Ended Questions**

If you do feel the need to ask a question, at least make it an open-ended question. What do I mean by an open-ended question?

Well, a here's an example of a close-ended question:

**Bob:** *"Wasn't Bob quarterback on the football team last year?"*

Close-ended questions can be answered with a yes or no or a one-word answer. Once they say yes or no, the conversation might die out because you've given them nothing to work with. Asking a lot of close-ended questions in a row is typically what kills conversations.

Now, here's an example of an open-ended question:

**Football Team:** *How well do you think the football team will do?*

This question requires a longer response than a yes or no. It basically forces the other person to talk for a bit about their opinion about the football team. However, an even better thing to do would be to turn that question into a statement, and simply state your opinion on it first:

**Football Team:** *It looks like the football team's gonna do well this season.*

By stating your opinion like this, the other person will respond to you anyway, and it makes the conversation flow much better. So whenever you are making conversation, remember:

Statements are best.

Open-ended questions are okay.

Close-ended questions should be used sparingly, if at all.

## **Why Statements?**

With every question, you're asking someone to give you something. Instead of contributing, you're taking away.

Highly social people, on the other hand, almost never ask questions. You probably notice that the most popular people just say what's on their mind. It's usually an observation they made or an opinion they have.

From now on, if you get the impulse to ask a boring question out of habit, rephrase it into a statement, and then say that statement instead.

# How To Come Up With Threads

## “But What Exactly Am I Supposed To Say!”

You may be thinking to yourself: “But I don’t know what to say once I see a thread!”

Maybe you don’t think you have anything interesting to say. Maybe you just sit at home by yourself in most of your spare time. Maybe most of your interests are ones you do by yourself and wouldn’t interest other people. There are two ways to solve this problem, and they work best together.

## Step 1: Gain General Knowledge

**People associate by shared interests.** If you want to have long conversations, the solution is stupidly simple.

Think about what the people you’re around usually talk about, then go learn more about it. Watch some popular movies or TV shows. Watch more pro sports, if it doesn’t bore you too much. Most people don’t really read books, but they can give you a lot of ideas to talk about.

Remember, the goal isn’t to be the guy who can quote any movie word-for-word or bring up a little-known fact nobody cares about. The goal is to **build up a “knowledge bank”** in the back of your mind so when someone mentions “football team”, you instantly think of something you can say as a reply.

You’ll find this getting easier and easier as you start getting a social life. As you get more **real life experiences** you can start talking about those, instead of going out and finding stuff you can later talk about.

## Step 2: The COSI Questions

If I've been talking to someone, and I start to feel the conversation slowing down, instead of letting the conversation die a painful death, or even worse, "forcing" it with boring questions, like I used to do, I'll quickly go through the following four questions:

<b>Connect</b>	- What do we have in common?
<b>Observe</b>	- Is there anything interesting in our environment?
<b>Share</b>	- Is there anything interesting that happened to me lately?
<b>Inquire</b>	- What aspects of his/her life could I ask questions about?

By using "The COSI Questions", a technique I developed, I now have a way of instantly making a conversation interesting with very little effort whatsoever. So if you're ever stuck with what to say about a thread, use those questions.

I'll use "*Bob made the football team last Saturday*" as an example:

<b>Connect</b>	<b>Bob:</b> " <i>You know Bob, too? Me and him met in our freshman year at college.</i> "
<b>Observe</b>	<b>Bob:</b> " <i>That cloud looks kind of like Bob, except with a weird white hat and long beard.</i> "
<b>Share</b>	<b>Bob:</b> " <i>I saw Bob last weekend at the mall. He was sitting with his girlfriend at McDonald's.</i> "
<b>Inquire</b>	<b>Bob:</b> " <i>That must be why he's been so busy lately. Has Bob seemed really busy to talk to these past few weeks?</i> "

See how you can think up of many replies if you just pick out one thread + a COSI Question?

# A Summary of Conversation Threading

It's time to wrap up what you've learned in this report so far about conversation threading in one neat page.

**WHAT IS IT?** A thread is a single idea, like "Joe" or "tree house", in a piece of conversation. You can think of threads like branches on a tree. There are many possible paths to the top, but you can only pick one.

**WHY ARE THREADS GOOD?** They are on topic and logically "flow" with what the other person has just said. They help you to actually add to a conversation. You finally have something REAL to say. Threads mimic how real people have conversations. It's an easy way to re-train your brain to make it think about conversation the way outgoing people do.

## **THREADING IN REAL LIFE**

1. Actively listen for threads. Look for "subject words" that you can then expand on. You'll start to automatically do this after a while.

2. Always introduce new threads. Make sure your replies include their own "subject words". That's what makes you an interesting talker and keeps the conversation going. It also makes it easy for the other person to keep talking.

3. Use statements, not questions. A statement adds value to the conversation. A question takes value away. A question also puts the burden of conversation on the other person, something you don't want to do.

4. Use open-ended questions more than close-ended ones. These are questions that can't be answered with a yes, no or one-word answer

## **HOW DO YOU COME UP WITH THREADS?**

1. Gain general knowledge. Do stuff that other people do once in a while. Watch popular movies, TV shows and sports. Read magazines and maybe even some books. The idea is to build up some background knowledge that you can cross-reference with a thread topic. As you become better at talking and start to have more of a social life, you can talk about your experiences.

2. The COSI Questions. Connect on a shared interest. Observe something around you. Share an experience that happened to you. Inquire about the other person. Use these 4 if you're ever stuck thinking about what to say.

## In Conclusion

I hope conversation threading improves your life. The real power behind conversation threading is that it helps you relate to people through **your own experiences and knowledge**. There are no lines to memorize.

By reading this report, you should now understand that it's **impossible to memorize** the “perfect thing” to say in every possible situation. Conversation is interesting because you don't know where the threads will take you next. It's not about memorizing the perfect thing to say, but changing your core habits and behaviors so that you naturally think and act like an outgoing person. You have to change the “theme” of your personality.

When you are a beginner at good conversation, it's very useful to have this type of detailed framework as a beginner. But over time the tools you have learnt here **will become natural** to you and you won't even have to think about using them anymore.

Think of it like using training wheels on a bike. Over time, you outgrow the training wheels. Your focus will naturally shift from “threads” and “statements”, to being **totally immersed in the subject of conversation**. The moment you make this shift is the moment you'll be able to have natural, effortless conversations.

Now go out there and get some practice. The sooner you start, the sooner you'll master this area of your life that's had you stuck for so long.

**To Your Success,**

A handwritten signature in black ink that reads "Sean Cooper". The signature is written in a cursive, flowing style.