



RRR BCM

# GOING DEEPER IN PERSONAL CONVERSATIONS

*It is such a gift to be able to share with one another in companionship. In order for one to grow in their relationships with one another and extend their community, there is a need to go beyond the surface as people get to know one another. Taking time to go deeper in your conversations with others takes a willingness to be transparent with one another as you enter into a safe, trusting environment. Both people need to set the ground rules of honesty, respect, and boundaries where things shared stays between those involved in the conversation.*

**Below are six conversation categories with four conversation starter questions each. Feel free to use this guide with your friends, others in your InterVarsity community, new contacts in follow-up, etc. as you explore what it looks like to go deeper in your personal conversations.**

## FAMILY

- How close are you with your family and what has been the greatest joy or struggle since being away from them?
- Is your family mostly people who went to college or did not go to college? What kind of pressures does that add to you?
- What are some habits/behaviors you enjoy and don't enjoy about your family? How could you use your time in college to shape or reshape these habits/behaviors in your own life?
- How much does what your family expect of you affect your day-to-day decisions? How would you like to see yourself release some of this pressure while you are in college?

## WORK & SCHOOL

- How many classes, organizations, and work duties are you juggling? Is it all overwhelming or fulfilling? What makes you say yes to all these things you are choosing to balance?
- What are you prioritizing in your life while you are in college? Where do you make room for God to help you in choosing your daily tasks or even your classes, orgs, etc.?
- Are you making sure to have time for social activities? How do you make sure these social activities allow you to have fun, but are also honorable in your walk with Christ?
- What do you love most about your college experience so far and what do you like the least? What adjustments could be helpful so that you get the most out of your time in college?

## MENTAL HEALTH

- What words or phrases best describe how you have been doing mentally over the past few weeks? Would you categorize most of it as negative or positive?
- How do you deal with the stress or struggles in your life? Who or what you turn to during these low moments? Do you find yourself finding ways to hide or express them?
- When was the last time you would describe feeling like or thinking you were having the "best time of your life"? How can you recreate that type of experience more often?
- How would you describe being at peace in your soul and mind? How do you make sure to not make peace something that is only spiritual, but also mental and emotional?

## PURPOSE

- Have you ever considered you were put in this world by God for a specific reason? If not, what keeps you from seeing this as a possibility? If so, what have you done to figure out what that reason might be?
- What are some of your strengths, skills, abilities, and/or gifts? Do you use any of them in your day-to-day living (i.e. in class, with relationships, for organizations, etc.)?
- Growing up or even in recent years, what are some things people have shared you were good at? Have you taken time to explore these things any further?
- Have you ever felt like you missed out on reaching your purpose? How has that affected you? What adjustments could you make to walk more in your purpose?

## RELATIONSHIPS

- What do you value most in friendship? How are your current friendships measuring up to the things you value?
- If you lived by the mantra relationships are either for a reason, season, or lifetime, what relationships are you needing to evaluate? Who do you need to release and who do you need to deepen relationship with? What kind of accountability will help you follow-through?
- As you consider the person you are dating, do they add to your life mentally, physically, emotionally, spiritually or do they often take away from your life in these areas?
- What boundaries have you established in dating to prevent you from doing something you would regret later? How well does your partner honor your boundaries?

## SELF-CARE

- What are some things you like to do that make you happy? How often do you take time to do them?
- Do you make a weekly or monthly schedule? Do you set goals for the semester or school year? How does or might planning and setting goals keep you from getting overwhelmed throughout the school year?
- When is the last time you took a concentrated 4 or more hours to STOP all type of work (school, job, organizations, chores, etc.) to just rest? How can you carve out time in your schedule to do a sabbath rest at least twice a month?
- How do you best relax - spending time alone, connecting with friends, doing an activity? How can you add a time once a week where you relax specifically in this manner?