

# Good Questions for Great Gatherings: Connecting Across Generations

## *Your Short Cut to Meaningful Conversations*

Great conversations begin with good questions. Make your next gathering more memorable by sprinkling in some of our favorite questions from the Conversation Guide library. You can try asking them at the dinner table, in the car, even over Zoom.

No matter how different the holidays look this year, with a little planning and creativity, our gatherings can shimmer with thoughtfulness, curiosity, and generosity of spirit...and help us experience the true meaning of the season.

### Conversation Agreements

Be curious and listen to understand.

Show respect and suspend judgment.

Note any common ground as well as any differences.

Be authentic and welcome that from others.

Be purposeful and to the point.

Own and guide the conversation.

*These questions cover a lot of ground. No pressure to get through all of them in one sitting. It might take multiple conversations. Choose as many or as few as whatever works for your time and setting.*

- Do you remember **life before we had mobile phones/tablets** or a time when you were unplugged for an extended period? What did you most enjoy?
- What do you wish you could **talk about more meaningfully**? Who would you like to be a part of that conversation?
- What are your **best experiences of being alone**? Are there times when being alone has been difficult for you?
- How does **the media** impact you, your friends, and your family (including social media)?
- How have your behaviors shifted with family or friends this year? How does this inform your thinking about **what is essential** to you about your connections to people in your life?
- Grief expert David Kessler says that **finding meaning in our pain** can transform our experience and reduce our suffering. Has that been true for you? What happened?
- **What helps you understand** what someone else is experiencing or feeling? What gets in your way?
- Have you ever been **stereotyped because of your age** or some other factor? What was that like? How did you respond?
- What is your experience of **forgiveness**? What have you forgiven and why?
- How do you decide what news sources to trust? How has your **trust in news sources** changed? What news reporting practices or standards increase your belief that a news source is credible?

*Want more guidance for connecting? Check out our Friends and Family Conversation Tips!  
[livingroomconversations.org/friends-and-family-guide/](http://livingroomconversations.org/friends-and-family-guide/)*