



How to Never Run Out of Things to Say

Hey, I'm Mitchell. If you're reading this, there's a good chance you've felt that awkward silence in a conversation. You know the one—where you're talking to someone and suddenly you don't know what to say next. Or maybe you're someone who wants to talk to more people but you're not sure how to start or keep conversations going. Or maybe you're just tired of small talk feeling forced and uncomfortable.

Here's the truth: most people think the problem is that they don't know enough things to talk about. So they try to memorize clever conversation starters or they stress about saying the right thing. But that's not actually the problem.

The real problem is that they don't know *how* to have a conversation. They don't know who to talk to, how to start, what questions to ask, or how to keep things flowing naturally.

And that's exactly what this ebook is about.

In the pages ahead, I'm going to walk you through the entire conversation framework. You're going to learn who's actually worth talking to, how to approach someone and start a conversation without it being awkward, what questions to ask, and most importantly—how to never run out of things to say.

This isn't about being manipulative or using tricks. This is about genuine connection. It's about learning to listen, ask the right questions, and make people feel heard. Because when you do that, conversations flow naturally. People like you. And you build real relationships.

So let's get into it.

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Part 1: Who Should You Talk To?

Here's something nobody really talks about when it comes to conversations: not everyone is worth talking to. And I don't mean that in a mean way. I just mean that some people are going to make conversation easy, and some people are going to make it nearly impossible. So before you even worry about what to say or how to say it, you need to know who you should actually be talking to in the first place.

This is going to save you so much time and frustration. Because if you're trying to have a conversation with someone who doesn't want to talk to you, you're basically talking to a wall. And that's not fun for anyone.

The Person You Should Talk To

Someone who actually puts effort into the conversation.
That's it. That's the qualifier.

The Person You Should NOT Talk To

Someone who gives minimal responses and shows disinterest through their body language.

What Does Effort Look Like?

When You Ask a Question

They don't just give you a one-word answer. They actually answer your question. They give you something to work with. If you ask them "What do you do for work?" they don't just say "I'm an accountant." They say something like "I'm an accountant, but I'm actually thinking about transitioning into something else because I've been feeling burnt out lately." See the difference?

They're giving you real information. They're giving you details. They're giving you things you can follow up on and dig deeper into.

Their Body Language Shows It

Beyond just their words, you can also tell they're enjoying talking to you. Their body language shows it. They're smiling. They're making eye contact with you. They're leaning in a little bit. Their shoulders are relaxed. They're not checking their phone every five seconds. They're actually present in the conversation.

These are the people who make talking to them easy. And honestly? These are the most enjoyable conversations you're going to have.

Signs Someone Doesn't Want to Talk

What Does Disinterest Look Like?

When you ask them a question, they give you a one-word answer. Or maybe a one-sentence answer if you're lucky. And depending on the question, sure, sometimes a short answer makes sense. But if this is consistent—if every question you ask gets a minimal response—that's a sign.

Not Making Eye Contact

They're looking away. Their body is turned away from you.

Not Smiling

They look uncomfortable or annoyed or just... checked out.

Closed Body Language

Their posture and positioning signal they're not engaged.

Here's the reality: these people don't want to talk to you. And that's okay. It doesn't mean anything's wrong with you. They might be upset about something. They might not know how to talk to you. They might just be in a bad mood. There could be a million reasons. But the bottom line is the same: they're not interested in having a conversation right now.

And here's what I've learned from experience: trying to have a conversation with someone who's putting in zero effort is almost impossible. It's like talking to a wall. You ask a question, you get nothing back. You try to keep it going, and it just dies. You're doing all the work, and they're doing nothing. It's exhausting, it's frustrating, and it's not worth your time.

📌 The Key Takeaway

There are plenty of people out there who actually want to talk to you. Don't waste your time and energy trying to force a conversation with someone who's clearly not interested.

This isn't about being rude or dismissive. It's about being smart with your time and your energy. It's about recognizing when a conversation is worth having and when it's not. And trust me, once you start doing this, your conversations are going to get so much better. Because you're going to be talking to people who actually want to talk to you.

That's where the magic happens.

Part 2: How to Start Conversations

Okay, so you've identified someone you want to talk to. And now you're ready to actually start talking to them. But how do you do that without it feeling awkward or forced?

Here's the thing: starting a conversation is actually way simpler than most people think. You don't need some clever pickup line or some perfectly crafted opening statement. You just need to ask a question. That's it.

But there are different ways to ask that question, and some ways are way more effective than others. So let me break down the four main ways you can start a conversation with someone.

1. Make an Observation

Comment on something they're wearing to break the ice.

2. Ask for Their Opinion

Invite their view or advice on a topic.

3. Use the Environment

Reference your surroundings or the event you're both attending.

4. Be Direct

Simply introduce yourself and state your intent.

Each of these methods gives you a natural, genuine way to open a conversation. The key is choosing the one that feels most comfortable in the moment.

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The Four Conversation Starters

1

Make an Observation

Notice something about the person—their outfit, an accessory they're wearing, something about their appearance or vibe—and you use that as your opening. You compliment them on it, and then you ask a follow-up question.

- "Hey, that's a really nice dress. Where did you get that from?"
- "Hey man, that's a really nice looking watch you have on. Where did you get that from?"
- "Hey, you don't look like you're from around here. Where are you from originally?"

2

Ask for Their Opinion

You literally ask them for their opinion on something. It could be a trend, a product, a topic, whatever. The key is that you're asking them what they think about it. People like being asked for their opinion. It makes them feel valued and heard.

- "Hey, can I ask for your opinion on something? These Labubus are everywhere right now. Everyone seems to have one. I've got a couple myself, but what do you think about them?"
- "Hey, have you been here before? What do you recommend?"
- "Hey, what do you think about this place? Have you been here a lot?"

3

Use the Environment

You ask a question that's specific to where you are. You're using the context of the situation to naturally start a conversation. Whatever environment you're in, there's something to ask about.

- At the mall: "Hey, what brings you to the mall today?"
- At the grocery store: "Hey, what are you shopping for?" or "Are you cooking a big dinner later tonight?"
- At the farmer's market: "Do you come to this farmer's market often?"
- At the gym: "What are you working out today?" or "How long have you been coming to this gym?"

4

Be Direct

Sometimes the simplest approach is just asking a straightforward question without any particular setup. Just be genuine and ask what you want to know.

The Common Thread

They all end with a question.

Here's what all four of these methods have in common: they all end with a question. Whether you're making an observation, asking for an opinion, using the environment, or just being direct, you're asking someone a question. And that question is what opens the door to conversation.

So the real skill here isn't about having some magical opening line. It's about being able to ask a genuine question that makes sense in the moment. That's it.

How to Choose Which Method to Use

So how do you know which method to use in any given situation?

Here's the simple answer: use whatever feels most natural to you in that moment.

Notice Something?

Make an observation

Want Their Take?

Ask for their opinion

In a Specific Place?

Use the environment

None Feel Right?

Just ask a question

Part 3: Questions You Can Ask Anyone

Here's the thing about conversations—a lot of people think they need to have some crazy deep question ready to go, or they need to say something super clever. But honestly? The best conversations start simple. They start with questions that anyone can answer, that don't feel weird or forced, and that actually give you something to work with.

In this part, I'm gonna give you 22 questions that you can literally ask anybody. Whether you just met them five seconds ago or you've known them your whole life, these questions work. They're light, they're easy to answer, and most importantly, they open the door to actual conversation instead of just awkward silence.

The key here is that these aren't meant to be the *deep* questions. Those come later. These are your foundation. These are how you get the ball rolling.

So let's get into it.

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All 22 Questions

1. What do you do for work?
2. How do you know [the person who introduced you / the host / etc.]?
3. What brings you here today?
4. Have you been here before?
5. How long have you lived here / worked here / been part of this community?
6. Where are you from originally?
7. What's something you've been into lately?
8. Do you have any hobbies or interests outside of work?
9. What's your go-to way to relax or unwind?
10. Do you play any sports or stay active in any way?
11. What do you enjoy doing in your free time?
12. Have you watched anything good lately? (Show, movie, podcast, etc.)
13. What's something you learned recently that surprised you?
14. If you could travel anywhere right now, where would you go?
15. What's your favorite type of cuisine or restaurant?
16. Have you tried [restaurant / activity / place] around here?
17. What's something you're looking forward to coming up?
18. What's your favorite way to spend a weekend?
19. Do you have any pets?
20. What's something you're currently working on or trying to improve?
21. What's your take on [current event / trend / topic that's relevant to the situation]?
22. What's something that made you smile or laugh recently?

How to Use These Questions

Remember This:

You don't need to memorize all 22. Just pick a few that feel natural to you and practice them.

Or come up with your own!

The goal isn't to go through a checklist. The goal is to ask a question that feels genuine and gets the other person talking.

And remember, the question is just the start. Once they answer, that's where the real conversation happens. You listen to what they say, you pick up on something interesting, and you dig deeper. That's how you go from small talk to actual connection.

So go out there, ask one of these questions, and see where the conversation goes.

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Part 4: How to Never Run Out of Things to Say

Okay, so here's the thing that most people get wrong about conversations: they think running out of things to say means they don't know enough questions to ask. So they memorize a bunch of questions, they ask them one by one, and eventually they run out. And then the conversation dies.

But that's not actually the problem. The problem is that they're not using the answers they're getting.

Here's the secret to never running out of things to say:

When someone answers your question, take that answer and ask a follow-up question based on it.

That's it. That's the whole thing.

- ☐ By doing this, you're going deeper instead of staying on the surface. You're showing genuine interest in what they're saying. And you're making the other person feel heard and valued.

1 Ask a question

2 Listen to their answer

3 Ask a follow-up question based on what they just said

4 Repeat

That's the entire system. You're not trying to memorize a bunch of questions. You're not trying to be clever or impressive. You're just taking what they tell you and asking them more about it.

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Real Example: Where Are You From?

Let me walk you through a real example so you can see how this works in practice.

I ask someone, "Hey, where are you from?"

They say, "I'm from Florida."

Now, here's where most people mess up. They ask the next question on their list. They move on to something completely different. But that's not what we're doing.

Instead, I'm going to ask a follow-up question based on the fact that they're from Florida.

I have options:


1 "How long have you been in Florida for?"

2 "Have you lived anywhere else?"

3 "What do you like about Florida?"

4 "What do you not like about Florida?"

5 "Would you want to live anywhere else?"

 I'm taking their answer and I'm asking more about it. I'm not jumping to a new topic.

Let's say they answer, "No, I'm not from Florida originally. I'm from Tennessee."

Now I have even more to work with. I can ask:

- "How long have you lived in Florida for?"
- "When did you move to Florida?"
- "How long did you live in Tennessee?"
- "Do you miss Tennessee?"
- "Is there anything about Tennessee that you like that you can't do or see in Florida?"

Again, I'm taking their answer and asking a question based on it. I'm not running out of things to say because I'm literally using what they're telling me to guide the conversation.

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Why This Works

There are a few reasons why this approach is so powerful:

1

You Never Run Out Of Things To Say

Because you're not relying on a list of pre-made questions. You're using their answers to generate new questions. As long as they're talking, you have material to work with.

2

You Avoid the Interview Vibe

When you ask surface-level question after surface-level question without following up, it feels like an interview. It feels robotic. It doesn't feel like a real conversation. But when you ask follow-up questions based on their answers, it feels natural.

3

People Feel Heard

When you ask follow-up questions about what they just said, you're showing that you were actually listening. You're showing that what they said mattered to you. People respond to that. They open up more. They share more. They like you more.

4

You Build Real Connection

By asking follow-up questions, you're not just getting surface-level information. You're getting real insight into who they are, what they care about, what their experiences have been. That's how you build actual connection.

How to Generate Follow-Up Questions

So how do you come up with follow-up questions? Here's the simple answer: listen to what they say and ask about the parts that interest you or that you want to know more about.

Example: "I'm from Tennessee"

You can ask about:

- How long they lived there
- When they moved
- What they miss about it
- What they like about where they are now
- Why they moved
- Whether they plan to go back
- What their family situation is there

Example: "I work in marketing"

You can ask:

- How long have you been in marketing?
- What kind of marketing do you do?
- Do you like it?
- How did you get into marketing?
- What's the most interesting project you've worked on?
- What's the hardest part about your job?
- Do you see yourself doing this long-term?

All of these are natural follow-ups. You're not forcing it. You're just taking what they said and asking more about it.

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Part 5: What NOT to Ask

Okay, so we just went through 22 questions you *can* ask anybody. Now I want to talk about the flip side—the questions and comments you should absolutely avoid. Because here's the reality: it's way easier to kill a conversation than it is to start one. One wrong question, one bad comment, and you've just made things awkward. Or worse, you've actually hurt someone or pushed them away.

So let's talk about what NOT to do.

Avoid Negative Topics

This is the big one. When you're talking to someone, especially someone you just met, you want to keep things positive. That doesn't mean you have to be fake or overly cheerful. It just means you're not bringing negativity into the conversation.

1

Don't make comments about someone's appearance in a negative way. I don't care if you think it, keep it to yourself. Saying something like "You look tired" or "That outfit doesn't really suit you" or "You've gained weight, huh?" is not conversation—that's just being mean. And yeah, people remember that stuff. They remember how you made them feel.

Same thing with complaining or venting about negative stuff right off the bat. If you just met someone and the first thing you do is dump all your problems on them or start complaining about your day, your job, your life—that's a lot. That's not a conversation starter, that's emotional dumping. Save that for people you actually know and trust.

Stay Away from Politics

Politics is a minefield. I'm not exaggerating. Politics divides people like almost nothing else. You can have two people who get along great, and the second politics comes up, suddenly they're on opposite sides of a war.

2

When you're trying to build a connection with someone, especially early on, politics is the fastest way to create an enemy instead of a friend. People have strong opinions about politics. They're tied to their values, their beliefs, their identity. So when you bring it up, you're not just having a casual conversation—you're potentially attacking something they care deeply about.

Don't Talk Down to People

This one's subtle, but it's deadly. Talking down to someone means treating them like they're less intelligent, less experienced, or less capable than you. It's condescending. And people can feel it immediately.

What this looks like:

3

- Asking questions in a way that implies they should already know the answer
- Using overly simple language or explaining things they didn't ask you to explain
- Making assumptions about what they know or don't know based on their job, age, background, or appearance
- Correcting them unnecessarily or in a way that makes them feel stupid
- Acting like you're the expert and they're just learning from you

What These Have In Common

📄 All of these make people feel bad.

All of these—negative comments, politics, talking down to people—they all have one thing in common: they make people feel bad. They make people feel judged, attacked, or small. And when someone feels that way around you, they're not going to want to keep talking to you.

Conversations thrive when people feel safe, respected, and valued. So before you ask a question or make a comment, ask yourself: "Is this going to make this person feel good or bad?" If it's going to make them feel bad, don't say it.

What to Do Instead

If you catch yourself about to ask something negative or divisive, here's what you do: pause, and ask yourself what you're actually curious about. Usually, there's a better way to ask the same thing, or there's a completely different direction you could take the conversation.

1

Instead of "You look tired"
Ask "How's your week been going?"

2

Instead of "What do you think about [political topic]?"
Ask "What's something you're passionate about?"

3

Instead of "You probably don't know this, but..."
Ask "Have you ever looked into [topic]?"

See the difference? You're still engaging, you're still curious, but you're doing it in a way that respects the other person and keeps the conversation positive.

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Conclusion

The best conversations happen when you stop trying to impress people and start genuinely caring about understanding them.

If you take nothing else from this ebook, take this: the best conversations happen when you stop trying to impress people and start genuinely caring about understanding them.

So here's what I want you to do. Pick one thing from this ebook. Maybe it's learning to read whether someone actually wants to talk to you. Maybe it's mastering one of the four ways to start a conversation. Maybe it's practicing follow-up questions so you never run out of things to say. Pick one thing and focus on that.

Then go out there and practice. Talk to people. Ask questions. Listen to their answers. Pay attention to their body language. Notice what works and what doesn't. Learn from every conversation.

The Beautiful Part

The more you do this, the easier it gets. Conversations that felt awkward and forced will start to feel natural. People will start opening up to you more. You'll build real connections instead of just making small talk.

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