

One ordinary day.

A gentle conversation planner. An invitation, not a list to finish.

Talking with / date

A comfortable time and place

One object, place or ordinary day they may enjoy talking about

My opening question

Follow what they say

What happened next? · What was that person like? · Can you show me? · What did you do first?

Details to follow up on, if they want to

One small story / their own words

Notes or recording: what have they agreed to?

Who may receive it? What should stay private?

A short conversation is enough. Listen without recording if that is their preference. Stop or change the subject whenever they want.