Conversation Cue Cards

Cut out the cards and keep one in your wallet or phone case. Quick words for busy conversations.

Before I Jump In



Hold it	Keep my idea with one word, in my head or on my phone.
Wait	Let them finish. Wait for the pause.
Ask	"Can I add something?"
Back to my point	"Where was I? I was saying..."

If It Happens



If I interrupt	"Sorry, I jumped in. Please go on."
If I overshare	"That's a lot from me. How about you?"
If I go off track	"Anyway, my point was..."
If I lose my point	"It's gone. It might come back later."

What I'd like people close to me to know share it if you'd like

"If I interrupt, I'm not bored. My thoughts move fast. It's okay to tell me."

From earlychildhoodedu.net by Dr Dewi Griffith. For personal use. General information, not medical advice.