

# 3 CONVERSATION HACKS

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BE MORE TALKATIVE INSTANTLY



SEAN COOPER

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## Welcome to this special report.

I'm glad you're here.

If you're reading this, then you're someone who wants to become better at talking to people.

And right now that may seem impossible...

- ✓ It's like you can be talkative and expressive around one or two family members or close friends, but **around everyone else you quickly retreat** back into your shell and become quiet and tense.

- ✓ You don't really know how to keep a conversation going. It always seems as if your **mind goes blank** or you run out of things to say. In group conversations, you tend to just stand there listening, not saying a word, until people barely notice you're even there.
- ✓ You really want to be social, outgoing and fun around new people, but when you actually go out to do it, it's like there's a **mental block in place** that stops you from speaking up most of the time. It's so frustrating!

And I could go on and on...

These are just 3 common frustrations that people with poor conversation and social skills have to deal with.

Every. Single. Day.

What a life!

**The good news is, in this report I'll show you 3 quick, simple and easy "hacks" you can use to become more talkative almost instantly.**

These "hacks" will show you how to avoid the most common mistakes quiet and shy people make in conversations.

But before I get to that, let me ask you...

**How great would it be if you could just stop being shy, quiet, nervous or awkward around people right now?**

Even better, what if you could go back in time?

Would you want to go back to your childhood and relive your life as someone who always had plenty of friends and fun social experiences?

What if you could have gone through your school years, and never had a fear of speaking up in class?

What if you could have gone to college/university and never had a fear of just being social like almost everyone else?

What if you were never scared to ask out that girl you really liked or talk to that guy you had a crush on?

What if you could have been just like everyone else growing up...

...spending your free time laughing and doing interesting things with people...

...building friendships and lifelong connections...

...the types of connections and relationships that, after years, would make you look back and feel truly happy and fulfilled...

Can you imagine that?

**If there's one thing I've learned in my life, it's that life is not meant to be lived alone.**

People aren't meant to spend years being lonely and depressed, longing for friends and social contact ... wondering if they can ever get back the time and youth they lost being afraid to live the life they wanted.

When you are 70 years old and looking back on your life, do you want to see yourself continue the way you've been going?

Or would you rather see it go into a whole new direction?

I'm here to help you do that.

**My name is Sean Cooper, and I used to have really bad anxiety and shyness around people.**

I could BARELY look people in the eye.



I couldn't hold an interesting conversation with anyone except my brother.

And I was so nervous and awkward around girls that I was a virgin even into my 20s.

Basically I know shyness and social anxiety extremely well because I suffered from it personally.

That's why I'm able to write about the experiences of shy and socially anxious people better than anyone else on the planet.

And not only can I write about what it's like to be a person with these issues, but I can also teach you how to overcome them!

Because I've done that, too.

Now, the purpose of this short report is not to cure all of your problems for you.

**In this report, I'm just going to point out some of the most common mistakes I've seen people just like you make in social situations.**

These are mistakes that most shy and socially anxious people make without realizing it.

So I'll point these mistakes out to you so you can become aware of them.

That's the first step.

Then I'll also give you a few tips and pointers you can use immediately to become more social and talkative around people.

Sound good?

Good. Let's get started...

# Mistake #1:

## Being Stuck In Your Head

**Social and outgoing people talk to other people.**

**Shy people talk to themselves.**

Why? I believe it's a comfort mechanism more than anything else.

You may be scared to talk to people, but you can still have a “conversation” with yourself inside your head. It makes you feel less lonely.

So what's wrong with talking to yourself inside your head?

There's nothing “wrong” with talking to yourself. In certain situations you should do it.

For example, when you are by yourself and thinking about an idea. Or if you're in a situation where you **MUST** carefully consider the words you are saying (like in a job interview) then feel free to talk to yourself.

But when you want to just talk to someone informally in an everyday conversation, the right thing to do is to stop the inner voice.

## I Used To Be The Quietest, Most Deep-Thinking Person You Would Ever Meet...

I barely spoke up and people were always saying things to me like:

- “You don’t talk much!”
- “Why don’t you speak up more?”
- “Why are you so quiet?”

I soon realized that I didn’t talk much to other people... because I was always too busy having IMAGINARY conversations in my head!

So I decided to focus on not talking to myself, at least when I was in social situations. And I started noticing changes almost immediately.

**If you don’t talk to yourself, then your attention will become more outward instead of inward.** This means

you will be following along with the conversation much better.

Instead of daydreaming about something random... you'll be focusing on the same topics that everyone else is talking about.

And if you're "in tune" with what everyone else is saying, then you'll find it a lot easier to come up with your own related thoughts that add to the conversation.

If you don't talk to yourself, then you immediately become a more social and extroverted person. It's that simple.

## How To Stop Talking to Yourself:

1. **Realize** when you are talking to yourself. It may take some time before you are able to consistently "catch yourself" doing it. Especially if it's a long-time habit. Keep at it, you will slowly become better and better.
2. **Stop** the inner voice. How? Often just noticing that you are talking to yourself will quiet that inner voice in your head. It'll go away as soon as you realize it's there. Don't pressure yourself to "not think," instead just redirect your focus back to the topic of conversation.

Right now the important thing to realize is that talking to yourself is simply a bad habit you've picked up as a side-effect of your shyness and social anxiety.

You talk to yourself when you want to avoid the discomfort of speaking up.

Just remember, you can break any habit in the same way you form one: by repeating a new behaviour over and over again until you do it automatically.

So make sure to notice when you're talking to yourself or daydreaming, and redirect your focus back to the conversation. Get your focus back into the real world because that is the first step to being more social.

Makes sense? Good.

Now, I know the question you're probably thinking right now...

**“But what if I can't think of what to say?”**

Well, once you get the hang of not talking to yourself, then you should avoid the second mistake, which is...

# Mistake #2:

## Over-Thinking What To Say

**People with poor conversation and social skills usually analyze every little thing they say too much.**

- Maybe you think of something to say, wait too long, and then talk yourself out of saying it. Or maybe someone else says it before you.
- Maybe you play the words in your head before you actually say them to see how they will “sound.”
- Maybe you try to come up with several “topics of conversation” before you even start talking to someone as a way to make sure you don’t run out of things to say.

All these examples are very common to people who have shyness and social anxiety.

Why do you analyze what you say before you say it?

Because you don’t want to mess up. You don’t want people to disapprove of you. So you try to “filter” everything you say to make sure it is “good” and “interesting” enough.

Your brain thinks that by analyzing and filtering what comes out of your mouth, you will be able to make a better impression on people and make them like you.

And on the surface, this type of strategy makes sense: if you want people to like you, make sure what you say is valuable or entertaining.

There's even a popular saying that goes: "Think before you speak."

**Unfortunately, the strategy backfires horribly in real life.**

In real life, over-thinking what you are going to say gives people the impression that you are too concerned about their opinion. You come across as needy for their approval, which turns them off.

People can sense the difference between something said in-the-moment and something you have thought about for the last minute.

Whenever you think too much about your words beforehand, people will sense your hesitation. They will sense that what you are saying is a bit unnatural, false and contrived.

When you “rehearse” or “plan” the words in your mind before you say them, you are not acting spontaneously.

## Good Conversation Is Impulsive And Spontaneous... It's An Energetic Exchange In The Moment

**When you say something spontaneously, without thinking, your words will have a special energy behind them.** People love that spontaneity and direct communication.

Think about the most social and popular people you know -- do you think “impulsive and spontaneous” would be good words to describe them?

Do you think they pre-plan their words before they say them? No, they just get a general idea or emotion in their body of what they want to communicate, and then they say it.

They don't plan the exact words they are going to say or try to imagine how they will say them.

And if they stumble over their words or make a mistake, then they will just go back and clarify what they said after.

It's okay to make a mistake when you are talking. REAL conversations never sound like a polished Hollywood movie script.

There are “ums” and “ahs,” random pauses and places where you were misunderstood.

As my colleague David Hamilton puts it: *“Real conversations are delightfully messy.”*

If this sounds like a totally new weird way of talking, then I've got news for you...

## You Probably Already Talk This Way With Your Close Friends!

Think about how you act when you're talking and joking around with your closest friend.

Are you “thinking before you speak?” Probably not.

Are you planning what you're about to say? Probably not.

Are you hesitating when you think of something to say? Probably not.

Why? Because your close friend already accepts you, so you're not too worried about avoiding disapproval or creating a good impression.

Around close friends you have a more spontaneous and natural personality.

You need to train yourself to bring out that personality more ... even around people you don't know that well.

## Not Over-Thinking Makes Talking To People Fun Again

The last reason why you should stop over-thinking what to say is because it is too much hard work!

Always having to think and consider what is the best thing to say is stressful and difficult. On the other hand, not thinking makes conversations loose, natural and even fun.

**The reason most people talk spontaneously is because they don't have the time or energy to be doing all that extra thinking.** If they have a dozen conversations a day, it's simply not practical to think too much about any one conversation.

The person they are talking to won't even remember the exact words they said, anyway! All they may remember is

the general message behind their words. So it makes no sense to plan all those exact words if they will simply be forgotten anyway.

Let me ask you a question:

**Do you ever have a conversation with someone and think about it for days afterwards?**

You might spend hours thinking about what you said, what you should have said better, and what you might say to them next time...

Well, guess how much the other person has thought about the conversation?

They've probably forgotten 90% of it entirely!

Since the consequences of any one conversation are so low and unimportant, you should stop focusing so much on managing the exact words you say, and learn how to express yourself more freely and naturally.

Well, I'm sure you agree with the IDEA of being spontaneous now... but how exactly do you do it, especially when you're feeling nervous?

Here's a simple exercise to help you get started...

## How To Stop Over-Thinking:

1. **Stop** talking to yourself. If you follow the steps I gave you in the last section for not talking to yourself, then you will also stop over-thinking your words.
2. **Two Second Rule** Make it a rule that, from now on, you will say something within two seconds of it popping into your head. Yes, it will be difficult at first, but this will increase your spontaneity dramatically.

And if you don't say what you wanted to say within 2 seconds, then forget about it. The longer you wait to say something, the more pressure you put on yourself, and the less chance that you will ever say it. So after 2 seconds forget about it and do better next time.

Okay, got it? Good.

One thing you may be thinking right now is: "If I don't think and I don't talk to myself, then how do I know what to say?"

I'm glad you asked, because, this leads us to...

# Mistake #3:

## Not Knowing What To Say

If there's one thing that used to frustrate me more than anything a couple years ago, it was this.

**I simply didn't know what to say!**

I didn't really know how to keep a conversation going. It always seems as if my mind would go blank at the worst times and I would run out of things to say.

In group conversations, I would tend to just stand at the side listening, not saying a word, until people barely noticed I was even there.

Sound familiar?

The good news is, I discovered a way to fix the problem for good.

One day I was so frustrated by running out of things to say that I decided to do something kinda weird...

I knew it was a weird thing to do, but I was truly frustrated by my lack of conversation skills and started to feel like I would do anything to fix them.

So what did I do?

I began studying people who were great at talking. I looked at what they were doing to try and figure out their “secret”.

**How were they able to keep on talking without ever worrying they were going to run out of things to say?**

I didn't really expect to find anything, so I was surprised when I actually did figure some things out.

What I figured out is that there isn't a huge gap between “normal” people and people like me who had terrible conversation and social skills.

**It's just that normal people do a few little things differently that make all the difference.**

I'll share with you one technique I learned right now...

Don't take this technique lightly. It may seem simple at first, but it helped me and countless others get great at making conversations with ease.

It took me a while to figure out. This is some hard earned wisdom...

This technique is one I call “Conversation Threading”, because it’ll show you how to ‘weave’ a conversation together like a well-knit shirt or sweater.

I’ll explain it to you on the next page...

# Conversation Threading: How To Know What To Say Next

Here are the three main steps whenever you need to say something:

**Step 1: The other person says something.**

**Step 2: You notice the “threads” in what they said.**

Sounds tough, but it’s really easy. Let me explain...

“Threads” are basically topics or keywords inside a sentence. Every sentence has a few of these threads in it.

For example, take the sentence, “I saw Bob at the mall last Saturday.” The threads, or topics, could be “Bob,” “mall” and “last Saturday”.

So all you have to do is notice these threads and then...

**Step 3: Pick a thread and respond.** So for the last sentence you simply pick one of the topics mentioned and say something about it.

So let’s respond to the threads in the last example:

- **Bob** - “I tried out for the football team with Bob last year. He made quarterback and crushed all the new guys.”
- **Mall** - “I can’t believe they’re closing down the movie theatre at the mall to build a new clothing store!”
- **Last Saturday** - “Last Saturday I went camping for a family reunion. I never want to share a tent with my brother again.”

The cool thing is, all of these replies will make the conversation flow smoothly because they relate to what the other person said before you.

Best of all, this simple technique is amazing at eliminating awkward pauses once and for all!

Easy as pie :-)

See... the reason why you may run out of things to say in conversations is because you think you need to be creative and think of new topics out of thin air.

Now you can relax and take that pressure off yourself because all you really have to do is pay attention to the “threads” in sentences and use what people give you!

If you take the techniques I just taught you and practice them, you will see AMAZING things happening to your conversation and social skills.

You can use Conversation Threading to always know what to say next. You can use my 2 Second Rule to become more spontaneous in conversations. And you can Stop Talking To Yourself to train your mind to be more extroverted.

**Now, it's important to know that just knowing these techniques will NOT automatically make you more talkative.**

These are SKILLS and practical EXERCISES you have to try out in the real world REPEATEDLY. You have to actually talk to people while practicing these techniques to truly improve.

If you practice these techniques, then you can really make yourself into a more talkative and social person over time.

Now let me show you the last mistake...

# Mistake #4:

## Not Getting HELP

This is the biggest mistake of all.

This is the mistake that keeps most people STUCK for years with poor conversation and social skills.

It may be what has kept you from having the success you want in your social life, dating life and career.

I know, we don't like to make ourselves look weak or helpless. We don't like to ask for help.

Hey, I've been there myself.

Let me tell you a little about me and how I figured out how to overcome my extreme shyness, quietness and awkwardness around people...

About five years ago, I became fed up with the fact that I didn't know how to be confident, talk to girls, make friends or have a social life.

It frustrated the hell out of me.

# I Was A Loser...

Not that I wanted to be one, of course.

I would always fantasize about how great my future would be. I daydreamed about how the popular people would regret ignoring me when they saw who I'd become.

But while I was living in fantasy land, those same popular people were having a good time in the real world. They were enjoying the friends, sex and success that it offers.

And every time I logged into Facebook I had my biggest insecurities rubbed into my face.

It seemed like almost everyone else was out there meeting new people ... sharing cool experiences like parties, travel, and restaurants ... and enjoying life with their girlfriends and boyfriends.

Who was I kidding anyway? My fantasies of becoming someone great in the future were just that: fantasies.

It was a way of justifying my sad, lonely, disconnected existence. Deep down I knew who I'd really become: the same friendless loner I was right now.

**That's what finally pushed me over the edge. I realized that if I didn't do something NOW, then nothing would ever change.**

2 years ... 4 years ... 10 years would pass and I would still be the same lonely, sad person. Except I wouldn't be dreaming about the future anymore, I'd be dreaming about getting back the youth I was wasting right now.

I can still remember that night...right on the spot I made the decision to do whatever it took to learn how to become better at talking to people.

It wasn't that I even wanted to become some kind of arrogant, over-confident or charismatic loudmouth either...

## **I Really Just Wanted To Stop Being TERRIBLE...**

- **I wanted to be able to talk to people effortlessly** and naturally... without running out of things to say or creating awkward silences.
- **I wanted to be able to talk to cute girls** and speak up in group conversations... instead of being that invisible person that everyone always called quiet.

- **I wanted to be able to form friendships** and connections, to relate to other people like a REGULAR PERSON... Instead of weirding them out with my nervousness or awkwardness.

Well, after a lot of hard work and trying all kinds of crazy things, I finally figured it all out.

I no longer feel anxious, nervous or tense AT ALL in most social situations. It's like I never had the problem in the first place.

I can now approach just about anyone and start a good conversation. This includes women that I find attractive who I would've NEVER had the guts to approach before.

I'm able to make friendships and relationships that LAST, and I have a social circle full of great friends.

It has been a very rewarding experience.

**I no longer feel that sick, insecure feeling... like I'm alone in the world, and trying to hide my lack of friends and social life from everyone I meet.**

I know that anytime, anywhere, I can send a text message or make a phone call and hang out with a friend I enjoy spending time with. Or I can contact a few different friends and we'll go out somewhere together and have a lot of fun.

And the best part is, I decided to share what I learned through the internet.

Over the past 3 years, I've been teaching people how to overcome their shyness and social anxiety with my bestselling program called "The Shyness and Social Anxiety System."

And now I'm working on something even better.

I'm putting together a program that teaches advanced step-by-step techniques to improve your conversation and social skills.

## It's Called "Conversation Hacking"

This is the first and only program on the planet designed to help people who are very shy, quiet, nervous and awkward in conversations to become more confident and talkative.

Not only will I be teaching what you should say in conversations, I'll also show you how to develop a more confident and attractive voice, how to carry a conversation with someone you just met, and much more...

If this sounds like something you might be interested in, then [CLICK HERE](#) and enter your email near the bottom

of the page so I can email you when the program becomes available.

Now, in this day and age of "instant gratification", I realize that this might just sound like another late-night infomercial filled with a lot of unsubstantiated claims and promises.

And although it's true that [Conversation Hacking](#) will be a paid program (*and it won't be "cheap"*)... I'm confident this is the best program of its kind in the world.

See, I've been through almost every conversation book and course out there and most of them simply repeat the same useless advice.

They say "smile" ... "stand up straighter" ... "what's the worst that can happen?" ... and so on ...

I've spent a lot of time, effort, and energy making this program. I wanted to design and create a program that even extremely shy people could easily understand and start using IMMEDIATELY to improve their conversation skills.

I wanted to create a program that actually helps you get the results you want. The ability to speak up more, to stop being called quiet, to talk to people you find attractive or intimidating, to connect quickly with new people, etc...

I hope this report has given you a bit of PROOF that I really can teach you a thing or two.

And I'll talk to you again in a couple days...

Yours in social success,

A handwritten signature in black ink that reads "Sean Cooper". The signature is written in a cursive, flowing style.

Sean Cooper

P.S. Again, the link to sign up for more conversation tips and information about the Conversation Hacking Program is here:

<http://conversationhacking.com/3-hacks.html>

Check it out now.