

Forum:[Hack Forums](#)

Thread: [How do i talk to a stranger irl?](#)

dreamingh - July 23, 2025, 9:57 am

Not in a romantic way just to be more social!!

You guys are probably the wrong people to ask but thought I would try.

I want to get into rejection therapy, but I dont even know how to start a conversation. How should I open the convo? I have been told to talk about mutual interests, but how would you know what they like if you just meet them. Do you just probe until you find something in common?

thank you in advance.

Jamika - July 23, 2025, 10:35 am

Is that right originally? I think you shouldn't talk to people who you dont know ?

plops - July 23, 2025, 10:51 am

You walk up behind them and gently grab their hips. Then lean in and slightly blow onto the back of their neck. When they turn around all pissed off, back off with your hands up. Act like you thought they were someone else.

You will laugh together, exchange numbers and go play a round of golf.

Good luck

dreamingh - July 23, 2025, 12:04 pm

(Jul 23, 2025 10:35 AM)Jamika Wrote: [\[CITE\]](#) Is that right originally? I think you shouldn't talk to people who you dont know ?

how can i make friends if i dont talk to strangers

(Jul 23, 2025 10:51 AM)plops Wrote: [\[CITE\]](#) You walk up behind them and gently grab their hips. Then lean in and slightly blow onto the back of their neck. When they turn around all pissed off, back off with your hands up. Act like you thought they were someone else.

You will laugh together, exchange numbers and go play a round of golf.

Good luck

this sounds like a great icebreaker, but idk how to play golf :/

junooo - July 23, 2025, 1:45 pm

(Jul 23, 2025 09:57 AM)dreamingh Wrote: [\[CITE\]](#) How should I open the convo? I have been told to talk about mutual interests, but

how would you know what they like if you just meet them. Do you just probe until you find something in common?

You can start a convo by commenting on something they are wearing. Something nice. If its a band tee you can ask if they ever went to a concert etc. Just keep the convo going that way. That is how I approach people usually :)

Good luck!

HerrWinston - July 23, 2025, 3:01 pm

well if its just someone you randomly see on the streets, dont be afraid, and just talk to them, you can start with an icebreaker like it was mentioned above, or just say something about their appearance! i am sure you will get used to it and can soon speak to anyone you want and always find new people :D

Omniscient - July 23, 2025, 6:39 pm

There are common places people socialize. Go to one and be patient. Maybe say hello to someone. Maybe chat gently about something benign like the weather.

Allelujah - July 23, 2025, 6:47 pm

(Jul 23, 2025 10:35 AM)Jamika Wrote: [\[CITE\]](#) Is that right originally? I think you shouldn't talk to people who you dont know ?

Then how would you ever know anyone?

I think OP should just go get a drink or something and casually mention something relevant and then let the conversation progress normally.

Mech - July 23, 2025, 8:01 pm

A small compliment can go a long way.

Either way, you either make someone's day with a compliment or maybe the conversation advances.

Never hurts to say, just wanted to let you know your shoes are really cool, that watch is really nice, etc.

W1NK1LL3RX - July 23, 2025, 9:00 pm

Hey, I think this is a cool and brave question to ask. Props to you for even wanting to try rejection therapy that takes guts.

Honestly, starting a convo is awkward for most of us, even outside of rejection therapy. You don't need the perfect opener; sometimes, just making an observation works. Like, if you're in line somewhere, comment on how slow it is. If someone's wearing a cool shirt or has a nice tattoo, compliment it and ask about it. People love talking about stuff that reflects them.

As for finding mutual interests, yeah, you kind of do have to probe gently. But it doesn't have to be intense. Asking simple things like "What kind of stuff are you into?" or "What do you usually do on weekends?" can open the door. And even if you don't have something in common, showing genuine curiosity goes a long way.

Also, rejection therapy doesn't mean you have to go big every time. It could be asking a stranger for a high five or if they've seen a movie you like. Small reps build confidence.

Good luck with it! You're doing something a lot of people wouldn't even dare to try. ?

BabbleBoy - July 24, 2025, 5:42 am

(Jul 23, 2025 10:51 AM)plops Wrote: [\[CITE\]](#) You walk up behind them and gently grab their hips. Then lean in and slightly blow onto the back of their neck. When they turn around all pissed off, back off with your hands up. Act like you thought they were someone else.

You will laugh together, exchange numbers and go play a round of golf.

Good luck

Hahahahaha, you're insane. ???

If someone did that to me, I would wrestle them to the ground and give them a raspberry on the

stomach in retaliation. ?

Juoku - July 24, 2025, 7:06 am

(Jul 23, 2025 10:51 AM)plops Wrote: [\[CITE\]](#) You walk up behind them and gently grab their hips. Then lean in and slightly blow onto the back of their neck. When they turn around all pissed off, back off with your hands up. Act like you thought they were someone else.

You will laugh together, exchange numbers and go play a round of golf.

Good luck

Lowkey this is genius, I've done it once to a customer who I mistakenly thought was my uncle, gave him a playful slap to the back of his neck, when the guy turned around and saw the shock on my face he immediately laughed and was like "You thought I was someone else, didn't you?" and then we just chatted, it works.

Eran - July 24, 2025, 9:03 am

Are there any events in your area? I found music festivals very helpful to get rid of a good chunk of social anxiety for me. People at these events are more loose, friendly and if you just throw yourself out there, dress well, smell nice, be yourself and bring the vibes, you will naturally meet new people.

W1NK1LL3RX - July 24, 2025, 2:06 pm

(Jul 24, 2025 07:06 AM)Juoku Wrote: [\[CITE\]](#) Lowkey this is genius, I've done it once to a customer who I mistakenly thought was my uncle, gave him a playful slap to the back of his neck, when the guy turned around and saw the shock on my face he immediately laughed and was like "You thought I was someone else, didn't you?" and then we just chatted, it works.

I thought this only happened in movies; I might try this! :p

XarhriH - July 25, 2025, 3:26 am

The weather is a great topic. also greeting them and asking how their day is going is great too. then just ask general questions of how their day has been once you've gained the knowledge or ask if they have anything planned though out their day after greeting and think on general questions once they've told you their plan to spare common interest

W1NK1LL3RX - July 25, 2025, 5:35 am

(Jul 25, 2025 03:26 AM)XarhriH Wrote: [\[CITE\]](#) The weather is a great topic. also greeting them and asking how their day is going is great too. then just ask general questions of how their day has been once you've gained the knowledge or ask if they have anything planned though out their day after greeting and think on general questions once they've told you their plan to spare common interest

This is a great way to talk to people because it shows genuine interest in their life and helps create a natural flow of conversation. Another reason it's good is that it makes people feel seen and valued, which helps build trust and a stronger connection.

The Joker - July 25, 2025, 9:40 pm

(Jul 23, 2025 09:57 AM)dreamingh Wrote: [\[CITE\]](#) You guys are probably the wrong people to ask but thought I would try.

Don't be rude like this perhaps?

W1NK1LL3RX - July 26, 2025, 5:02 am

(Jul 25, 2025 09:40 PM)The Joker Wrote: [\[CITE\]](#) Don't be rude like this perhaps? ???

Negativity gets you nowhere. As I've mentioned before, maintaining even a semi-positive mindset will attract the right people into your life, and you will definitely notice changes both in yourself and in those around you. However, always remember to be true to yourself; don't change for anyone else!

