

The FORGE Method for Small Talk and Building Rapport

An easy-to-remember acronym, FORGE helps make small talk feel natural, meaningful, and easy. When engaging in small talk and introductory conversations, pick a topic and ask some questions! **FORGE** stands for;

F — Family

Examples:

- “Do you have family nearby?”
- “Are you from a big family?”

O — Occupation

Examples:

- “What kind of work do you do?”
- “What’s something you enjoy about your job?”

R — Recreation

Examples:

- “What do you like to do for fun?”
- “Read or watch anything good lately?”

G — Geography

Examples:

- “Where did you grow up?”
- “If you could live anywhere, where would it be?”

E — Events

Examples:

- “Do anything fun this weekend?”
- “What are you looking forward to this week?”

Why It Works

- Makes surface-level conversation meaningful
- Gives structure to introductory interactions
- Helps build rapport quickly