

## Strangers communicate better than spouses

Unknown words: bias, glance, averse, shuffling, sip of water, preaching, awkward,

The author in this conference showed an often behaviour in the actual society and it is that we have been raised to believe that strangers are dangerous, we can't trust on them because they can hurt us and we don't know their intentions. However, according to her arguments and some research it has been showed that talking with strangers liberate us, it helps you to feel part of a community and you could feel more understood by a stranger. There are two main reason for you to start a conversation with a stranger first, it is quick -you can be honest with someone you probably won't see again- second, usually we expect from the people who know us to read our minds but, with a stranger we will explain details that will let the stranger to understand us better.

To conclude, she showed the audience four alternatives to start a conversation with a stranger, one, make eye contact with the stranger, smile and start the conversation, two, talk about an action or an object that both can see, three, notice the stranger clothes or physical appearance and, four, make something public that previously was secret.

I think the conference showed an opportunity to change and according to the arguments given by the author it could help us to liberate our feelings, and it could lead us to express better our feelings with our friends and family.

### References

Stark, Kio. Why you should talk to strangers?. Ted talks. Available at:  
[https://www.ted.com/playlists/435/talks\\_that\\_ll\\_inspire\\_you\\_to\\_u](https://www.ted.com/playlists/435/talks_that_ll_inspire_you_to_u)