“Bean Dip” Technique

A simple & effective way to deal with intrusive & uncomfortable conversations especially with family members.

The “Bean Dip” technique has two parts:
1. Acknowledge the other person’s ideas, concepts and/or concerns.
2. Change the subject.

Some examples:
- Grandma, I see you are worried about my classes. Can you pass me the bean dip?
- Tio, you have some interesting political ideas. What about those Astros and the World Series?
- Mom, I can tell you care about my single status. These cookies are delicious, is it a new recipe?

Write you own “Bean Dip” sentence: