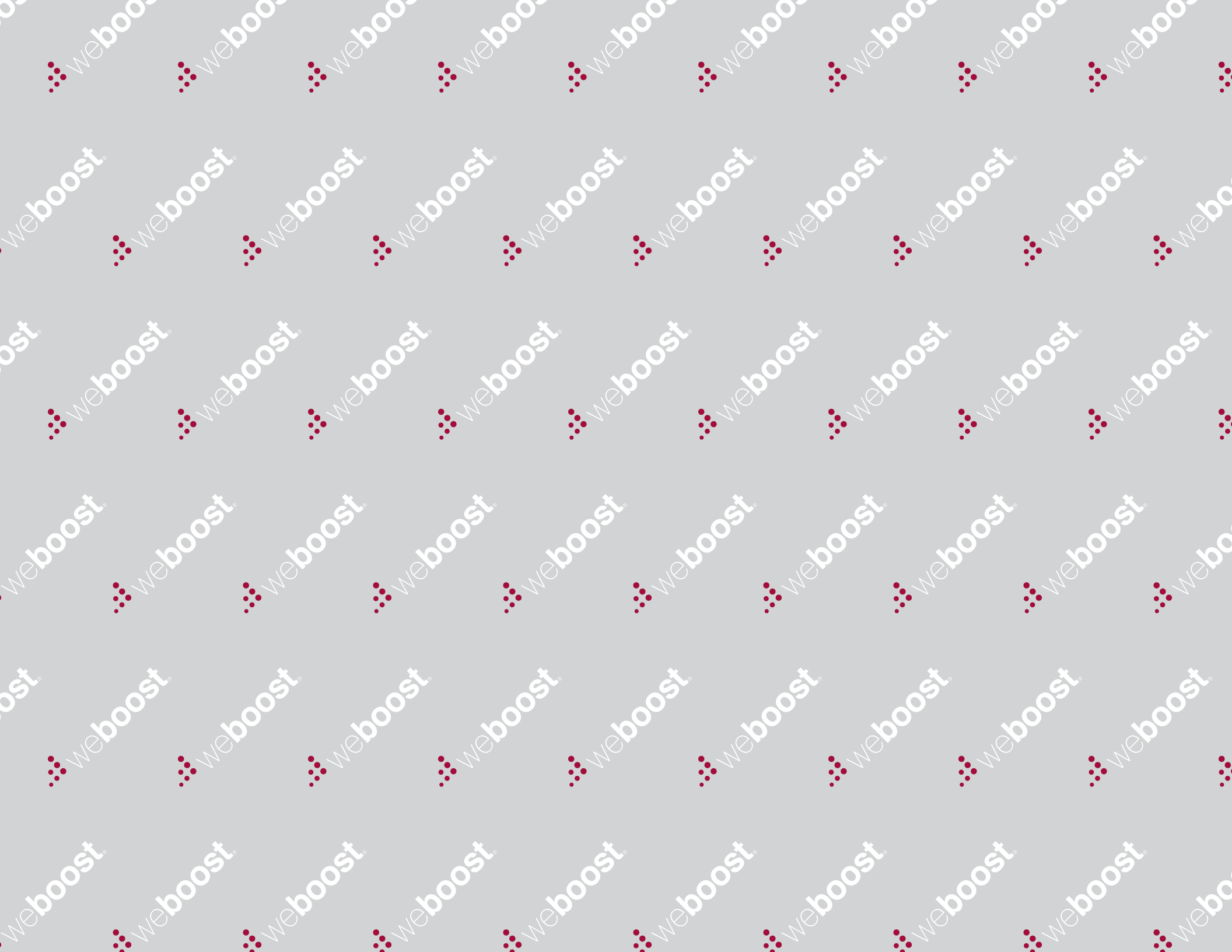


Good Call

How to Talk on the Phone:

A Young Person's Guide for Using Your Voice to Speak to Other Humans

Brought to you by  **webboost**®



How to Use This Guide

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Do you break out into a cold sweat when your phone rings?
Does the idea of calling to order a pizza make your stomach hurt?
Are you paralyzed with fear when you get a text that says,
“*Can I call you?*” This book can help.

This is your guide to properly using the phone
part of your smartphone and discover (or rediscover)
how nice it can be to hear a human voice.

By using this handbook, you’ll develop the knowledge,
the skills, and the confidence to make every call a good call.

Exploring the Phone

Did you know your phone is also a *phone*?

Many people don't realize that, in addition to texting, scrolling social feeds, and snapping chats, you can also use your phone to deliver your mouth-words to someone else's earholes in real time.

This is not a phone.



This used to be a phone.

Now it's a paperweight.



This is a paperweight.

This is a phone.



Step 1: Dial a number with the keypad (you can also use your contacts!)

Step 2: Hold phone to ear.

Step 3: When the person you're calling says *hello*, say *hello* back!

Step 4: Reassure the person you're calling (who is doubtless surprised and panicked) that everything is fine.

Step 5: Engage in conversation. The fear should subside within a few minutes.

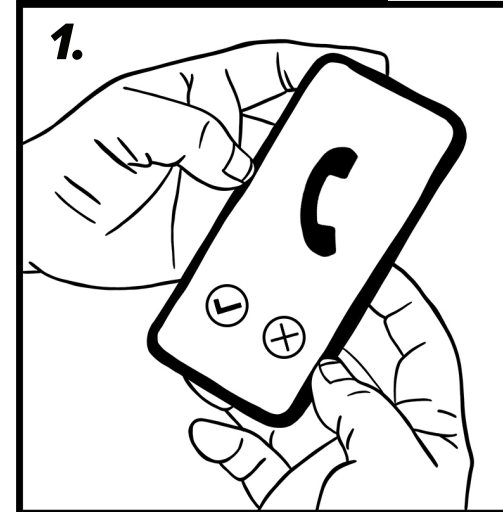
Answering the Phone

What's that strange sound coming from your phone?
Don't be alarmed: you have a phone call.



Here's how to deal →

PICK UP THE PHONE



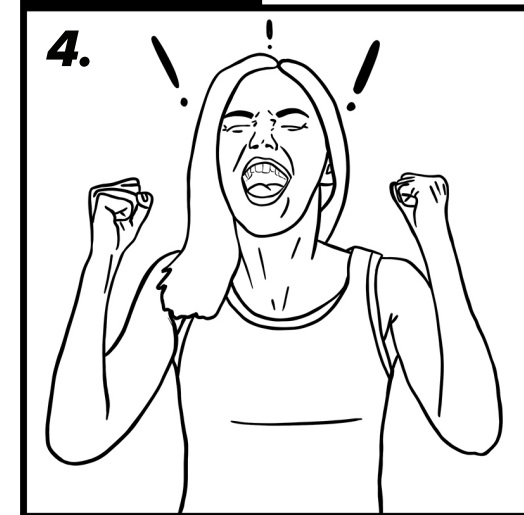
PUT IT UP TO YOUR EAR



GREET THE PERSON



YOU DID IT!



Saying Hi:

Ahoy-hoy: The OG greeting as envisioned by Alexander Graham Bell. It did not catch on.

Whassup: Are you in a beer commercial from the early 2000s? If not, let this one die a natural death.

Hello, this is [your name]: Good for a phone interview. Weird if your mom is calling.

Salutations: Perfect. If you're a robot butler.

Hello: It's me. I was wondering if after all these years you'd like to meet.

Henlo: You're a pomeranian. Why do you have a phone?

Howdy: You're either a cowboy or the most irritating guy in the office. In your heart, you know which one.

Saying Bye:

Bye: Clean. Casual. A classic.

Bye-Bye: Only if you're talking to a 3 year-old.

Bye, Bye, Bye: Bye, Bye.

Peace: Making the world a better place, one call at a time.

Kthxbai: Ok, now this is a meme. It's weird when you say it out loud, and we think you know that.

Hasta la vista, baby: I'll be back.

Cheers: We know your semester abroad was transformative, but you most certainly can't pull this off. Don't be that guy.

[Your name] out!: *drops mic*

Au revoir: You think you're better than me?

Emotion Without Emojis

Expressing emotion during a phone call is challenging without emojis.
How are people supposed to know how you’re feeling without pictures?

Here’s a useful guide to expressing yourself without their help:

😊 = Elevate your voice. Try smiling when you talk. Believe it or not, people can hear it!

😂 = Instead of using this emoji, try laughing at funny things.

😏 = If your joke doesn’t land, you can try saying “*just kidding*,” or “*get it?*” instead of using the winky-face.

🤔 = Try saying “*hmm*” thoughtfully to buy time when you’re thinking.

😭 = Are you sad? Your conversation partner may pick up on this from your tone, but if they don’t, try crying.

🍷 = 🙄

A Meditation for Telephonophobia

Take a long, slow, deep inhalation.

Then a long, slow, deep exhalation.

Focus on your breath as you visualize your phone.

Remind yourself that phone and friend start with the same sound.

And on the phone, sound is all that matters.

Bring your focus to your face. Feel the muscles around your ears relax.
Feel your ears opening to hear what your friend is saying.

Bring your attention to your mouth.
Feel your lips relax and become open and prepared for conversation.
Feel your tongue become heavy with words to share.

Bring the focus to your breath. Inhale as you visualize listening to your phone.
Exhale as you visualize speaking into your phone.

Repeat to yourself: *My phone. My friend.*

My phone. My friend.

My phone. My friend.

• • •

Now, when you feel ready, pick up your phone and order a pizza to reward yourself.

Sounds of Disconnection

While phone conversations can boost your connections, disconnecting requires more finesse than just leaving them on read.

Here are some excuses to cut a call short:

Say:

“The cat is throwing up on the rug again!”

“Oh no, a pot is boiling over!”

“The house is driving through a tunnel.”

[Make static noises]

*“Sorry, you’re breaking up!”**

*Note: in order for this one to work, you must keep your weBoost an absolute secret.

Try:

Ring your own doorbell and claim someone is at the door.

Buy a jackhammer online and fire it up outside while shouting about the terrible construction noise next door.

Drop a decoy phone into the toilet and yell “*Oh noooooo...*” as you cut yourself off by hanging up your real phone. This will buy you a day or two, at least.

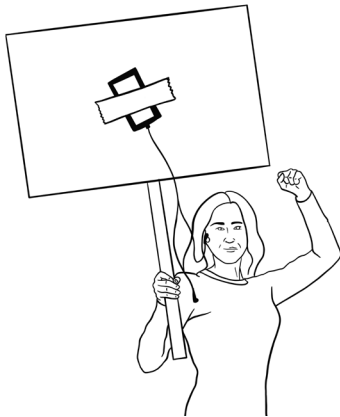


Power Poses for Bad Reception*



The Mountain Goat

Find the high ground and see if the reception is any better up there.



The Protester

Tape your phone to a stick and wave it around while chanting, “*What do we want? Connection! When do we want it? Now!*”



The Flamingo

Stand on one leg in the yard, because it worked once and it might work again.



The Kringle

Get closer to a cell tower by taking calls on your roof.



The Squirrel

Scurry around the room searching for a hidden signal like a woodland creature foraging for nuts they’ve hidden for the winter.



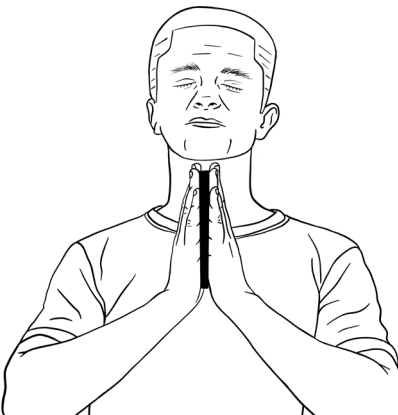
The Romeo and Juliet

Stand in front of a window and look out longingly in hopes that the forbidden love between your phone and your cell signal will find a way through the glass.



The Cell Tower

Stack all family members on one another’s shoulders for maximum reception.



Service Would Be a Miracle

Hold the phone between your palms and pray for a signal.

*Doing these poses could result in a minor signal improvement or death. Proceed with caution.

Six Stages of Dropped Calls

- Stage 1:** Continuing to talk even though there's no one on the other end.
- Stage 2:** Feeling stupid about that.
- Stage 3:** Frantically calling back and getting their voicemail.
- Stage 4:** Hanging up to find they've left you a voicemail.
- Stage 5:** Texting to arrange who calls back.
- Stage 6:** Trying to remember what you were talking about in the first place.



The Vicious Cycle of Calling Back



Let Me Get Your Digits: Dating and the Phone

In the beforetime when smartphones were only a sci-fi dream, people used to spend hours on the phone with the object of their affection, murmuring sweet nothings into one another's ears (ask your parents about this—or don't, because that's creepy). You too can recapture the voice-to-ear intimacy of turn-of-the-century romance. We can help.

- 1. Get their number:** Establish a rapport and then use your words to ask if you can call them sometime. Try using this sentence:
"Hey, can I call you sometime?"
If you already have their number, did you know you can use it for calling as well as texting? Fun fact!
- 2. Use the phone to call them:** Think of it as a text you do with your mouth.
- 3. Don't be afraid:** Just talk like you would IRL. It's okay if you say something you think is awkward. Much like Snapchat, your dumb jokes disappear into the ether, and you can't scroll back and cringe at them like texts. Win!
- 4. Suggest a date:** Invite your potential romantic interest out on a date. Say something like,
"Would you like to go to [destination or event] with me on [day]?"
If they say yes, great! If they say no, disappointing, but that's life. Don't keep asking!
- 5. Call to chat:** Once you're established as a couple, try calling to chat, even if you don't have anything specific to talk about. You can literally hear your romantic connection getting stronger!

Talk, Uninterrupted

When you're distracted while talking on the phone, you can't hide behind a screen. Here are some tips for staying focused.



Meditate: Breathe in confidence. Breathe out phone anxiety.

Get some space: Get everyone else (e.g. family, roommates) far, far, far away from you. Find a quiet space to talk.

Hydrate: But not so much that you have to cut your call short due to over hydration (awkward).

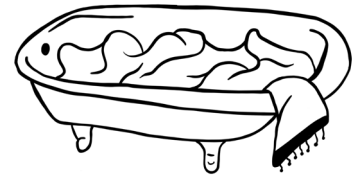
What if you over hydrate? Over hydration is fine if you're talking to a close friend and you've locked yourself in the bathroom to get some peace and quiet because your roommate won't stop playing the same three chords on his guitar over and over, *KYLE*.

Get comfortable: Prepare a quiet spot to talk (see the following page).

Tälkke: Creating a Cozy Space to Talk

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You've heard of *hygge*, the Scandinavian art of coziness. The new trend is *tälkke*, the Scandinavian art of talking on the phone. Here are a few tips for maximizing the pleasure of connecting on the phone.



Find a quiet space.

You don't want distractions from family members or roommates. This is me-time (plus the person you're talking to, of course). Try your bedroom, a peaceful outdoor space, or a nest of blankets in the bathtub.



Get comfortable.

Wear your softest sweatpants and oldest t-shirt with holes under the arms. Snuggle under a blanket with sleeves. Put on an adult onesie. It doesn't matter; they can't see you. Your voice is wearing pants, so you don't have to.



Don't forget the snacks and drinks.

Have hot tea and water on hand for your vocal chords, and snacks you can enjoy without crunching into your companion's ear; think snack cakes, regular cake, ice cream, macaroni and cheese, or mashed potatoes. Make your snacks as pillowy as your surroundings.



Set the mood.

Light some candles and festoon your space with pillows, blankets, and maybe a sheepskin rug for coziness and sound dampening.

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Now that you've maximized your comfort and provisioned your phone zone with sustenance, you're free to truly connect, the *tälkke* way.



So You Have a Phone Interview

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- ✓ Answer the phone professionally.
- ✗ Open with an original song about what you learned during your internship.
- ✓ Take the call in a quiet space with minimal distractions.
- ✗ Ask the interviewer if it's cool to just text.
- ✓ Highlight the most impressive parts of your resume.
- ✗ Ask the interviewer to smash that "like" button on your YouTube channel.
- ✓ Smile. It will come across in your voice.
- ✗ Eat a bag of spicy chips. It will also come across in your voice.
- ✓ End the call by thanking the interviewer and saying you hope to speak again soon.
- ✗ End the call by saying, "HMU later, fam."



Practice Your Phone Calls

Now that you know everything there is to know about using the phone,
let's put your knowledge to the test.

1. True or false: Your phone is also a phone.
 - a. True
 - b. False
 - c. Neither true nor false.
 - d. Maybe both, if you really think about it.
2. What should you do when your phone rings?
 - a. Answer it.
 - b. Wait for it to stop, then text the caller.
 - c. Hide it deep in your sofa cushions.
 - d. Yeet it into the sun.
3. When you're feeling happy during your phone call, you should:
 - a. Smile and elevate your voice in an enthusiastic way.
 - b. Say, *"smiley-face emoji."*
 - c. Take a selfie of your smiling face and text it mid-conversation.
 - d. Finish every sentence by saying *"LOL."*

4. Which of these is an appropriate sentence for a phone interview?

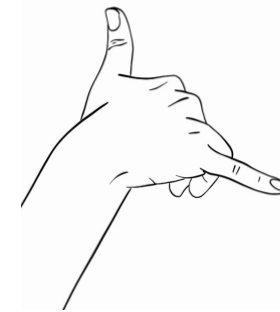
- a. *"It was a pleasure to talk to you today."*
- b. *"Like and subscribe, dawg!"*
- c. *"My mixtape is my resume."*
- d. *Gum-chewing noises*

5. Which of these is a phone?

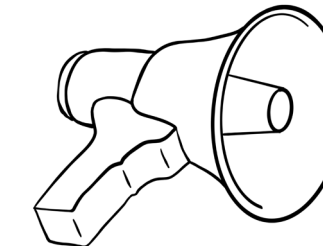
a.



b.



c.



d.



6. How should you minimize distractions on the phone?
- a. Find a quiet space to talk.
 - b. Yell *“I’M ON THE PHONE!”* at anyone who bothers you.
(make sure you direct it right into the talky part of the phone).
 - c. Take all calls from a bunker in an undisclosed location.
 - d. Fake your own death.
7. What can you wear while talking on the phone?
- a. Anything you want.
 - b. Business casual.
 - c. Black tie only.
 - d. A superhero suit to disguise your identity.
8. How can you conquer your fear of talking on the phone?
- a. Practice and mindfulness.
 - b. Aversion therapy.
 - c. Pack your bags and move into a isolated cabin in the forest.
 - d. Screaming into the void.
9. What’s the best way to tackle a weak cell signal?
- a. Visit weboost.com to learn how to boost your signal.
 - b. Try one of the poses on pages 12-13.
 - c. Build your own cell tower out of wire hangers and duct tape.
 - d. Ninjas. Just...ninjas.

Mostly As: You did it! You’re a phone expert. Call a friend to celebrate.

Mostly Bs and Cs: You’re not quite there yet, but you’re on the right track.
Try practicing your calls with a trusted friend.

Mostly Ds: You’re not there yet. Did you even read this book?
You just skimmed it, we can tell. Give it another try.

weBoost Connections

Now that you've learned how talking on the phone can strengthen your relationships, we have to talk about how to strengthen your signal. No one likes dropped calls. They're embarrassing, they throw you off your game, and recovering from them never happens as fast as you hope (if at all). If you didn't have phone-related anxiety already, you probably have it now.

Thankfully, weBoost is here to turn your home into a phone-safe zone by improving the quality and reliability of your cell signal for fewer dropped calls. It makes things better for all that other stuff you use your phone for, too. It's time to build a stronger connection with weBoost.

