Having a conversation with someone is a reciprocal activity. This means that words are exchanged between two or more people.

When people play a game of catch, they toss a ball back and forth to each other several times. Having a reciprocal conversation is a lot like playing a game of catch. You and the other person will talk about a specific topic “back and forth” as if you are throwing and catching words and thoughts to each other.

Usually, two people will have a topic of conversation that they talk about for a little while. While one person speaks by making a comment or asking a question about the topic, the other person listens and waits for their turn. Then, the second person gets a chance to make a comment or ask a question about the same topic.

The topic of conversation usually gets “tossed” back and forth at least three times. If both people really like the topic, they may “toss” the conversation back more than three times until they run out of things to say about the topic.