

ASK FOR HELP WHEN YOU NEED IT

One of the most important skills we can develop is the ability to ask for help when we need it. If we do not know how to do anything else, when we know how to ask for help, we can do anything!

WHEN do we need help?

We need help from others when we are attempting something or encountering a situation and we do not have the:

- **TIME**
- **SKILLS**
- **KNOWLEDGE AND/OR**
- **EMOTIONAL ENERGY** to do that thing

WHY do we need help?

HUMANS NEED OTHER HUMANS!

Getting help from others is one of the ways we learn and develop new skills.

People like to be helpful! Your support people want to be there for you, just like you want to be there for them.

HOW can we ask for help?

The easiest and most direct way is to say,

“HEY, I NEED HELP.”

The more we practice asking for help in a direct way, the easier and more natural it will become for us to ask for help when we need it.

OTHER WAYS TO ASK FOR HELP:

- “I am not sure how to do this thing. Could you help?”
- “I am feeling overwhelmed and would love some support.”
- “This is too much for me to do; can you give me a hand?”
- “I know you are very good at this; will you help me with it?”
- “I have tried this a couple of ways, and it is not working. Could you help me figure it out?”
- “Are you willing to teach me how to do that?”
- “Would you mind showing me how to do this please?”

REFLECT:

Think about a time you helped someone.

1. What motivated you to help them?
2. What did you do for them?
3. How did that make you feel?
4. Noticing how it benefited you to help someone else, what might be the benefits of YOU asking for help when you need it?

CHALLENGE:

Practice asking for help!

What you need help with can be simple, like a project you are working on, reaching for a snack on a high shelf, or filling up a water bottle. The more we practice asking for help with smaller tasks, the easier it will become to ask for help with larger tasks!

1. Who did you ask for help and what did you ask for help with?
2. How did it go?
3. What did you learn from this experience of asking for help?
4. What else can you ask for help with this week?

