

# Learning How To Ask For Help

If asking for help is a challenge for you, use these questions to help you get clear as to why you feel this way:

I hide the following personal /professional weaknesses from other people (and sometimes myself):

For me, asking for help is synonymous with:

When I think about asking for help, I feel:

These are the things I learned, was taught, and witnessed in regards to asking for help:

When someone lets me down, I think or say the following to myself:

To get what I want out of daily life, I need help and support in the following areas:

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I want to develop and create the following support/help structures:

The following people and resources can help me create my support/help structures:

My "help" script: I will write down at least 3 ways (phrases) I can use to ask for help in the immediate future: