

TAKE NOTE.

10 WAYS TO ASK FOR HELP

...For People Who Have A Hard
Time Asking For Help.

Win Within
THERAPY

There's two types of people in this world. Those that ask for help with everything whether they need it or not (you know at least one of those people, don't you?) And those that almost never ask for help even when they need it the most. And if you're reading this right now, that's you.

But, little do you know, there's actually one more type of person in this world and that's someone who is independent, confident and when needed asks for help to create a balance in their life.

It's possible for you to ask for help and not be ashamed or feel weak or inadequate. Asking for help is actually a sign that you are emotionally strong and self aware.

Knowing when to ask for help and who to ask for help can really change the way you look at life. You won't be as stressed. You won't be overwhelmed trying to do everything yourself and you'll feel empowered to do more of what makes you happy instead of being consumed with what doesn't.

Here's a list of 10 ways you can ask for help.

1. Say "yes" when someone offers to help you.

Yes. The first step to asking for help is to actually just say "yes" when someone offers. Someone offering to give you help doesn't mean that you can't do it on your own and it doesn't mean that people think you aren't capable of doing it on your own.

When someone asks you if you need help it's their way of saying "I see you're juggling a lot of things and I care about you and want to create some balance for you."

"If you say "no" it's not only unfavorable for you, it actually makes the other person feel as though they're not needed and everyone wants to feel needed...EVERYONE. Saying "yes" is a win for you and a win for them.

2. Ask for small tasks first.

It's much easier to ask for small favors and tasks first. You won't feel as if you're asking for a lot and you're more likely to get an immediate "yes" response from whoever you asked to help.

Small wins or a few small "yes" replies will help you feel more supported and thus open to asking for help on a bigger task one day.

3. Ask for what you want without holding back.

If you don't actually ask for what you want, what's the point? I know it can be scary to put your hopes of getting help out there without knowing if your need will be reciprocated with support, but if you don't ask for what you want, you'll never know.

Sometimes you'll just have to take a leap and be brave. You go this!

Now that you know the intentions behind asking for help, here's 7 practical ways to ask for help that you can practice saying to yourself out loud in the mirror before trying them out in real life. (Yes! We all talk to ourselves in the mirror, it's not just you.)

4. "Could you do me a favor?"

5. "Would you help me?"

6. "Would you please assist me?"

7. "Can you do something for me?"

8. "Can you help me?"

9. "Will you help me with this problem?"

10. "I would appreciate your help. Are you available?"

Remember that although there's no perfect way to ask for help, starting with the first 3 intentional tips will help you take the practical phrases and put them to work. Asking for help isn't about being inadequate, it's about creating a healthy balance in your life.