

Asking for Help

- **Assess** the situation
- **Identify** the type of support you need
- **Identify** who might be best equipped to provide you with that type of support
- **Notice** any barriers associated with asking for and receiving support
 - Am I willing to ask for help?
 - Am I willing to receive help?
 - Do I think that asking for help makes me seem weak?
 - Do I believe that I should be able to do it all by myself?
 - Do I think that I am burdening others by asking for their help?
- **Challenge** yourself as to whether your beliefs about asking for and receiving support are accurate. For instance, is receiving support really a sign of weakness? If someone asked you for support, would you label him/her as weak? What would you tell a friend to do?
- **Ask** for support: For example, you could say, "I appreciate your concern for me and it is comforting to know that you are here to listen. I know you are trying to help, and right now, I feel very overwhelmed with several things that I need to get done and my fatigue is getting in the way of doing them. Would you have any time to help me this week?"

Enhancing Communication

- **Ask yourself these questions:**
 - a. What are my goals for this conversation?
 - b. What information would be helpful for me, and what information might not be helpful?
 - c. How do I want this relationship to be after this conversation with this person?
 - d. How do I want to feel about myself after this conversation?