

SAFE SPACE
RADIO
TIPS & STRATEGIES
Asking for Help

If you need to ask for help...

- Before you do, take some time to invite compassion for the part of you that may feel shame. See that part as connected to the essence of our shared humanity.
- Practice. If asking makes you feel vulnerable, scared, or ashamed, talk through what you're going to say with a third party who cares about you, *before* you ask.
- Be direct. Use the word "help" Say, "I need your help."
- Name what you need and be specific. It's unfair to expect others to read your mind.
- Don't pressure them in any way: don't apologize, or tell them how hard this is, or how rare it is, or how you'll pay them back.
- Describe the steps you've already taken to address your need.
- Summon your courage to share your vulnerability. It's okay to let yourself be seen as a person who needs things. Asking for help can lead to real intimacy, sharing our vulnerability is how we connect.
- Express gratitude. Don't forget to offer your sincere thanks.

Things to keep in mind...

- Remember that we usually underestimate people's willingness to help. People feel good about themselves when they can be helpful. They feel happier and competent.
- Asking for help can be a form of self-care. Needs are legitimate.

Get creative with it!

- Consider how these tips can help us when the roles are reversed. How do we react when someone asks *us* for help?
- What strategies can we use to help ourselves?
- Do you have a story about asking for help that went really well (or not)? Tell us about it! Call the Safe Space Radio story line at (617) 600-8419 and leave us a voicemail.

"I can't tell you how many people actually thanked me for asking them for help!"
—Bryan Funk, *Asking for Help*