

# GET COMFORTABLE ASKING FOR HELP TIPS REPORT

# TOP TIPS

We all need a little help now and then, so why do we struggle so much to ask for it? Are we too stubborn? Are we afraid of being a burden? Regardless of why, if you need help, asking for it is the most direct and reasonable way to get it. Whether you are overwhelmed at work, not feeling quite yourself, or trying to learn something new, asking for help could change your life for the better. If you are ready to get comfortable asking for help, then check out these nine tips:

## **1. Everyone Needs Help Once in Awhile**

There is nothing wrong with being self-reliant and standing on your own two feet. The reality is that we all need a little help from time to time. Once you recognize and accept this as a fact, asking for help will become easier.

## **2. Help Others**

Try being a more helpful person in general. This will help you realize that help isn't a burden. Helping others is rewarding in its own right. You will also naturally feel more open to asking for help if you are willing to give to others.

## **3. Know Exactly What You Need**

You will find it significantly easier to ask for help when you know what you need yourself. If you can't convey what you need, then it is naturally harder to ask for help. Think about what you need in the most specific terms possible. This will also help the other person figure out if they can meet your request.

#### **4. How Do Your Peers Ask For Help?**

Have you ever been asked for help? How did those people ask you? Did you find yourself more willing to accept a certain approach? Reflecting on how people have successfully asked you for help will make it easier for you to create your own approach. This confidence should lead to more comfort when asking for help.

#### **5. Don't Project Your Feelings**

When you assume someone doesn't want to help you or that you may be a burden on someone, you are projecting your own feelings. Don't let your inner critic make you give up before you even start to ask for help. You won't know how others feel about helping you until you ask.

#### **6. Recognize Your Weaknesses**

When you recognize and accept your weaknesses, you will find it easier to ask for help. When you know you are especially weak in a certain area, it will feel natural to find someone stronger in that area to help you out.

#### **7. Asking for Help Looks Good**

Some people are worried that if they ask for help, they might look weak. This isn't necessarily the case. In fact, some research (<https://www.scientificamerican.com/article/asking-advice-makes-a-good-impression1/>) has shown that asking for help makes a good impression. It indicates that you are a team player who does things efficiently.

#### **8. How Important is The End Result?**

If you are struggling in some area of life, think about your ideal end result. Think about it in the greatest detail possible. Hold that image of ultimate success in your head. Now ask yourself, is this result worth the discomfort of asking for help?

## 9. You Have to Do It

You won't get comfortable asking for help unless you do it. You don't want to do it superfluously but try to make an effort to ask for help when genuinely needed. You will find that the discomfort slips away the more often you ask.

# ACTIONABLE STEPS

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<p><b>Brainstorm Your Weaknesses.</b></p> <p>Take some time to reflect and list down your weaknesses.</p> <p>This will help you feel more comfortable asking for help in those areas.</p>	<p><b>Who Can Help You?</b></p> <p>Is there anyone in your life who can help you address your weakness?</p> <p>Is there anything you want that an acquaintance could help provide? Make a list of these people.</p>	<p><b>Time to Ask.</b></p> <p>You have a list of weaknesses and a list of people that could help you.</p> <p>Now you ask someone for help. The more you do this, the easier it will be.</p>