

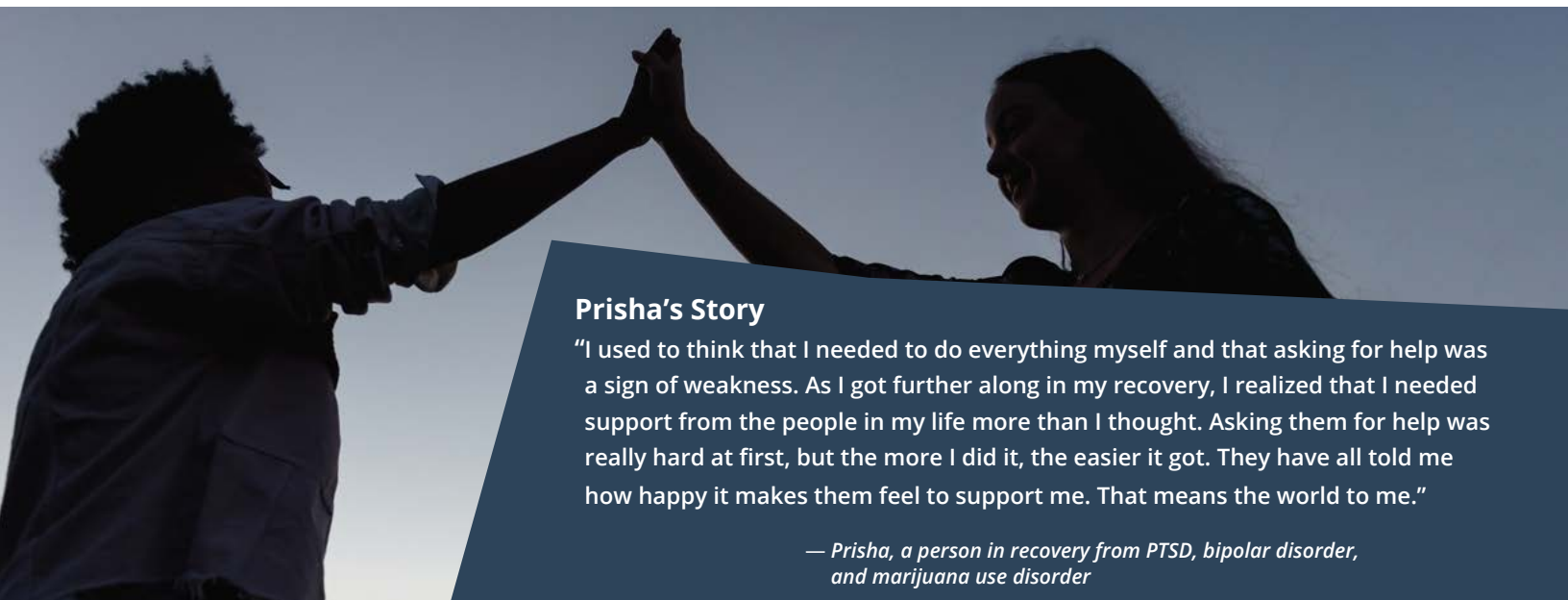
# Asking for Help

## My Progress

- What steps have you taken toward your goal(s) this week?
- How were you able to achieve the steps?
- If not, what got in your way? How will you overcome that barrier?

## Let's Discuss

- Over the last week, what situation were you in that you could have asked for help?
- Did you ask for help? Why or why not?
- What was the outcome of the situation? Would you have done anything differently?
- How has asking or not asking for help impacted your problems or symptoms?



### Prisha's Story

"I used to think that I needed to do everything myself and that asking for help was a sign of weakness. As I got further along in my recovery, I realized that I needed support from the people in my life more than I thought. Asking them for help was really hard at first, but the more I did it, the easier it got. They have all told me how happy it makes them feel to support me. That means the world to me."

— Prisha, a person in recovery from PTSD, bipolar disorder, and marijuana use disorder

## Good to Know

- People are social by nature and **relationships with others are really important to our wellbeing.**
- When we are in difficult situations, we often **need the support of others to get through the situation**, but it can be really difficult to ask for help.
- **Asking for help can be difficult** for many reasons. Sometimes we haven't had very much experience asking for help, sometimes we feel like we shouldn't need help, and sometimes it is because we are afraid the other person will say no.
- When we ask for help we are giving ourselves more resources to get through the situations we are faced with, and it **helps us reduce the stress and barriers we face in our lives.**

## My Experiences

We can't ask for help if we don't know we need it. For Prisha, recognizing when she needed help was the first step in being able to ask for it. On page two are some examples of common situations that someone might need help with. Put checks next to the ones that you have needed help with and who you might ask for help. Fill in your own examples as well as the ones in the list.

## Let's Practice Leaving a Situation

Example	I have needed help with this	Who I could ask for help with this
Going shopping	<input type="checkbox"/>	
Deciding how to solve a problem	<input type="checkbox"/>	
Accessing services	<input type="checkbox"/>	
Managing high stress	<input type="checkbox"/>	
Coping with a symptom	<input type="checkbox"/>	
Filling out an application	<input type="checkbox"/>	
Engaging in physical activity	<input type="checkbox"/>	
Dealing with child behaviors	<input type="checkbox"/>	
Other:	<input type="checkbox"/>	
Other:	<input type="checkbox"/>	

Once Prisha identified the things she needed help with, she started to talk about the reasons she didn't ask for help and the thoughts she had that were connected to them. After listing her thoughts, she came up with new thoughts that helped her feel more prepared to ask for help. Look at the provided examples and then try to come up with some of your own examples of old and new thoughts.

OLD THOUGHT	NEW THOUGHT
I should be able to do this myself.	This is really hard for me and there is no shame in needing some support.
My mom is too busy to help me.	My mom loves me and it makes her feel good to help me when I need it.
I don't even know how to ask, it feels so awkward.	Everything feels strange at first, it will get easier the more I do it.

## Let's Practice Asking for Help

**One of the ways you can become more comfortable asking others for help** is to practice. Practice asking for help can make you feel more confident and help you to be more effective when you need their support.

- Review the steps of asking for help:**
  - Identify what it is you would like help with.
  - Explain why it is important to you to get support.
  - Tell the person what they can do to help you.
  - Ask if they have any ideas about how to help.
  - Thank them for their help.
- Watch your worker demonstrate the steps of the skill.**
- Discuss how it went with your worker. Did they follow the steps? How effective do you think they were?**
- Now try the skill out for yourself with your worker.**
- Discuss with your worker how the practice felt to you, what you did well, and how you might do it differently in the future.**
- Continue to practice and discuss with your worker.**

### Next Steps

- What did you find helpful about our meeting today?
- What would you like to do for your next step toward your goal(s)?
- Practice asking for help in a difficult situation.
- I'd like to do something else \_\_\_\_\_.