ASKING FOR HELP

- It is very tough to ask for help
- You must get help to recover- no one can do it alone
- Start with easy requests
- Ask for help before the problem becomes BIG
- Prepare yourself in case the person won’t or can’t help
- You can ask for help without sharing the whole story
- Asking for help makes you MORE independent
- If you feel there is no one to ask for help- build a group of people that can support you
- When asking be gentle- no demands, threats or insults
- Discover if your fear about asking is real- guess what will happen and compare it to what happens
- Carry a list of phone numbers you can call in your wallet/purse

APPROACH STEPS

1. WHO will you call?
2. WHAT will you say?
3. WHAT do you predict will happen?
4. WHAT did happen in reality?

List of people to call for help

1. ______________________________________
2. ______________________________________
3. ______________________________________