

## THINGS THAT GET IN THE WAY OF ASKING & GETTING THE HELP YOU NEED/WANT



- Fear
- Anxiety
- Remembering when people said “yes” but didn’t follow through
- Shyness
- Mix-ups
- Rudeness
- Anger
- Tradition
- Not wanting to be beholdng
- Issues around power and control
- Lack of trust
- Fear of imposing
- Pride
- Rugged individualism
- Forgetting who you are
- Emotions
- Misplaced belief that if I can do it myself, I should & can't ask
- Lack of clarity about what you want or what you really can give, how & when -& to whom
- False definition of strength
- Taking things too personally
- Worry around keeping important people in the loop (communication)
- Poor asking skills - importance of defining what you want
- Difficulty with adding backbone (boundaries/limits) to compassion - forgetting choice
- Preference for giving over receiving
- Belief that pay back is needed, forgetting paying it forward

**REMEMBER:** Getting the support you want/need is good for you, AND ALSO is a gift to those you help!