



For many of us, asking for help, and then receiving it, is not easy. It's certainly part of our North American culture to believe we should be able to handle our own problems and situations. Asking for help can also mean feeling embarrassed and vulnerable as we tell even selected others our personal information. Additionally, there can be an assumption that others have more important things to worry about in their own lives. We might wonder, "Why would someone want to help me?" And if we do get past the "ask" then what? What if they say no? If they say yes, are we ready for their help? This download gives you seven steps to follow when you find it's time to reach out for help...or want to prepare for that eventuality.

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