



# Exercising Your Asking Muscles



Your goal is to build a dependable support network by communicating clearly and effectively. A kind of knowledge that goes into “strength” is knowing when and how to ask for help . . . and being able to just do it. *Ask!*

### Good (Effective) Communicators:

- Are aware of their conversational style and habits.
- Know what styles and habits in other people are difficult for them.
- Are flexible in their communicating.
- Sincerely desire to create shared meaning with others.
- Interpret gently.

Begin improving your control by gaining strength through asking - try the easy exercises on this form.

[Download a Form to Help Exercise Your Asking Muscles](#) [1]

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