



## Ask for Help - Additional Resources

**Asking For & Receiving Help:** This is an area where we in the Western Hemisphere are particularly challenged. At Personal Safety Nets we believe that we all matter, and we all need to matter to others. We believe that there is enough abundance in our world to go around, that there is security in community, and that kindness and humor are effective tools.

Asking for help allows for a flow of generosity such that PAY IT FORWARD ideas will allow each of us to do what we can for others, as we can . . . and make receiving part of the balance.

[Download: Things That Get In the Way](#) [1]

[Download: Checking Assumptions](#) [2]

## Steps to Successful Asking

[Download: The Long Version](#)

[3]

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### Links

[1] <https://personalsafetynets.com/sites/default/files/March 2014.pdf>

[2] [https://personalsafetynets.com/sites/default/files/dsa-eleven\\_other\\_reasons.doc](https://personalsafetynets.com/sites/default/files/dsa-eleven_other_reasons.doc)

[3] [https://personalsafetynets.com/sites/default/files/pages/steps\\_to\\_successful\\_asking\\_short.doc](https://personalsafetynets.com/sites/default/files/pages/steps_to_successful_asking_short.doc)