Steps to Successful Asking (short version)

STEPS TO SUCCESSFUL PERSONAL SAFETY NETS® ASKING

DEFINE WHAT'S GOING ON – BIG PICTURE

- Know your situation/accept reality: (What do I face or will I face?) – Then you can set the stage for others to understand.
- Accept the idea of outside input can be good and boost IQ
- Gather information and input
- Define: What's the goal? What's the vision?
- Remember: Tell safe people and keep the information flowing.

Why?
Of whom?

ORGANIZE – WHAT'S NEEDED?

- Matching: (Who do I ask? Who might step in, or where might help come from?)
- Brainstorm & list what might be needed
- Prioritize
- Fill out sheets: What am I willing to accept and what might I give?
- Remember, we all need to give, and to give others a chance to do so. We all need to be able to generously receive and thoughtfully offer.

For whom?
For what?

GET READY TO ASK –

- Think about writing out a script & set the tone for the conversation.
- Become Specific and Directed: (What am I asking someone for?)
- Remember: It's easier for folks to help if they know what you need/want and can accept.

When?

ASK – AN "ASK" IS NOT A "DEMAND" – IT ALLOWS FOR "NO"

- FIRST - Practice, practice, practice.
- Ask nicely and keep asking
- Don't take "NO" personally. It's more about the other person's availability or limitations than it is about you! Look at this from their perspective (11 other reasons).
- Accept the answer. Say "thank you" for considering your request.

What gets in the way?

KEEP ON GIVING TO OTHERS –

- Recognize you are getting help – even a "no" is helpful.
- Receive the help – graciously.
- Appreciate the help you do get & pay it forward.
- If you want to feel better, there's nothing like helping someone else. (See chapter 3 in the book *Personal Safety Nets*).

Why?
Of Whom?

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