

Exercising Your Asking Muscles

Another 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.

We all view asking for help differently. Finding your feelings will help with personalizing your “ask.” Let’s start here:

A. ASKING: How does it feel:

To ask and have the person you asked say “yes”? _____

To ask and have the person you asked say “no”? _____

B. RECEIVING: **When someone offers help, can you say:**

- “Thank you. That would be great!”
- “That’s really nice, but I don’t think I can accept.”
- “I’m sorry you can’t help with that, how about _____?”
- “That’s okay, can I ask you another time?”

C. DECLINING:

When you’re asked, how easy is it for you to say a flat-out “no”? _____

How about “not at this time” or “not that particular thing”? _____

D. OFFERING: **When you are asked to help, how are you likely to respond?**

- “Ask me for anything, any time.”
 - “Let me think about that and get back to you.”
 - “You’ve got some nerve to ask that of me!”
- What’s your most likely response?
 - Do you have a range of responses that you’re comfortable choosing from, depending on the situation?
 - Why wait to be asked? Step right in to save the day!