

# Asking for Help Checklist



As strange as it may seem, one way to become more independent, is to learn when and how to ask for help. All of us, even the strongest adults are actually interdependent. That is, we give help sometimes and ask for or accept it at other times. Here are some steps that will guide you when you need a little extra support.

- \_\_\_\_\_ Name the problem or situation that needs to be resolved.
- \_\_\_\_\_ Decide if you can handle the problem yourself, or if you want or need someone to help you.
- \_\_\_\_\_ Think about different people who might help you and pick one.
- \_\_\_\_\_ Pick a good time and place to ask for help. Sometimes you will need help quickly and will not be able to pick the time and place. Just do the best you can.
- \_\_\_\_\_ Be friendly.
- \_\_\_\_\_ Tell the person about your problem or difficulty and how they can help you.
- \_\_\_\_\_ Ask the person if they will help.
- \_\_\_\_\_ Thank the person for saying yes.
- \_\_\_\_\_ Thank the person for helping you in the way that they said they would help you.

It is very important to express thanks to those who have helped you. You can show people that you appreciate what they have done for you by:

(choose one)

- \_\_\_\_\_ telling them thank you
- \_\_\_\_\_ writing them a thank you note
- \_\_\_\_\_ doing something nice for them
- \_\_\_\_\_ asking how you can help them

