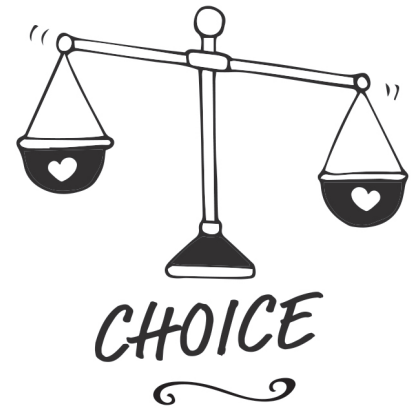


Activity 10.4

How to accept help



There are three main responses when help is offered. Commit them to memory. Use them!

A Help gets offered and its the help you need

Say 'yes' for goodness sake! "Thank you, that would be awesome!" or something similar. I know that sounds simple, patronising even, but it's incredible how often we get an offer of help and we let shame/embarrassment get in the way of accepting it.

I know admitting we need help is an act of vulnerability, but it's exactly that - not to be confused with a weakness. Showing vulnerability is a strength. It says: 'I trust you with this and I'm comfortable to share it'. If someone exploits that vulnerability then you need to make some conscious choices about the role that person plays in your life going forward.

B Help gets offered, but its not the help you need

Start with a 'thank you', obviously, because this person has recognised that help is needed. Next you have to articulate what the help is that you actually need. This aids the person to assess whether they are the right person to help you or not. If they are, then refer to point 'A' and take it. If they're not, see if they'd still be willing to help you, but by identifying the right person to give the help you need.

C Help gets offered, but you're not sure what help you need

As in point 'B', begin by recognising that someone has seen that you need help; this is a great start for both of you. If that person is already in a place of 'helpfulness', then likelihood is they have some compassion for the signs you're demonstrating of needing help. In which case, use their offer to help you understand what help you need. By talking it through and articulating what the issue is you have, you'll gain clarity together about how best to move forward. Then you can go to point 'A' if they can help or point 'B' if you need their help to find the right support.

Commit to accepting help 3 times in the next 2 weeks. Record the occasions here:

Day/Date	What was the situation?	Which of the responses did you use? A, B or C	What was the outcome?