

BAD IDEAS GOOD STORIES PRESS

**HELP!
WHY AM I SO
#@\$!@
BAD AT ASKING
FOR HELP!**



BY KELLI DUNHAM RN

ASKING FOR HELP IS..

SO HARD. BUT IT CAN HELP TO REMIND OURSELVES IT IS ALSO..

A SIGN OF STRENGTH, NOT WEAKNESS!

THE UNICORN SAID IT. YOU HAVE TO BELIEVE A UNICORN.

PART OF BEING HUMAN

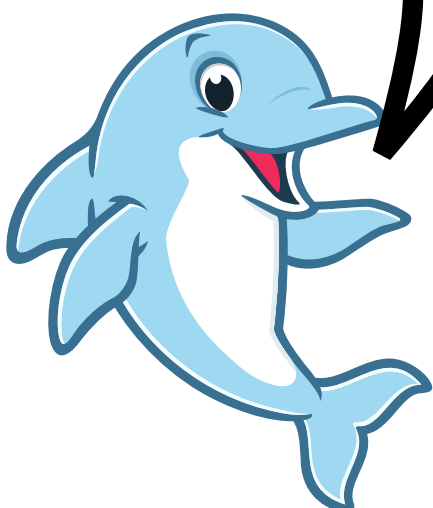


OR A CUTE LITTLE BABY TIGER IN THIS CASE



IMPORTANT. PEOPLE WANT TO HELP!

EMBARRASSING & A WASTE OF TIME



SORRY ABOUT THIS SARCASTIC LAMB. MAYBE HE WANTS TO VOICE ALL OUR DEEP FEARS?



ASK!



REALLY. THAT'S THE ADVICE YOU'RE STARTING WITH?

Wow!

Yeah. Well. Asking for help does involve, well asking. But it works best if we ask....

DIRECTLY & SPECIFICALLY

People close to us don't know what we need, If we drop hints, people are often too busy and harried to pick them up. Or they get mixed up with all the trash on the ground. And if you live in NYC, eaten by a rat.

True. I'll eat a hint in a minute.



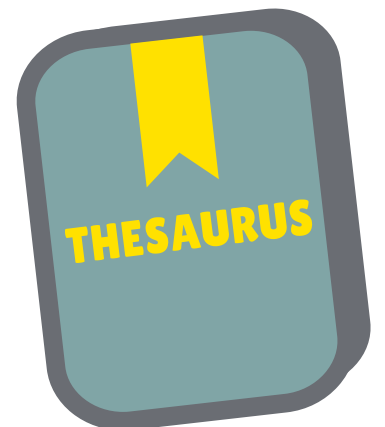
IN ADVANCE IF POSSIBLE

Often we don't want to ask for help until we really really really need it, but the same circumstance that makes it feel like an emergency, sometimes makes it an actual emergency. Emergencies are never uncomplicated.

The word "help" itself can be hard to say.

OUR OWN WAY

Break out the



you can ask for...

- assistance
- succor
- support
- a hand
- aid
- ETC.

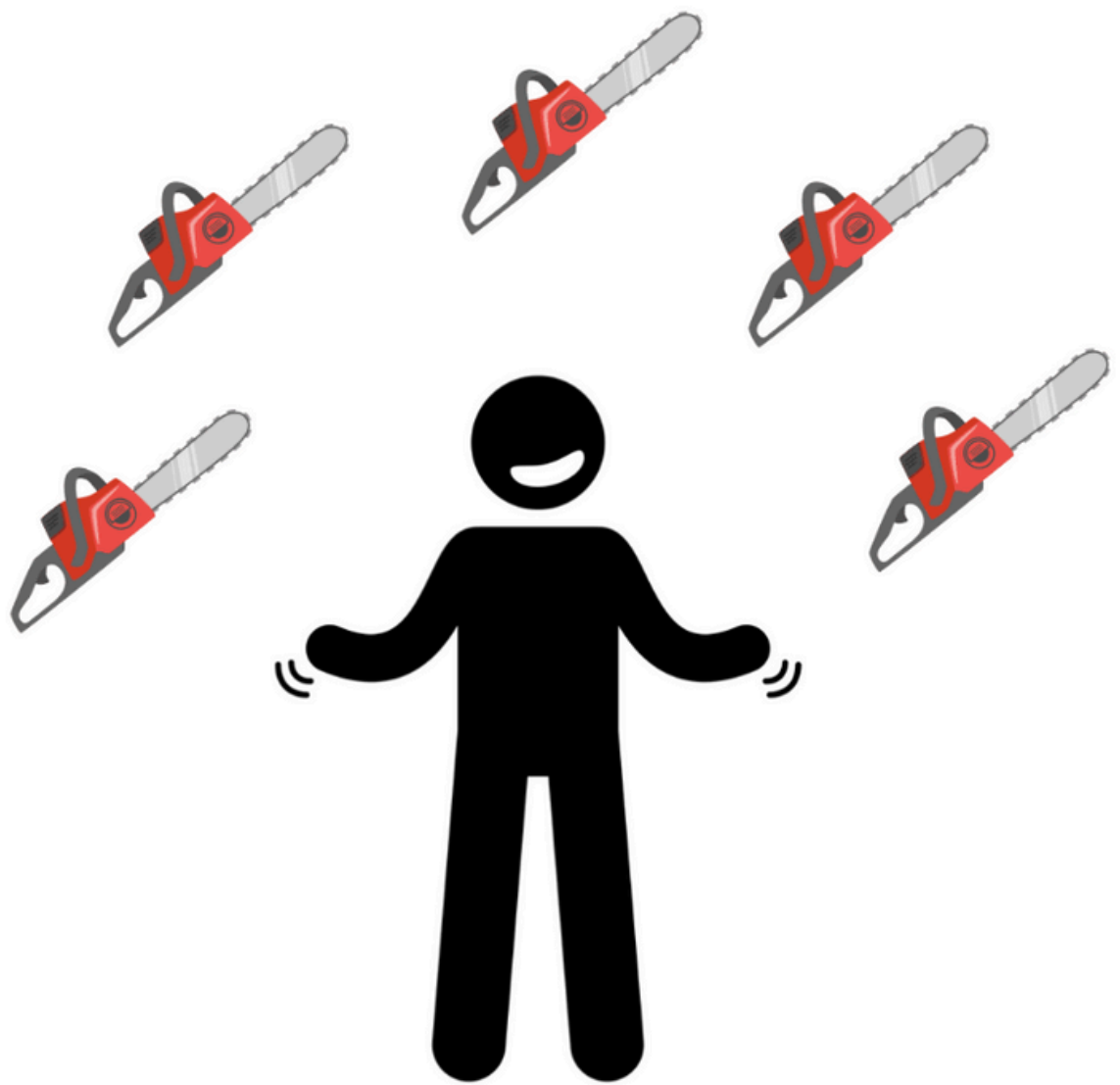
START SMALL



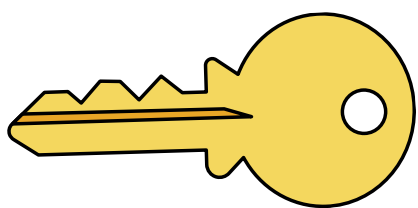
wow
ground
breaking

Okay, sure, "start small" is the first advice for everything from juggling to scuba diving

(although the first rule of juggling should really be don't start with chainsaws.. .)



THE

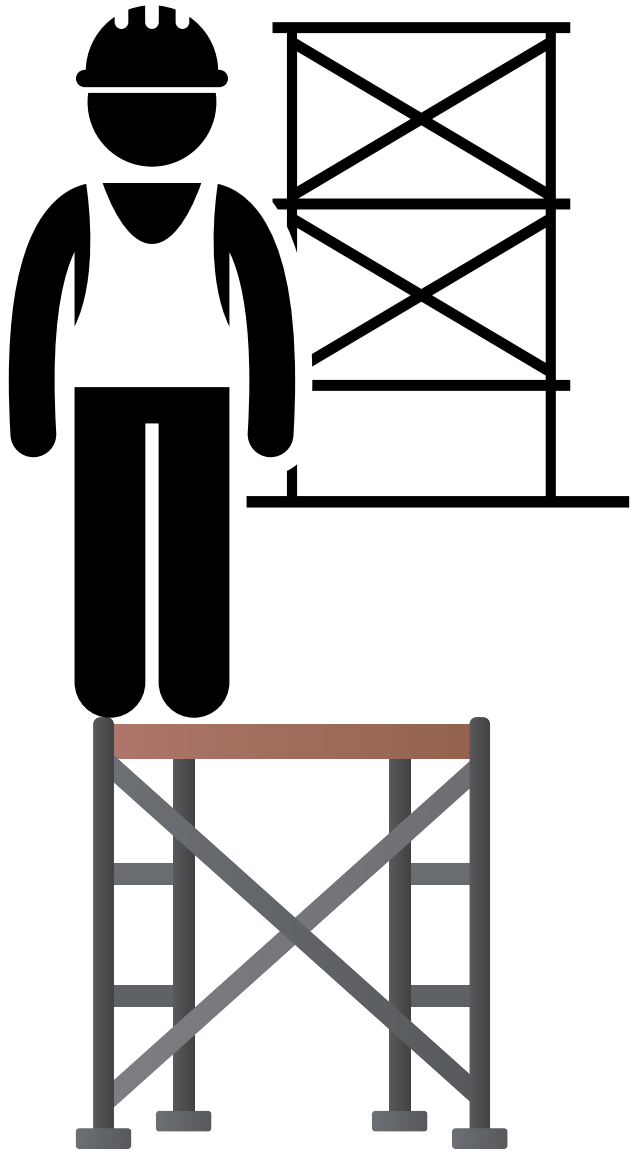


is to start with something SMALL and LOW STAKES... it builds up our confidence and asking for help muscles.



accepting help when offered
IS A GREAT BABY STEP!

SCAFFOLD



IF WE'VE ASKED SOMEONE CLOSE TO US FOR A SMALL FAVOR, WE EXPAND OUR THE EXERCISE BY MAKING A SIMILAR REQUEST TO SOMEONE WE'RE NOT QUITE AS CLOSE TO. AND THEN MAYBE SOMETHING HARDER TO ASK FOR?



AND
WHAT IF
THEY SAY
NO

HEARING "NO" CAN BRING UP SO MANY FEELINGS.
SO WE CAN JUST, YKNOW, FEEL THEM.

AND THEN REMEMBER:

IF WE ARE ASSURED
THAT SOMEONE
KNOWS
HOW TO SAY

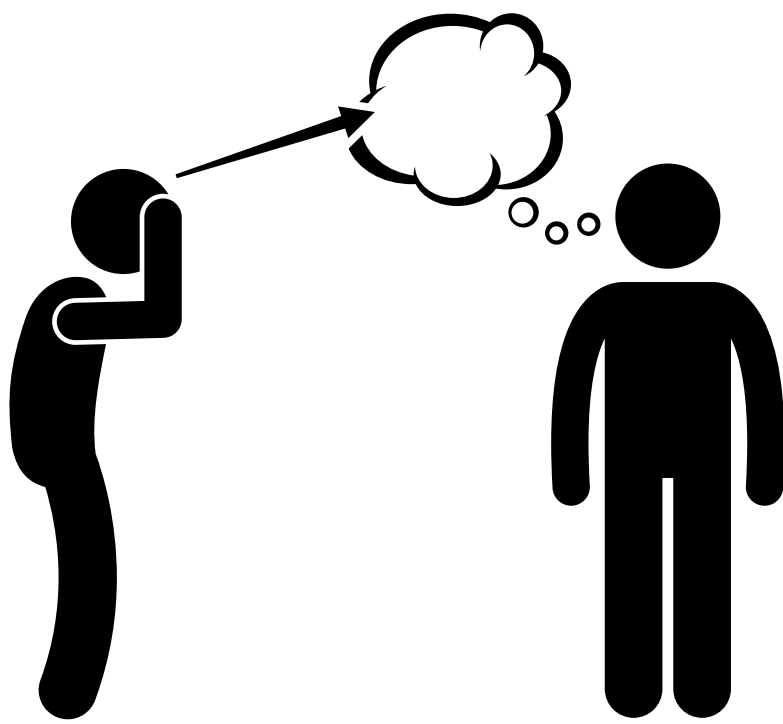
NO

WE CAN
TRUST
THEIR

YES!

SCHOOL SUPPORT PEOPLE

THE PEOPLE WHO LOVE US
CAN'T READ OUR MINDS.



THIS IS EXTREMELY
EXTREMELY ANNOYING.



A LITTLE GENTLE
GUIDANCE WHEN
WE NEED
SOMETHING DONE
DIFFERENTLY
ULTIMATELY MAKES
EVERYONE'S ROLE
EASIER

SKILL MATCH

ONE OF THE BEST (AND MOST IMPORTANT) PARTS OF GROUP CAREGIVING IS THAT FOLKS SHOULD IDEALLY BE MATCHED UP WITH TASKS THEY:

**WANT TO DO,
HAVE CAPACITY FOR,
AND ARE GOOD AT.**



HAS ANYONE EVER TOLD YOU YOU'RE A UTOPIAN OBSESSED DREAMER?

WE SAID IDEALLY

IT'S NOT ACTUALLY THAT DEEP.

FOR EXAMPLE:

WE JUST DON'T ASK OUR NIGHT OWL FRIEND TO TAKE US TO A 8 AM APPOINTMENT

OR WE CAN GIVE FOLKS A LIST OF HELPY TASKS AND LET THEM PICK!



***GOT MORE IDEAS ON ON HOW TO
TRICK YOURSELF INTO ASKING
FOR HELP?***

***WANT TO BOOK KELLI FOR A
CONFERENCE, COLLEGE, AT YOUR ERG
OR SCHOOL OF NURSING?***

***WANT TO STAY IN TOUCH OR HAVE A
QUESTION FOR KELLI?***

***KELLI@KELLIDUNHAM.COM
@KELLIDUNHAM ON ALL THE SOCIALS
TEXT/CALL 215.964.1963***