

# Being able to ask for help

## Activity

### Being able to ask for help

So you've got some Bounce Back moves planned. Maybe you have been bouncing for a while and you're ready to take it to the next level? There's lots you can do for yourself to keep bouncing, but sometimes in life, we all need a bit of help.

Knowing when you need help and knowing how to ask for the help you need are real skills. As with any skill, you'll get better at it with practice.

If there's a move you want to try but you're not sure how to get started, or you keep finding things blocking your path, ask yourself:

- Does this move depend on someone else, i.e. it can't be done without their help?
- Would it be helpful to talk to someone with deeper experience? (People who have already done things before you are a real goldmine of useful information.)
- Would you be more likely to succeed with some support and help from someone who believes in you?

If the answer to any of these questions is yes, or even maybe, it's time to ask for some help.

### What do you need help with?

Make it easy for the person you ask to give you a positive answer. If you can explain exactly what sort of help you are asking for, it will be much easier for the person you ask to say yes.

Your first job is to come up with a request. This is your one-liner for asking for help.

Start by thinking carefully about what you need help with. Your journal may be a good place to work on it. Or any piece of paper would do.

Write down:

- What am I trying to achieve?
- Why am I trying to achieve this?
- What am I finding hardest about doing this?

Use your answers to finish this sentence:

I need help with \_\_\_\_\_

Great! Now you know exactly what kind of help you need to ask for.

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### Who could you ask for help?

The next step is to find the right person to help you.

Make a list of all the people in your life who you trust to ask for help. They might be friends or family. They might be people from other parts of your life, such as a teacher, a coach, a neighbour or someone else who has helped you or a friend in the past.

Now give them a quick interview on paper.

- Do they have the right skills and experience to help you with this?
- Have they offered to help in the past?

Pick your top three candidates, then use your journal or planner to plan a time when you're going to talk to them about what you need.

If the first person you ask can't help, don't take it personally; Bounce Back! Ask them if they can think of someone else who might be able to help and add their suggestion to your list. Then move on to the next person you thought of.

Good luck!

**P.S. There's more on being able to ask for help in the Start Bouncing section of the Bounce Back website: [www.bouncebacknewham.co.uk](http://www.bouncebacknewham.co.uk)**