

Skill Building

Asking for Help

Steps

- 1. Decide what the problem is. Be specific.**
Who and what are part of the problem?
A problem is anything you need help with.
What is the effect on you?
- 2. Think about different people who might help you.**
Consider all possible helpers. Choose the best one.
- 3. Tell the person about the problem.**
Ask that person to help you.
The person may want to help you but cannot do so at the moment. Ask the person when a good time would be.

