



# Worksheet: Asking for Help

Whether you struggle with asking for help — or have family members that need a little extra prodding to lend a hand — try using this worksheet to get the ball rolling.

When you're in the center of a tough situation, it can be difficult to express your needs. Here are a few examples that may ring true for you and help explain how you feel to your loved ones.

## Observations

- I don't have any help with the dishes
- I see you roll your eyes
- We eat fast food
- I see you eating treats
- You stay late at work every day
- We sit on the couch all day

## Feelings

- Frustrated
- Overwhelmed
- Anxious
- Upset
- Angry
- Ashamed
- Jealous
- Restless

## Needs

- ...for "me time"
- ...to be understood
- ...for compassion
- ...to eat food that works for me
- ...for support

## Requests

- ...trade off days cleaning up after dinner?
- ...cook together twice a week?
- ...enjoy your treats when I'm not around?
- ...join me for a walk each Saturday?

When \_\_\_\_\_  
(this happens - judgement free observation)

I feel \_\_\_\_\_  
(feeling)

because \_\_\_\_\_  
(specific need is/is not met)

Would you be willing to \_\_\_\_\_  
\_\_\_\_\_  
(specific and timely request)

## Examples:

*When I have to do all the laundry, I feel overwhelmed and tired because my need for additional rest is not met. Would you be willing to wash, dry and fold the children's laundry once a week?*

*When we meet up at restaurants that don't offer many vegetable options, my blood sugar is out of whack the next day, which makes me anxious. The next time that we go out for dinner, would you be willing to try a new place that has more options on the menu?*

*When you stay out late without letting me know, I feel scared because my need for intimacy is not met. Would you be willing to text me if you're going to be out past a certain time?*