

SEEKING HELP

Challenges of speaking up

It makes sense that we're hesitant to speak up and tell someone we're not ok. There are many reasons why we keep things to ourselves. Yet, when we challenge these reasons, we often find that they are false, irrational, or unrealistic.

OBSERVATION

Assessing and challenging our beliefs like this takes courage and self-awareness, so it's a measure of strength to be reflecting on our wellbeing in this way.

Try identifying and testing some of your own limiting beliefs.

What are my current limiting beliefs that prevent me from reaching out?	
Why might they not be true, helpful or accurate?	
What might be more true/helpful/accurate?	