

How to Ask for and Receive Help

Are you always willing to help others but you don't like asking for help?



Caring for yourself is one of the most important, yet one of the most often forgotten, things you can do as a parent or a caregiver.

Caring for others is one of the most selfless things someone can do, and asking for help might feel selfish or daunting. **According to Psychology Today**, we live "in a society that praises **self-help** and self-reliance, [and] it is becoming increasingly difficult for us to ask our colleagues, friends, and even our family for the assistance we need. The mere thought of asking for help can eat away at our ego, undermine our **confidence**, make us question our abilities, and even paralyze us with **anxiety**."

However, accepting help is necessary because when you take care of your own needs, the person (or people) you care for will benefit, too.

Allowing those around you to help you not only eases your responsibility load, but it can give someone who is helping a feeling of worth. Here are a few ways to make asking for and receiving help a habit:

- Say yes. When someone offers to help you with a task, practice saying yes. Even if it seems like a mundane task, such as making a meal or picking up your child from school, it's one less thing you have on your plate.
- Examine your beliefs on receiving. For example:
 - What's stopping you from accepting help from others?
 - Do you feel that you don't deserve to receive love or help? If so, why do you feel that way?
- Give others the opportunity to give. It takes two to give and receive, and consistently rejecting help from those who are willing can create roadblocks in a relationship.
- Let those you trust know when you feel like you're approaching the point of needing help or a step back. Give them time to prepare themselves so that they can be more effective when you do reach out.

