

EPISODE 008

Asking For Help Is Actually A Fantastic Way To Be Brave!

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DIANA HIMES: Welcome, welcome, welcome to today's episode of the **Tough Love for Sensitive Souls** podcast! I'm your host, Diana Himes. I've got another exciting topic planned for us today, so grab a beverage, your notebook, and get comfy!

Hey there Sensitive Soul, I'm so glad you're here! In today's episode we'll dig deeper into how brave it actually is to ask someone for help.

As I'm sure you know... One of the toughest things to do is ask for help. When you do everything yourself, you're trying to control too much. And when that happens, it leaves you exhausted and overwhelmed!

Taking on the responsibility of doing everything yourself is a heavy burden to carry. It can seem easier to just do it instead of asking for help. You might think to yourself..."I can get it done faster" or "It'll take them too long to learn how."

Another thing to consider is that when you try to do it all, you're denying another person the opportunity to learn and grow. It's actually better for you to ask for help. Why? Because it frees up your time for more important things like meditation and journaling!

Believe me when I tell you I know just how hard it can be to ask for help! The way I grew up, I definitely felt like I couldn't depend on anyone, so I played small hoping nobody would notice me. I was too scared to ask for help as a child and that taught me things like how to...

- Pretend to be someone I'm not.
- Keep a secret from those closest to me.
- Not trust adults especially the ones in my family.
- Live in fear of just about everyone.

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- Become a great liar.
- Believe what everyone said about me.

And live in a constant state of panic. I never knew what would happen next and I did everything I could to hide from the daily chaos in my life. Thinking back on all of it now, at least what I can remember, I'm so proud of how far I've come.

As a child, I was too scared to ask for help and as an adult I saw it as a sign of weakness. In my traumatized mind, admitting I couldn't do it all would be like telling someone I'm a failure! And of course, the idea of letting go of the control I had on everything meant I couldn't do it all and the happy "life" I had (which wasn't true at the time) would crumble.

The truth is if I'd been willing to ask for help, things would have been so much easier! That's why I think it's so important to get comfortable admitting you can't do it all! Not only will you have more time for yourself, you'll also...

1. Learn new things quicker from those who know more than you.
2. Feel empowered to delegate tasks to other people.
3. Improve your mental health knowing you have support.
4. Strengthen relationships by building connection with someone else.
5. Encourage others to ask for help.

And you'll be more motivated to take action when someone is helping you. You weren't meant to do it all so remember asking for help isn't a weakness, it's a strength. And it's something you can learn how to do. All it takes is a willingness to do things differently and a little preparation by following these steps...

1. Identify the task and who you're going to ask to help. Think about whether they have the skills necessary to successfully do what you're asking them to do.
2. Practice what you're going to say in front of a mirror. This helps you gain confidence and can calm your nerves before you ask.
3. Be prepared for a No and don't take it personally. Yes, it's hard to ask for help, keep in mind that most people are willing to do what they can. So just ask! If you get a no, ask someone else. Please remember that a "No" is almost always about them and their current situation, not you.
4. Take a few deep breaths (in through your nose and out through your mouth) to soothe your nervous system and tell yourself "I can do this!" Repeat this step as many times as you need.
5. Speak clearly and say exactly what you need help with then pause and wait for the answer. Expect them to ask for more details so be prepared for that. Don't overthink it, just keep it short, sweet, and to the point.



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6. If the task needs to be done in a certain way, be sure to explain that in great detail. If not, let them decide how they'll get it done. People are much more willing to help if they feel like they've got the freedom to do it their way.
7. Don't give up if you get a No! Just ask someone else. Remember, their response is more about them than it is about you so don't take it personally.

Also, the more you ask the easier it'll be to ask again. It requires practice, patience, and getting out of your comfort zone!

And, just in case you need a little extra inspiration, let me ask you a question...Have you ever thought about what motivates people to do nice things for others? I mean really considered how kindness makes a huge difference not only for the person being kind but the person receiving that kindness.

Think about it...when you do something nice for someone else, how does that make you feel? I know as HSPs, we're already hard wired to be kind and empathetic so we're always eager to do nice things for others. And for those who appreciate our kindness, it's feels so good!

Yes, I know there are many times when others don't give back what they take. But that doesn't mean you change who you are. Instead remind yourself their lack of appreciation is a reflection of who they are, not you!

So, let's talk about why most people agree to help when you ask.

- It feels good to help others! Doing something nice for someone else is a great motivator because it has the power to make them (and you) happy. The next time you're feeling low and uninspired, help someone else. It doesn't need to be anything big to make a huge impact for both of you.
- It creates connection! We all need community and what better way to feel connected to someone else than to help them when they need it. Keep in mind you're trying to make things easier for them, not to get something from them.
- It has the power to change the world! I know that may sound like a pipe dream; kindness has a way of spreading like wildfire especially when you ask for help.
- It improves your physical and mental health. Helping others reduces stress and anxiety, it also helps increase energy and creates a sense of accomplishment.
- It gives people a sense of purpose. When you help others, you feel empowered and have a better understanding of how you impact the world around you.



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Each person who gives their time to help others has their own reasons for why they do it. But this list hopefully gives you an idea of why someone's willing to help you when you need it. You just have to ask!

Well, Sensitive Soul, are you ready to get out of your comfort zone and ask someone to help you take at least one thing off your to-do list?

FAQ of the Week

I have a hard time asking for help, what can I do to make that easier for me?

I know exactly how you feel! Yes, asking for help can be hard, but there's things you can do to ensure your success.

1. It's OK to feel nervous! It's a little scary asking for help especially if there's a chance that they'll say no. If you're feeling a little uneasy, take a deep breath in through your nose and out through your mouth. Keep deep breathing until you feel less shaky.
2. Take some time to prepare. Knowing what you're going to say goes a long way toward making it easier to do something you're not totally comfortable with. Journal about what you're feeling before you ask and how you'll feel when they say yes or no.
3. Don't take it personally if they say no. As I mentioned, when someone says no it's usually more about what's going on with them in the moment than it has to do with you. Just go ask someone else and keep asking until you get a Yes.
4. Remind yourself that asking for help gives someone else an opportunity to do a nice thing. People want to help if they can and when they know they're getting something out of it, they'll be more likely to say yes.
5. Calm your mind and soothe your nervous system. Take a few minutes to close your eyes and take some deep breaths in through your nose and out through your mouth. Say to yourself "I've got this" or "I can do this" or "It's OK if they say no". You'll feel less nervous and more confident.

I know that asking for help means getting out of your comfort zone. The reality is, everything you want is on the other side of your comfort zone.

Thank you so much for spending this time with me. I hope you got a few new ideas for doing things differently. Remember, you're the only one in charge of your life regardless of what anyone else says or does.

Join me next week for another episode of Tough Love for Sensitive Souls. Until then, don't forget that you've got everything you need to get anything you want!