

# Asking for Help

Work out who you could ask, what to ask for, and how to say it.

## WHEN TO USE THIS

Use this when you need help and the asking is the hard part.

## What do you actually need? Be specific.

*An amount, a lift, a meal, a phone call made for you.*

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## Who could you ask, and what would you ask them for?

### PERSON OR PLACE

### WHAT I WOULD ASK

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## Write the first sentence you would say to them.

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People are asked for help all the time. Most of them would rather know than not know.

*Needing help is a situation you are in, not a character you have.*