

Asking for What You Need

Get clear on what you want from someone, and find plain words to ask for it.

WHEN TO USE THIS

Use this when you are hoping someone will notice something you have not said out loud.

What do you want that you have not asked for?

Say it in one sentence, starting with 'I would like...'

No build-up. Just the ask itself.

What stops you from asking?

- ☐ They might say no
- ☐ It feels selfish
- ☐ I do not want to have to ask
- ☐ It has gone badly before
- ☐ I do not know what I want
- ☐ It will start a fight
- ☐ They already do enough
- ☐ I do not want to owe them

When and where will you ask? Pick a real time.

People are not mind readers, even the ones who love you.