

# Letting Someone Help You

For when you need help and hate needing it.

## WHEN TO USE THIS

Use this when there is something you cannot do on your own.

What do you need help with right now?

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What makes it hard to ask?

*Pride, past answers, not wanting to be a burden.*

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Think it through.

WHAT YOU FEAR WILL HAPPEN

WHAT USUALLY HAPPENS

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Who will you ask, and what exactly will you say?

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*Asking once is a smaller thing than going without for another week.*