

# Telling Someone What You Need

Write down what helps and what does not, so someone close can get it right.

## WHEN TO USE THIS

Use this before you talk with a partner, friend, or coworker who wants to help.

When it is happening, what helps and what makes it worse?

### HELPS

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### MAKES IT WORSE

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Write the sentence you would say out loud when it starts.

*I need to sit here for a few minutes. Stay, but do not ask questions.*

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Who are you going to show this to, and when?

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People often do the wrong thing because they were guessing. Written down, it stops being a guess.

*Asking clearly is not asking for too much. It gives the other person something to do.*