



STABLE KERNEL

Trust Triangle

PROVOCATION 6



Refusing

to ask for help when you
need it is refusing the
chance for someone to
be helpful.

- Ric Ocasek -

Did you know that
psychologists have
discovered that social
threats activate the same
areas of the brain as
physical pain?

Social threats include fears of
rejection, losing autonomy or
status, and feelings of
uncertainty.

This makes asking for help difficult for many of us, especially at work, where we want to show our value through competence, expertise, and confidence.

We may also be hesitant to ask for help because we don't want to bother someone. This can be particularly tricky when we are working remotely.

Luckily, most people want to be helpful and need the right moment to offer help.

Once we get over the initial fear or reluctance, we can begin to break through our roadblocks.

Asking for help is an essential skill that builds trust! Both parties increase their competency, reliability, and benevolence when problem-solving together.

Let's explore some tips to ask for help effectively!



Check for availability

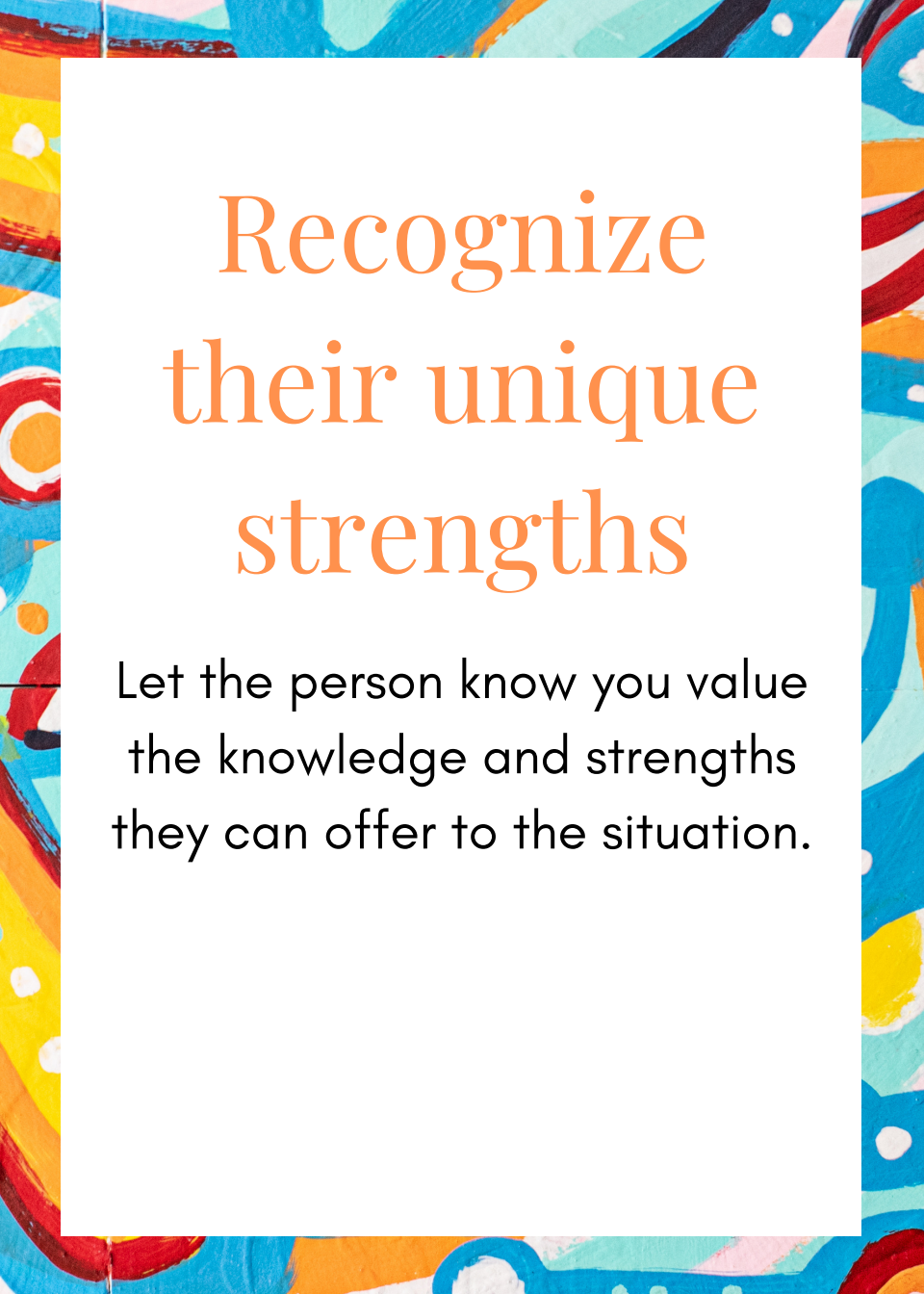
Cues such as a closed office door, headphones on, or muted Slack notifications signal now may not be the best time. Reach out later to schedule a better time to discuss your roadblock.



Create feelings of togetherness

Remind the person that their help is contributing to a common goal, which is mutually beneficial. Highlight shared experiences, perspectives, thoughts, and feelings.

We grow this company together



Recognize their unique strengths

Let the person know you value
the knowledge and strengths
they can offer to the situation.



Accept alternatives

Keep in mind that the person cannot always offer the exact assistance you need, whether that be time or knowledge. Allow them to give what they can.



Give gratitude & share impact

Say thank you and don't forget to follow up with your helper! When we know that our efforts made an impact, we are more likely to offer help again.