



WHO IS YOUR LIFELINE?

IT IS NOBLE TO EXPRESS YOUR NEEDS!

Define ● Acknowledge who is in your emotional support tribe.

Ask ● Practice asking for what you need from others.

Communicate ● Sharing your story encourages others.

Receive ● It's human nature for people to help people.



IT IS NOBLE TO EXPRESS YOUR NEEDS!

DEFINE - Acknowledge who is in your emotional support tribe.

- Would you prefer family, a friend, counselor, coach, or support group?
- Can they keep what you share in confidence?
- Do you feel emotionally open and safe in their presence?
- Are they emotionally aware and balanced?
- Do they have the skillset to offer sound advice?

ASK - Practice asking for what you need from others.

- Can I share an emotionally challenging situation with you?
- I would appreciate a great listener for support, are you available?
- Can I process a difficult situation with you?
- Can I ask your advice about something personal?

COMMUNICATE - Sharing your story encourages others.

- An open heart and mind connects you to others and leads by example.
- Be genuine and honest, for example, "It's difficult for me to ask for help."
- Offer the same support you desire by asking others, "What do you need?"
- Recognize their support by thanking them for listening/help/time/advice.

RECEIVE - It's human nature for people to help people.

- Allow yourself to be vulnerable without judgement.
- Emotional support strengthens your mental and physical wellbeing.
- Question limiting beliefs if there is resistance to expressing your needs.
- Practice self-compassion by giving yourself permission to receive help.

 **IT'S A BEHAVIOR**