



Asking for Help

The first part of this process comes from valuing yourself... if HSPs were to give as much time as they do to others then that would be wonderful!!!

We also have to know what our needs are...revisit the information in 'believe in Your Superpowers' if you need to..



TOP TIP!!!! Depending on how we (or others) phrase needs, they can come across as accusatory or hurtful...top tip is to start with an "I" statement (I feel...), state your needs and then a suggestion for a collaborative solution.

Example: You never make tea and I'm so tired after work. You need to think about me more.

Reword: I feel so tired when I finish work, it feels draining making tea every night. I wonder what we could do to make this more manageable? (E.g might come up with ideas of turn taking, batch cooking, "take away Friday", simple meals/short cuts in an evening etc.)

This is also **SO** solution focused - what can be done...rather than focusing and getting stuck in the problem.

Try and practice rewording these statements (not suggesting you say them...but it's good practice to consciously think through the style of rewording)...OR even better, journal your own ideas.

Example: You always want to go out and I need to rest.

Reword:.....
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Example: You are so untidy, I can't cope with it.

Reword:.....
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Example: You should know how to do that, don't rely on me.

Reword:.....
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