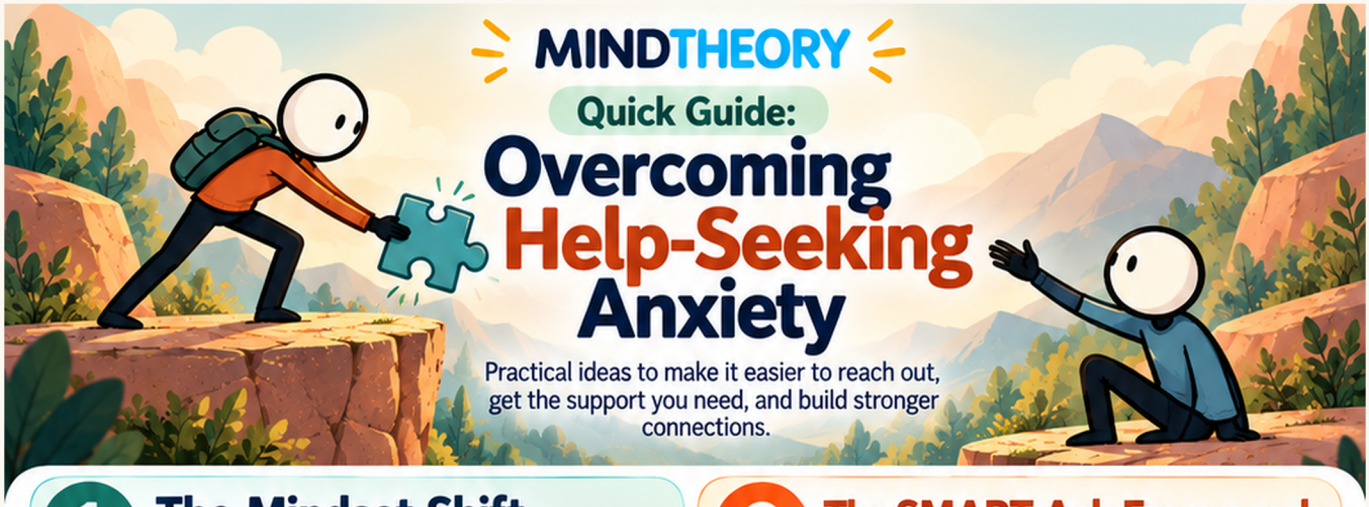


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Quick Guide:

# Overcoming Help-Seeking Anxiety

Practical ideas to make it easier to reach out, get the support you need, and build stronger connections.

## 1 The Mindset Shift

A healthier way to see help-seeking.

**It's Human, Not Weakness**
Needing help is a normal part of being human, not a sign of failure.

**It Builds Stronger Relationships**
Letting others in creates trust, connection, and a sense of belonging.

**It Leads to Better Outcomes**
Different perspectives, ideas and support can help you solve problems faster and more effectively.

## 2 The SMART Ask Framework

A simple structure to make it easier to ask for help.

**S — Specific**
Be clear about what you need.
"Can you review this section?"

**M — Measurable**
Explain what a helpful outcome looks like.

**A — Achievable**
Keep the request reasonable and realistic.

**R — Relevant**
Share why it matters.

**T — Time-bound**
Suggest a timeframe if needed.
"Could you look at this by Friday?"

## 3 Phrases to Drop vs. Phrases to Use

Change your language to reduce anxiety and make it easier to reach out.



### Phrases to Drop

- I don't want to bother you.
- I should be able to do this on my own.
- What if they think I'm incompetent?
- It's probably a stupid question.
- I don't want to seem like a burden.

### Phrases to Use

- Could you help me with this?
- I'm reaching out to get a different perspective.
- I'm still learning and value your input.
- There's something I'd like to understand better.
- Your support would really help me.



## 4 3 Small Steps to Practice

Start small and build confidence over time.

**1 Start Low-Stakes**
Ask for small, everyday help (e.g., a recommendation, clarification, or quick feedback).

**2 Be Honest About Your Feelings**
It's okay to say, "I find it a bit hard to ask for help, but I really value your input."

**3 Notice the Positive Results**
Pay attention to how it feels when you ask for help — and remind yourself of the good outcomes.

**Key Takeaway**

**Asking for help isn't a sign of weakness — it's a step towards growth, better solutions, and deeper connections.**

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