

## Instructions

In this worksheet, you will reflect on the topic of asking for help. Consider the different scenarios where you might need assistance, how to approach someone for help, and the importance of seeking support. Answer the questions below thoughtfully.

**1. When was the last time you asked someone for help? Describe the situation.**

**2. Who do you typically turn to when you need help? Why do you choose them?**

**3. How do you usually feel about asking for help? Explain any fears or concerns you might have.**

**4. List three reasons why asking for help can be beneficial.**

**5. Reflect on a time when you didn't ask for help and faced challenges as a result. What did you learn from that experience?**

**6. Think of a time you helped someone else. How did it feel to assist them?**

**7. What strategies can you use to make asking for help easier in the future?**

**8. Do you think society encourages or discourages asking for help? Explain your thoughts.**