Asking for what I need

Plan a clear, direct request.

Name _____ Date _____

Many of us hint, hope or wait for others to notice. Then we feel hurt when they do not. A clear, direct request is kinder to both of you.

What do I need? Be specific.

Who am I asking?

What has stopped me from asking before?

A good request is

- [ ] Specific ("Could you collect the kids on Thursdays?" not "I need more help")
- [ ] About what I want, not what I do not want
- [ ] Something they can actually do
- [ ] A request, not a demand: they can say no
- [ ] Made at a reasonable time

The words I will use

When and where I will ask

If they say yes

If they say no

Can I ask someone else? Meet the need another way? Negotiate?

How it went

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