

7 QUESTIONS:

WHEN YOU JUST CAN'T.

1. Make a list of challenging situations from your past that you made it through that seemed insurmountable. Take deep breaths as you recall each one. What comes up for you?
2. What were the internal and/or external supports that helped you get through the situation?
3. What is your internal conversation around asking for help?
4. Are there any cultural, familial or gender influences on your willingness to ask for help and if so, what are some healthy ways you can dismantle them?
5. Have you ever experienced asking for help and receiving a response that created a hesitancy to ask for help moving forward? Write it out.
6. Do you have people in your life that you can trust with your "this?"
7. Identify a situation in your life currently where you are feeling less confident, less resourced, and/or less skilled. How or in what ways can the person or people in #6 support you in moving forward?

"For I can do
all things
through
Christ, who
gives me
strength."
Philippians
4:13