

HOW TO ASK FOR HELP AND RECEIVE IT

If you do reach, here is what you get to keep.

I YOUR READ

You know what you know. Your read on your own life is real, even when everyone with authority says it is not.

II YOUR MOVE

You can act on what you know. Even if the help does not come. You are allowed to be the one who gets you out.

III STILL WHOLE

Needing help does not make you less of a whole person.

IV YOUR NO

You keep your no. You can hang up, decline a question, walk out of a conversation. You are still the one that gets to decide.

V UNRESOLVED

Unresolved is a place you are allowed to stand. I don't know, but I'm going to show up for myself, is enough.

VI NO DEBT

Receiving is not a debt. You do not owe anyone gratitude, progress, or a good outcome for having been helped. If someone holds it over you, that is about them.

VII UNASKED

You are allowed to say yes to help you did not ask for. Someone noticing does not mean you failed to hide it well enough.

VIII NO STRINGS

Help does not have to come with a worldview attached. Being helped is not the same as being recruited. You do not owe anyone your beliefs in exchange for a meal or a bed or a listening ear.

IX IMPERFECT HELP

Sometimes help arrives and still gets it wrong. When that happens, it means those people failed. It does not mean you were wrong to reach.

X AGAIN

Help is not something you get one shot at. Needing something a second time is not going backwards. It does not use up your turn.

XI WORTH IT

You are worth showing up for.

Reaching is not the failure. Staying silent is the thing that costs you.

If things ever feel too heavy to carry alone, help is real and it is there. There is a list of helplines at unravelingchange.com/help. Wherever you are, there is a number that will reach a real person.

