

## 3 HURDLES TO ASKING FOR HELP (& HOW TO REFRAME THEM)

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An extra set of hands around the house. Physical assistance during recovery from an illness or injury. Emotional support when feeling overwhelmed or dealing with grief. Financial assistance during tough times. Everyone needs help now and then, but it's not always easy to ask for it. Within your marriage, do you and your spouse ask each other for help?

If this is an area you could use some help with (*no pun intended*), keep reading as we see some reasons it's difficult to ask for help – and how to reframe those hurdles to benefit your relationship and help you grow.

### **The hurdle: You feel like you failed.**

Sometimes you need to ask for help because you bit off more than you can chew. Maybe you are trying to balance too many roles & obligations, You feel like you've failed at what you set out to do. Your pride & confidence take a hit, and it leads to embarrassment or shame. You don't want your spouse to see you in this light, making it even more difficult to ask for help.

### **The reframe: Asking for help is an opportunity to practice vulnerability.**

It takes courage to ask for help. It also takes courage to show vulnerability with your spouse. But allowing yourselves to let down your guard with each other allows you to connect on a deeper level, which is crucial for intimacy and connection. When you're vulnerable with each other, defensiveness decreases, and the quality of your overall communication gets a boost.

### **The hurdle: You fear giving up control.**

Your motto is "If you want something done right, do it yourself." That's not asking for help, and if you like to be in control, asking is especially difficult. With this mindset, you're unlikely to ask for help when you need it.

### **The reframe: Asking for help builds trust.**

Letting your spouse take the wheel can feel like a leap of faith, but it's a leap that has great rewards for your relationship. As you know, trust isn't created out of thin air. You can't will it into existence. You must build it over time. Giving up your sense of control and letting your spouse help you cultivates trust that goes both ways. As you show your trust in them, they feel more inclined to put their trust in you & ask for help when they need it.

### **The hurdle: You're fiercely independent.**

You don't like relying on others, even your spouse. Maybe you've always been the one who prefers to do things yourself. You value self-sufficiency, and asking for help makes you feel weak. If there's a way to do it yourself, you're determined to find it.

### **The reframe: Asking for help promotes balance and teamwork.**

In a successful team members have each other's back. However, they're not always doing all the things – they may play a supporting role at times while others take the lead, and vice versa. In your relationship, being able to ask each other for help is one way to solidify this team mentality. There are times when it's great to be independent, and there are times when working as a team is the answer. It's all about balance.

Asking for help isn't always easy. You might face mental & emotional hurdles that prevent you from asking your spouse for help when you need it. By learning to reframe these hurdles in ways that help your relationship grow, you can begin to experience the positives of asking for help instead of struggling alone when you don't have to.