

# Personal Reflection Exercises...

## I ask for help when I need it.



### **I ask for help when I need it.**

I am humble enough to turn to a friend when I am in need. There are people around me who love me more than I know and they are just one phone call away. ***My friends and family consider it a blessing to be able to help me.***

I am free from apprehension when it comes to asking others for assistance because I would do the same for them if they were in need. I turn to my loved ones for help because the people who support me do so out of love, not obligation.

### ***When I need help, I reach out to those around me without hesitation.***

It is irrelevant *why* I need help. Whether life presents a challenge from outside of me or I get myself into more than I can handle, I still reach out for help.

I am grateful to have people I can count on to come to my aid during challenging times. I treasure those friendships by nurturing them. When friends turn to me for help, I go out of my way to meet their needs plus give them a little extra.

Loving others extravagantly ignites the spark of our friendship and causes them to care deeply for me. I accept the love of my friends the same way I expect them to accept my affection. I create a caring environment within my relationships.

Today, I choose to let go of my pride and reach out to those who love me. I give those around me an opportunity to bless me by sharing my needs with them.

### **Self-Reflection Questions:**

1. Who can I turn to when I need help?
2. Why should I accept the assistance of others?
3. When was the last time I asked for help?