

Asking for Help Reveals Strength, Not Weakness.

by Margie Warrell

If you've ever shied from asking for help because of fear that you may seem weak, you aren't alone. It's a sad irony that it's during the times we most need to ask for help that most people are reticent in doing so.

Just last week I received an email from a woman I know professionally, asking if I would do her a favour. Her son moved from Australia to New York a year ago to pursue his ambition of working in media. Despite his impressive resume he's had a hard time getting his foot in the door anywhere. She wondered if I might be able to make any introductions to people in my Manhattan-based network. I told her I'd be delighted to help and have since sent his CV to a few contacts working in that space. Hopefully one of them will open a door of opportunity that her son has been looking for. He only needs one.

I share this simple story because so many people are reticent about asking for help, and because I think most of us should ask for more help more often. As with so many things that would serve us (and others), our fear is what gets in the way. Fear of over-stepping a friendship. Fear of appearing too needy. Fear of imposing. Fear of revealing our struggle and having people realize we don't have it all together after all. But here's the thing:

When you don't ask for help when you need it, you assume all of a burden that might easily (and gladly) be shared. But you also deprive those who'd love to assist you of the opportunity to do so.

Everyone is worse off.

As I wrote in book [Brave](#), "The truth is that we all have gifts to share – time, talent, connections, insights, experience, skills, resources, hospitality. And most people love to share them!" I know that I was genuinely delighted to do a favour for this woman and was actually flattered that she felt comfortable enough to reach out to me and ask for it.

We can all do so much more together than we ever can alone. Too often though we 'tough it out' rather than reaching out to ask for help when we need it most. Fear gets the better of us while depriving others of a chance to show they care and share their gifts.

In my recent interview with Janine Garner author of "From Me To We", we talked about how important it is to risk the possibility of seeming needy, or even of being rejected, and to reach out to ask for help when we need it. Not only can it help us when times are tough and we're struggling, but it also gives others the opportunity to make a difference while helping them feel more comfortable to ask for help themselves. Not only that, but as Janine said, "When we support other people to be more successful, we discover opportunities for collaboration that ultimately enable us to be more successful ourselves."

Everyone is better off.

Our lives are richer – not poorer – when we share our gifts with others. So whether you need someone to lend you a hand, or you just need to borrow an ear, consider this: by having the courage to ask for help you're not putting them out, you're pulling them up.