

"I have a huge favor to ask."

When you need a hero

**This is big. I really need help
but I'm uncomfortable asking
for it because...**

Your vulnerability here
makes it more likely your
partner will respond with
compassion and sensitivity.



- ☐ it's a big ask.
- ☐ it might be too big.
- ☐ you might say no.
- ☐ you might get mad.
- ☐ it might be bad timing.
- ☐ I could get hurt.
- ☐ it's embarrassing.
- ☐ I'm ashamed.
- ☐ I took on too much.
- ☐ I don't want you to judge me.
- ☐ I can't handle a lecture.
- ☐ I don't want you to see me as weak or needy.
- ☐ I want you to think I'm perfect.
- ☐ I should have asked sooner.
- ☐ I don't want people knowing.
- ☐ I don't want to put strain on our relationship.
- ☐ you might feel obligated or pressured.
- ☐ you warned me this might happen.

- ☐ I should have known better.
- ☐ you tried to stop me.
- ☐ I can't expect you to swoop in and save me.
- ☐ I don't want you to say yes and end up resenting me.
- ☐ I don't want to get you in trouble.
- ☐ I know I could never say yes to something like this.
- ☐ I know you won't let me pay you.
- ☐ it might be too hard for you emotionally.
- ☐ I'm used to being a hero—not needing one.
- ☐ your family already hates me.
- ☐ it won't be easy.
- ☐ other

I've decided to ask anyway because...

- ☐ I need help!
- ☐ I'm starting to lose it.
- ☐ I'm in over my head.
- ☐ I'm not sleeping.
- ☐ I'm not eating.
- ☐ my anxiety is so high I can barely function.
- ☐ no one else has offered.
- ☐ I'm running out of time.
- ☐ you're the only one I can ask.
- ☐ I'm scared I'm going to crash.
- ☐ I need you to take over.
- ☐ I can't do this without help.
- ☐ I know you'll still love me, no matter what.
- ☐ I know you'll help if you can, and say no if it's too much.

- ☐ I need a strong advocate.
- ☐ I know you'll protect me.
- ☐ I know you won't judge me.
- ☐ I'm ready to give up.
- ☐ this is important to me.
- ☐ I can't afford to screw it up.
- ☐ you've helped in the past.
- ☐ you've been through this before.
- ☐ the people I thought would help haven't.
- ☐ I've made a mess and can't dig myself out.
- ☐ I trust you will know what to do.
- ☐ other

Here is short list of things you could do that would really help:

Be specific. *"Help out around the house"* is a poor request. Too vague. Too ambiguous.



1.

2.

3.

4.

If you say no, I'll understand. I know...

- ☐ you hate this kind of thing.
- ☐ I shouldn't be asking.
- ☐ I shouldn't have
- ☐ procrastinated.
- ☐ this puts you in an awkward position.
- ☐ you tried to talk me out of it.
- ☐ I could have been smarter.
- ☐ I could have asked sooner.
- ☐ you've got a lot on your plate.

- ☐ I've been acting strange lately.
- ☐ I'm asking you to take sides.
- ☐ you hate conflict.
- ☐ you think I can handle it.
- ☐ it's not the first time I've asked you to be my hero.
- ☐ there's a limit to what anyone can lovingly give.
- ☐ other

Still... if you do decide to say yes, please know that...

- ☐ you really will be my hero.
- ☐ I'll pay you back.
- ☐ I'll pitch in as much as I can.
- ☐ you're giving me a huge gift.
- ☐ I promise to be careful.
- ☐ this is a one time thing.
- ☐ I'll make it up to you.
- ☐ I'll owe you big time.
- ☐ I'll never forget it.

- ☐ it'll be a great story one day.
- ☐ I won't ask you to do anything illegal or immoral.
- ☐ I'll do what I can to make it easy.
- ☐ I'll never tell a soul.
- ☐ other

Let me know what you decide, as soon as possible.

It would mean a lot to me.

Thanks for listening.

Signed: