

Asking for Help (When You're the Helper)

6 copy-paste scripts + what to say when people actually show up

Landing

The most common thing caregivers say is: "I don't know how to ask for help." It makes sense. No one taught us. We were taught to be the one who shows up, not the one who sends the text. This guide is the other side of that. Six scripts you can copy, paste, and send – some small, some big, all of them allowed. Plus what to do when a friend says yes (because that part is its own skill, and almost nobody warns you about it).

- 3 original scripts, expanded
- 3 new scripts – the follow-up, the no reframe, the group text
- A 10-item help list you can hand to anyone
- What to do when someone says "let me know what I can do"
- 3 reflection prompts + a fill-in sheet

You don't have to send all of them. One script, one time, is a start.

Script 1: The Direct Ask

Hey. I'm struggling. I don't need you to fix anything. If you're able, could you [specific task – pick up my prescription / sit with Mom for two hours / bring dinner Thursday]? No pressure at all. I just know I can't do it alone today.

- **Why it works:** It names the need, offers a specific action, and hands the person an easy out. The "no pressure" line isn't weakness – it's what makes the yes feel real.

Script 2: The Low-Energy Ask

I know we haven't talked much, and no hard feelings about that. If you ever have capacity to help, small things make a huge difference for me right now. Even a text that doesn't need an answer helps.

- **Why it works:** It doesn't demand anything. It leaves the door cracked. For the friend who wants to help but is scared of getting it wrong, this is an invitation they can hold.

Script 3: The Help List

Send this when someone says "let me know what you need":

- **Bring a meal (we'll eat anything)**
- **Sit with [person] for 2 hours so I can leave the house**
- **Pick up groceries (I'll send a list)**
- **Just come over and exist near me. No conversation needed.**
- **Send a text that doesn't require a response.**
- **Why it works:** "Let me know what you need" is too open. A menu is a gift to the person offering – now they get to pick something they can actually do.

Script 4: The Follow-Up After Yes

Someone said yes. Then went quiet. It happens more than anyone admits.

I know life gets loud, and I'm not checking in to guilt you. If the date we picked stops working, no problem – just let me know so I can make other plans. No hard feelings either way.

- **Why it works:** It gives them an exit and keeps you from silently resenting. You're not chasing; you're making room for the truth.

Script 5: The No Reframe

The no came. Your brain is already writing the story where you asked for too much.

Heading to say it anyway: that no doesn't change what I think of you. And it doesn't change that asking was the right call. I'll find another way. Thanks for being honest.

- **Why it works:** You reframe the no out loud, in your own voice, before the spiral can write the ending. A no is information about one day, not a verdict on you.

Script 6: The Group Text

When you need to ask four people at once without making anyone feel cornered:

Hey everyone – I'm in a season where I need more help than I can ask for one-on-one. If you're up for it, I've listed three things below that would genuinely help. Pick whichever works for you, or none – no pressure, just putting it out there.

- **A meal on [date]**
- **A 2-hour sit with [person] on [date]**
- **A grocery run (list sent on request)**
- **Why it works: It spreads the ask so no one person carries it, and it gives low-energy friends a way to contribute without a big performance.**

The 10-Item Allowable Help List

Anything on this list is a fair thing to ask for:

- **A meal, delivered or made together**
- **Two hours of sitting with [person] so you can leave the house**
- **A grocery run (you send the list)**
- **A ride to an appointment**
- **Someone to hold the phone during the hard call**
- **A text that doesn't require a response**
- **A shared silence – no conversation needed**
- **Someone to take over one chore, one time**
- **A voice memo instead of a call**
- **Company for a 10-minute walk**

When a Friend Says "Let Me Know What I Need"

Most people mean it, and most people are also terrified of picking wrong. Meet them halfway: send Script 3 (the menu). If they still offer a vague "I'm here if you need anything," try:

Honestly? The most helpful thing is [one small thing from the list]. If that's not easy for you this week, no worries – there's no wrong answer here.

3 Reflection Prompts

- **Which script felt the furthest from something you'd actually send? That's probably the one you need most.**
- **What's one small help you've been carrying alone that a specific person could take off your plate?**
- **When someone said yes to you, what did they do that made it feel safe? How can you offer that same safety when you're the one being asked?**

Your Personal Script

When I'm [feeling], what helps most is [action]. Right now I could use [specific request].

Write one version that feels too small, and one that feels too big. The truth is usually between them.

Keep Close

- **The reminder that matters most: Sending the message is the hardest part. People almost never react negatively. The most common response we hear is: "I had no idea. Thank you for telling me."**
- **/blog/how-to-ask-for-help**
- **/blog/allowed-to-need-help**
- **/blog/friends-guide-to-helping**
- **Crisis note: If you're in crisis, this guide is not the tool. Please reach out to a professional or a crisis line in your country. You deserve real support.**

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