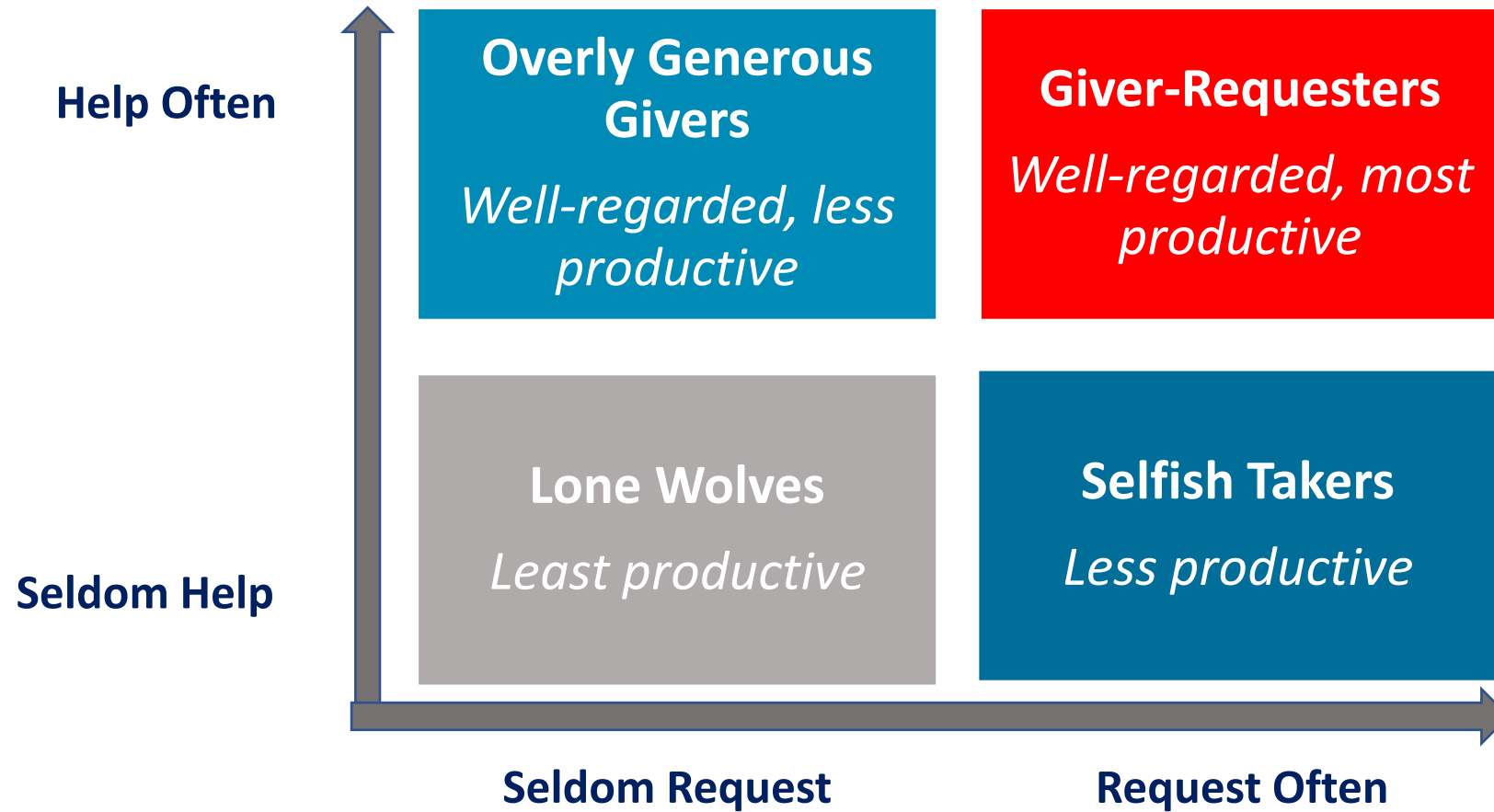


Why it's hard to ask

1. Overreliance on self-reliance.
2. The belief that competent people don't ask for help and the perceived social costs of seeking help.
3. Lack of psychological safety.
4. We underestimate others' willingness and ability to help.
5. Organizational systems, procedures, and practices get in the way.
6. Not knowing what to request or how to ask.
7. You haven't earned the privilege of asking for help.
8. We don't want to appear to be selfish.

From Chapter 2, ALL YOU HAVE TO DO IS ASK (Baker 2020)

Four Types



Source: *All You Have To Do Is Ask* (Baker 2020)