

SESSION

ADDITIONAL PARENT SESSION

8b

SESSION TOOLS

8b.1: Five Steps to Getting Support

Five Steps to Getting Support

1 What Do I Want?

Look inside yourself: What am I thinking and feeling that I could use support in dealing with? Do I want:

- Someone to just listen and try to understand?
- A hug?
- Companionship?
- To feel needed?
- Encouragement that I can handle a difficult situation?
- Reassurance that someone is there for me if I need him/her?
- Feedback or advice?

Look outside yourself: What kinds of demands are my physical circumstances placing on me? Do I want:

- Advice?
- Physical assistance?
- Material assistance?

2 Whom Should I Ask?

Think about your relationships with the people you know. Who has been, or could be, a good source of support for what you want?

- Which of my relationships has been a **good source of this type of support in the past**? Could I go to a parent? guardian? sibling? close friend?
- Do I have **other relationships that I could expand or deepen to create the type of support that I want**? For example, even though I have never gone to him/her “just to talk” before, do I have an aunt or uncle, or family friend whom I think would be a good listener if asked? What about a favorite teacher?
- Could I **develop a new relationship** to meet my needs? For example, if I want companionship, do I know someone my age who I could invite to do something fun, like go to a movie?

3 Find The Right Time To Ask

"Do you have the time to talk right now?"

4 Ask With An “I-Message”

- Tell him/her how I'm feeling.
- Tell him/her about my situation and how it led me to feel the way I do.
- Tell him/her what I want done.

Example: *"I'm feeling sad right now because of something I heard at school this afternoon. Can we talk about it?" I just want you to listen for now, without telling me what to do about it."*

5 Express Sincere Appreciation

Graciously thank the person and let him/her know what their support means to you. Be specific, if you can, about **how** he/she has helped you and the difference that it has made. This feedback will encourage and help this person to help you better in the future.