

Asking For Help: SMART Requests

SMART request: An acronym for a request for help that is **s**pecific, **m**eaningful, **a**ction-oriented, **r**ealistic, and **t**ime-bound.

Specific:	What exactly do you need?
Meaningful:	Why do you need this?
Action-Oriented:	What resources are needed to fulfill this request?
Realistic:	What can this specific person help with?
Time-bound:	When do you need this fulfilled?

Overview

Asking For Help

It's okay if it takes time and practice for you to start asking others for help. Many people find it difficult to identify who to ask for help, let alone know when and how to do it. Remember to give yourself compassion as you further develop this skill. When you use the SMART Request as a tool, you are more likely to know what you need and how to ask for it in a way that will practically meet your needs. This can also help others you're requesting help from as they'll have a clear idea of what you need, why you need it, and when you need it.

Resource: Shortsleeve, C. (2022, Oct. 13). *Asking for Help Is So Damn Hard. Here's How to Make It Easier*. SELF.

<https://www.self.com/story/how-to-ask-for-help>