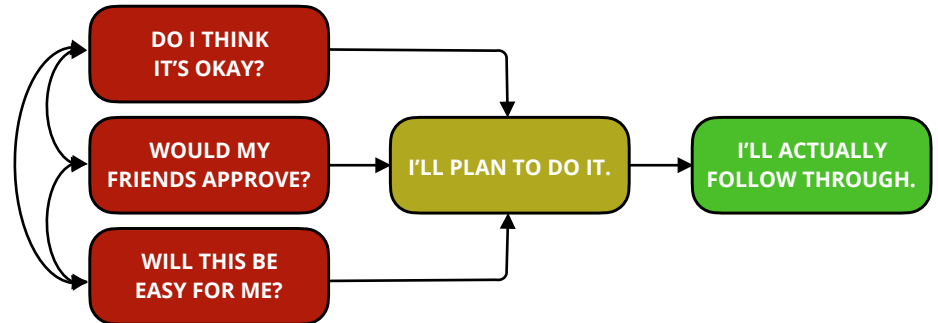


Asking for help

Asking for help is difficult for many people. Sometimes complicated feelings get in the way and sometimes the person who needs the help is worried about the perception of obligation. Although difficult, however, we all need help from time to time.

Fortunately, the *theory of planned behaviour* (Azjen, 1991) offers an easy tool that makes it easier for us to ask.

It turns out the best predictor for a task's completion is if there was a plan in place to complete it.



Plans emerge for the following reasons: 1) the planner's attitude (“do I think it's okay”), 2) subjective norms (“would my friends approve”) and 3) perceived behavioural control (“will this be easy”).

Knowing this, a few well-placed questions can help us get to yes on all three points. Try it below:

Describe the job			Do you believe this job needs to be done? <input type="checkbox"/> YES <input type="checkbox"/> NO
What is it you want to accomplish? What do you need help with?	What special materials are required to get this job done?	When would this job need to occur? How long will it take?	
Describe the helper			Will this person be pleased you see their value? <input type="checkbox"/> YES <input type="checkbox"/> NO
Who is the right person to ask (<i>not necessarily the most convenient</i>)?	What is this person's relationship to you?	What special skills does this person bring that make them a good fit?	
Describe the effort			Do these answers make it easier to ask for help? <input type="checkbox"/> YES <input type="checkbox"/> NO
What activities do you need this person to do, precisely?	What kinds of things do you have to offer them in return for their help?	How will you thank them for their time (over and above payment)?	