

Exercise: Identify Your Needs

Before you can ask for the support you need, you must identify what your needs are.

Take some time now to think about what you need (You might like to take out your notebook and write it down clearly).

Ask yourself

- What do I need at this moment?
- Why do I need it?
- Who can I ask for support with this need?

This can be a challenging exercise if you're not used to it so be patient and kind to yourself.

Tip: Start by thinking about times when you've felt most supported and what it was specifically that made you feel like that.

