

How do you ask for help?

Use Assertive Communication

- Maintain eye contact, which shows sincerity.
- Use “I” statements to express your feelings and needs.
 - Be honest
 - Be appropriate
 - Be respectful
 - Be direct
- Keep your voice well-modulated.
- Use appropriate gestures to help emphasize your point.
- Let your body language match your words.
- Rehearse how you will ask for help or assistance beforehand.

Use Assertive Communication to Obtain Resources

- Ask questions and learn from the answers.
- Your spouse has been provided information through military resources that may be helpful. Discuss these resources, even if you may not need them today.
- Be proactive. Attend information and education sessions provided by the military and seek information through use of the internet or from friends.

Accept Help

- When others offer to help, accept.
- Use community or military agency resources.

