

INTERACTIVE TOOL

HOW TO ASK FOR WHAT YOU WANT



It's important to express our wants and needs in a relationship. It can be hard to know what to say or how strongly we should push for something. Sometimes it feels easier to avoid asking for anything.

If you feel unsure about how to ask for something, use this tool to help.

What do you want?

ASK YOURSELF THE FOLLOWING QUESTIONS:

Do I have a clear, specific request?

Yes No

Can they give me what I want?

Yes No

Is what I want appropriate for our relationship?

Yes No

Is asking this fair for our relationship?
(Do I give as much as I get?)

Yes No

Is asking important for a long-term goal?

Yes No

Is it a good time to ask?

Yes No

HOW MANY "YES" ANSWERS DID YOU GET?

0-1

You may not need to ask for help this time.

2

Hint about it, but accept a no.

3

Ask gracefully, but accept a no.

4

Ask confidently, but accept a no.

5

Ask confidently, resist a no, try negotiating.

6

Ask firmly, insist, keep trying.