



Handouts/Activities



Here you will find explanations of activities/handouts which have been developed by Personal Safety Nets. Following the explanations are links to the activities/handouts themselves. These resources are intended primarily for those teaching PSN concepts, skills and approaches.

For teachers using the agenda samples, there is often mention of these handouts/activities - we have tried to also provide links within the agendas and/or the instructor guide.

These activities/handouts may, however, be helpful in other ways — and with the goal of increasing the interconnectedness and compassion of the world, we offer them freely.

You'll notice that most of these are in WORD docs, so you can customize them to fit your particular audience. We hope that if you find adaptations that are particularly fitting (for instance, having been translated into another language) you'll forward them to us so we can post them too.

Activities/Handouts

[A Personal Safety Net Diagram](#) [1]

This illustrates each of the 8 Pillars of Resilience which will provide a well-supported PSN, and the support needed to bounce back when inevitable changes or challenges arise.

[A Personal Survey](#) [2]

Can be used by individuals or in a classroom survey to see how participants feel about giving and getting help and where they are currently as to their connections to help.

[Asking Exercise](#) [3]

Introduces or reviews ways of effectively asking for or responding to requests, whether it be: yes, no, with an explanation or not, giving no reply, being curt, offering alternatives, or by giving an apology. A group activity in twos or threes, thinking of a time or situation in which help was wanted or asked for.

[Assumptions & Values](#) [4]

Background material concerning the assumption behind building a PSN and the values underlying it.

[Burnout or Compassion Fatigue](#) [5]

Background materials for review as people care for others and don't often realize how much of what they are

- [Get Started](#)
- [Who We Are](#)



exposed to is being taken in and held in their own body as symptoms and ideas for change.

[Columns of a PSN \[6\]](#)

This worksheet, which can be used alone or in a group, helps participants start to think and list: who & what is available to them with regard to themselves, their pillars of resilience, and how to tie them all together – to create PLANS.

[Metaphors and Similes \[7\]](#)

This background information gets participants thinking of the PSN terms in various ways.

[Milling Exercise \[8\]](#)

This class exercise helps participants deal with those around them in new ways.

[OFFERING HELP \[9\]](#)

When asked to help, only we can decide what to offer to whom, how and when. Using this checklist is an aid to holding oneself accountable and setting limits. This checklist is also a perfect match to the "Receiving Help" checklist.

[PSN Scavenger-Hunt \[10\]](#)

This class ice-breaker exercise helps participants find others who are in the same planning and cooperating mode as they are – allows for introduction and discussion.

[Problem-Solving Scenarios \[11\]](#)

We've provided a series of scenarios that can be used in a class situation (assign individuals and/or groups to do one or more) and follow up with a discussion for the entire class, or simply considered by the classroom in an open discussion. They can also be given as homework or research assignments.

[Receiving Help \[12\]](#)

This checklist helps anyone in need attempt to figure out and quantify the things they might consider having someone help them with and who might they be willing to allow/ invite to provide this help? This checklist is also a perfect match to the "Offering Help" checklist.

[Steps to Successful Asking \(long\) \[13\]](#)

These information sheets provide not only steps but also research information on 'asking for help' – how can participants approach the task of asking? And how can they make it more manageable? More effective?

[Steps to Successful Asking \(short\) \[14\]](#)

This shorter version provides a handout of steps to take to make 'asking for help' easier, more effective and manageable.

[The Power of Three – A Wallet Card Explained \[15\]](#)

This is a quick review of the questions that should be asked as an aid to properly filling out a wallet card, along with



the steps to maximizing its usefulness.

[There's No Such Thing as a Dragon, by author and illustrator Jack Kent](#) [16]

This is a little book first published in 1975. The story opens when Billy Bixbee finds a tiny dragon in his bedroom, his mom tells him, "There's no such thing as a dragon!" This only makes the dragon get bigger. He grows, and grows, and grows, until he's bigger than Billy's house—and that's just the beginning! This book is the children's version of what happens when we ignore a problem's existence.

[Things That Get In The Way Of Asking](#) [17]

We've provided a list of things that get in the way of asking & getting the help people need/want. This list is derived from allowing participants to "call out" things that stop them personally. You can do this exercise with or without this list.

[Three-Step Dance – Management of Emotions](#) [18]

Information that can help participants learn to better control their reactions when they are asking for help or gaining information from another. Helps with retraining oneself to be more open to others and more in control of themselves.

[Tips on Making Friends](#) [19]

This information sheet provides help to those who find making friends difficult. These suggestions provide ideas for ways to meet people and form strong, lasting friendships.

[Traits and Skills](#) [20]

When participants first look at building a PSN they often get bogged down in understanding what they bring to the party – their traits and skills. This checklist helps them focus on some of the areas that might not appear evident to them, as well as help them name someone who could pick up the slack if they were incapacitated or to whom they could delegate.

[What to Say to Others about Your Wallet Card](#) [21]

A four-step list of how individuals can explain the use of their own wallet card to those either in the PSN or those who want to know how it works.

[WhoM to Trust](#) [22]

Many think they are alone searching for trusting relationships, but research tells us thinkers like this are actually in the majority. To build a PSN you need trusted individuals around you – so this handout provides information on whom to trust and how to know it.

[11 Other Reasons Activity](#) [23]

This is another activity for those who are timid or afraid to ask for help because they always hear no. Why is that person saying no? Here's a chance to change participants' minds about the reason why.

A PERSONAL SURVEY: Getting Your Personal Safety Net Ready

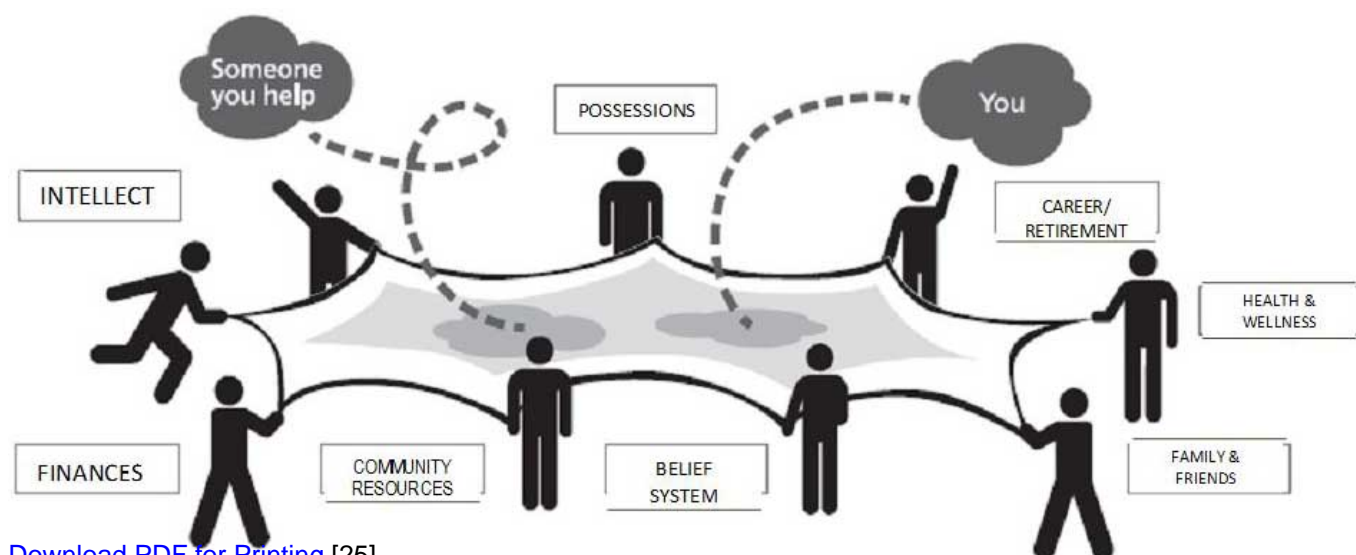


	YES	NO	UNSURE
1. Do you like giving help?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you like getting help?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you comfortable asking for help for <u>yourself</u> ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Are you comfortable asking for help for <u>someone else</u> ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you have at least 3 people in your life who could help you in a sudden crisis challenge?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you have at least 3 people in your life that could help you for 3+ months?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you have information on you that identifies: 1) your primary care doctor, 2) your medical insurance, and 3) contact information for those to notify in case of an emergency?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you carry contact information for any of your neighbors or someone who can get into your home/apt?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. If you were unable to communicate on your own behalf, would your emergency contacts know how to find the information they'd need to be helpful to you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Would your emergency contacts know how to reach each other?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. When you are helping <u>someone else in a crisis</u> , are you able to ask for support for yourself?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- If you answered "Yes" to all 11 questions, congratulations! You have many of the important fundamentals of a great personal safety net in place.
- If you answered "No" or "Unsure" to even one of these questions, you may have a hole in your safety net. Holes like these can dramatically affect your quality of life, especially when you are facing a crisis.
- You can fix some holes easily. Within the next three days, set about the task of amending your personal safety net so that you can answer "Yes" to as many of these questions as possible.

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A Personal Safety Net Diagram



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Asking Exercise

First, ways to respond: Yes, no, explanation, none, curt, alternative, apology...

1. In twos or threes, think of a time or situation in which you need or needed help.

2. Person One:

a. Ask clearly for what you want (can be big thing, can be little & inconsequential – you can experiment with asking "nicely" and not)

b. Wait for the answer from your partner, and pay attention to how it feels

3. Person Two:

a. Answer the question, first with a "yes"

b. Take just a moment: how did that feel

c. Then have your partner ask again and answer with a "no"

d. How did that feel from each side?

4. Switch sides & repeat:

a. Think about how it feels to say & hear each

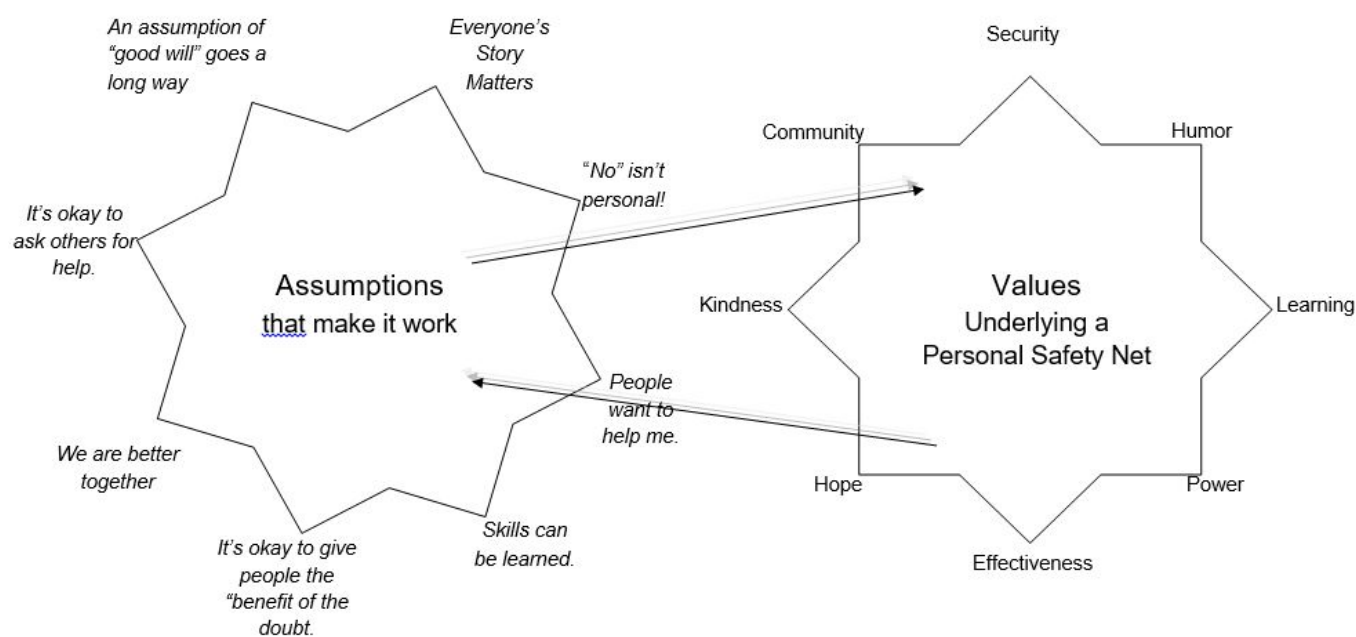
b. Did it matter how the question was asked? What answer was given?



- Ask for silly things: "Can I borrow your nose?"
- Ask for big things: "Would you go camping with me this weekend?"
- Ask for little things: "Could I take your backpack with me camping?"
- Ask for real or make-believe things
- See what it's like to say "yes"; to say "no"; to hear "yes", to hear "no"
- Try different ways of saying each – nicely, not nicely.
- Play with it ----- and you'll get better!

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Assumptions and Values



YOUR PERSONAL SAFETY NET
Is Informed by a Set of Assumptions and Your Values



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Burnout or Compassion Fatigue

We sometimes assume that our very status as helpers grants us some sort of immunity from the hardship...as you care for people with your heart wide open, you often don't realize how much of what you are exposed to is being taken in and held in your own body. *Trauma Stewardship*, by Laura van Dernoot

- [Get Started](#)
- [Who We Are](#)



Lipsky

Symptoms:

- I no longer participate in the activities I used to enjoy
- I feel blue, irritable, hopeless, and helpless more often than not
- I find myself getting upset more quickly than normal
- I am getting sick more often than normal
- I feel like I can't take it one more day
- I feel overwhelmed and fantasize about escape
- I want to hurt the person I am caring for, or to hurt myself
- I have a low frustration tolerance
- I feel futile, and at a loss for meaning and purpose
- I feel emotionally exhausted and spiritually bankrupt
- I feel depressed or more moody than usual
- I have less patience
- I am emotionally withdrawing and having fewer contacts with friends
- I am experiencing more difficulty sleeping
- I worry more than usual
- I am expressing a more negative attitude than usual
- I feel more apathetic, cynical or overwhelmed
- I want to distance myself from the team

Things That Might Help:

- Might I check to see if my expectations are realistic? Are shifts needed?
- Do I need to get better at saying no and at setting limits to protect myself, my time, my energy?
- Do I need to know more about the...situation?
- Can I ask for help? Do I need practice?
- Would I benefit from developing and using both my team and my personal safety net?
- Am I taking breaks...build my "days off" into the schedule?
- Is it time for me to learn a stress management technique?
- Would it be a good time for me to call a counselor or consultant...?

"Be the change you want to see in the world" - Gandhi

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Columns of a PSN



<u>INTELLECT</u>	<u>FINANCE & LEGALITY</u>	<u>POSSESSIONS</u>	<u>COMM. RESOURCES</u>	<u>BELIEF SYSTEM</u>	<u>CAREER/RETIRE</u>	<u>HEALTH & WELLNESS</u>	<u>FAMILY/FRIENDS</u>

Help: What Can I Offer?

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Help: What I Might Want

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Help with children

- ☐ Pick up or carpool
- ☐ Child-focused time
- ☐ Lunches
- ☐ Babysitting
- ☐ Other

Home repair

- ☐ Painting
- ☐ Closet/garage
- ☐ Moving
- ☐ Installing grab bars
- ☐ Other

Reading/writing

- ☐ Recording life story
- ☐ Reading books/papers
- ☐ Letters/cards/mail
- ☐ Other

Eldercare

- ☐ Company for elder
- ☐ Personal care
- ☐ Reading/TV time
- ☐ Other

Transportation

- ☐ To and from MD visits
- ☐ Shopping and errands
- ☐ Car maintenance
- ☐ Other

Medications

- ☐ Remembering
- ☐ Procuring
- ☐ Coordinating
- ☐ Tracking
- ☐ Other

Health/personal care

- ☐ Exercising/walking
- ☐ Nail care
- ☐ Shampoo/haircut
- ☐ Massages
- ☐ Other

Medical

- ☐ Preparing for visits
- ☐ Accompanying
- ☐ Tracking details
- ☐ Other

Friendly companionship

- ☐ Social outings
- ☐ Visits in hospitals
- ☐ Talking/visiting
- ☐ Personal shopping
- ☐ Other

Financial

- ☐ Bill/mail sorting
- ☐ Balancing statements
- ☐ Insurance papers
- ☐ Paying/tracking bills
- ☐ Other

Resource/delegating

- ☐ Medicare/Medicaid/Insurance
- ☐ Track MD visits
- ☐ Staying in touch
- ☐ Finding options
- ☐ Other

Household chores

- ☐ Light house cleaning
- ☐ Windows/floors
- ☐ Cleaning refrigerator
- ☐ Laundry
- ☐ Other

Meals

- ☐ Grocery shopping
- ☐ Cooking (delivering)
- ☐ Helping with eating
- ☐ Dishes
- ☐ Other

Pets and plants

- ☐ Feeding and exercising
- ☐ Watering and trimming
- ☐ Mowing/raking
- ☐ Other

Telephone

- ☐ Calling to check in
- ☐ Medication reminders
- ☐ Telephone tree
- ☐ Other



Metaphors and Similes

What's in a name? How does it sound if it's one of these? Would you suggest another?

- A Personal Board of Directors
- The Consultation Group
- A Peer-review Board
- An on-board Crew
- A 12-Step Program
- Your Mentoring System
- A "Bull Pen"
- Your Cohort
- A Management Team
- A Care-share Team
- A Support Group

To Ask, or Not to Ask? Do you?

- Ask for advice?
- Float ideas?
- Show independence by doing it yourself?
- Solicit input?
- Invite others' expertise?
- Expand horizons?
- Scream "help me!"?

When to Use It? Different issues? Different times? Different groups?

- When asked for a loan, or to co-sign?
- Evaluating a plan for a family member's business?
- Buying a house or making donations?
- When choosing an advisor or school or new career?
- When moving, planning an event, or evaluating an "opportunity"?

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Milling Exercise



Begin to walk around each other in this space, increasing your pace and weaving in and out of each other so as not to collide. Continue to increase your pace further, being careful to avoid all contact with the other people in your space – just pass people without even acknowledging their presence.

Now imagine that you're in Times Square, in the heart of New York City, and it's rush hour. You've just finished a 12-hour day at work and you have twenty minutes to catch the subway, make your way across town, and get to a meeting where it will be decided whether or not you get the loan for the house that you so badly want. After that you've got to pick up the kids, go all the way across town again to get home, cook dinner, pay bills, put the kids to bed, check and answer e-mail and phone messages, prepare a presentation for the morning meeting at work, and try to get to bed before midnight so that you can get 5 hours of sleep before you have to get up and do it all over again.

You are starting to feel trapped, suffocated, like you're losing control of your life. In fact, you feel like you *have lost* control of your life. There's just not enough time for you to deal with everything. It's always GO, GO, GO, with no stopping... That's all there is, day in and day out.

Now slowly pick your head up from the dirty, polluted concrete upon which you are rushing, and begin to slow down and notice the people who are around you. Begin to realize that they are people and not merely obstacles blocking your path. Now look into the eyes of those people that you walk past and see that they are leading lives much like your own. Look into their eyes and recognize that you are not alone in this world.

Now come face to face with one of these people whose eyes you have met, and stop. Facing that person, raise your palms and press them together with the palms of the person in front of you. Looking into each other's eyes, slowly open yourself to the unique and wondrous power that this other person embodies. You see the gifts that this person offers the world in their own way-- qualities which are completely unique to this person. You see that this person in front of you has so much to give to the world and you want to learn how to help them see their gifts, their abilities, and their power. Your greatest desire is for them to be free from the greed, the hate, the delusion, the envy, and the pretenses that keep them from fully being open to the beauty all around them.

Now, slowly, lower your palms and find a way, without speaking, to say goodbye to this person and wish them well.

Now continue to walk and look at those around you.

Now stop in front of someone new and raise your palms to meet theirs. Look into their eyes. You don't have to even know them, but contemplate your willingness to be with them. Your willingness to be with them in their suffering-- to just be with them without desiring to fix their suffering, but to simply be with them in their grief. Maybe it's grief over the loss of someone close to them, or despair over the future of the world, or the future of their children. Maybe their suffering is due to illness-- their own or someone close to them. Maybe someone close to them has cancer, is homeless, or is completely lost in the chaos of this world. Look into their eyes, understand that they, too, grieve and suffer.

Now lower your palms and find a way to say goodbye.

And resume walking... Find someone new and raise your palms to meet theirs. Look into their eyes and see the joy they have in the joy of others. They want so desperately for others to be happy and free of pain. They delight in the laughter of children, a puppy playing, sunrise, sunset, seeing others succeed and being confident in themselves. Like you, they want the world to be a more compassionate place to live-- yet they don't always know how to express it. Know that within them is the desire for kindness and understanding.

Slowly lower your palms and say goodbye.

And continue to walk and find someone new... Raise your palms to meet theirs. In this person you realize that our true nature is in our interconnectedness, our interdependence, and our authenticity. See the person in front of you as your child, your parent, your enemy, a dying friend. See them as a soul in search of meaning, in search of understanding. See them as longing for understanding. Recognize their unique being, and understand that they hold you as you hold them. We often fool ourselves that we are alone, that we are independent-- but we are not, we are all connected, we are interdependent, and we are one.

Now slowly lower your palms, and realizing this is the last person you will encounter during today's rush hour, say



goodbye and wish them well.

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Problem-Solving Scenarios

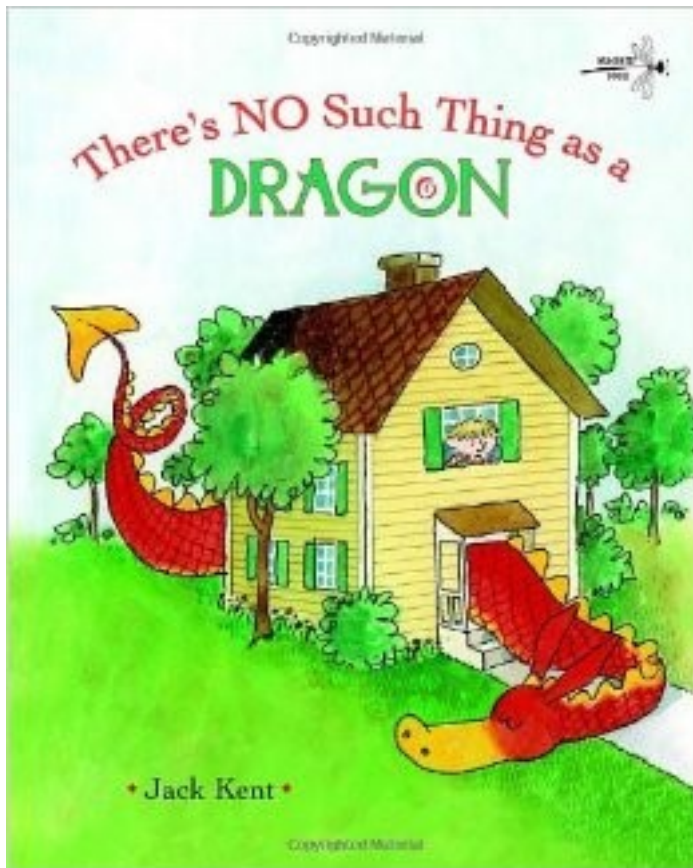
Group Action Exercise

Note: These scenarios can be used in a class situation (assign individuals and/or groups to do one or more) and follow up with a discussion for the entire class, or simply considered by the classroom in an open discussion. They can also be given as homework or research assignments.

- You're attending AA meetings. Tonight a new friend invites you to a bar.
- Your car breaks down. You're in South Dakota, heading for Seattle. You don't have enough cash to fix it.
- You're very sad & feeling "life's just too much."
- Your relative is moving into the area and wants/expects to live with you.
- Your child gets chickenpox/pink eye/lice.
- You lose your job, and checking around you know you need new skills.
- You haven't been feeling too good. At the doctor's visit, you learn it's pneumonia.
- The place you live is being sold. You need a new place to live.
- Your roommate is getting on your nerves. Their behavior is not what you both agreed upon when you moved in together.
- Your childcare provider loses their license.
- You're in a class but having trouble. It's week 2 and there's a test in two more weeks.
- You want support as you create an effective Personal Safety Net for yourself – there's no immediate need.
- You want help in crafting a PSN for your parents.
- You want to help your college-age daughter think through PSN as she goes off to college.
- Your child is leaving home for the Peace Corps / military – what might be a good PSN approach?

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Read Aloud Book: "There's NO Such Thing as a Dragon"



[There's No Such Thing as a Dragon](#) [35], by author and illustrator Jack Kent, is a little book first published in 1975. The story opens when Billy Bixbee finds a tiny dragon in his bedroom, his mom tells him, "There's no such thing as a dragon!" This only makes the dragon get bigger. He grows, and grows, and grows, until he's bigger than Billy's house—and that's just the beginning!

When the book was published, the New York Times' review said, "This is without question one of the best -- and most original -- picture books in years."

This book is the children's version of what happens when we ignore a problem's existence. As one reviewer said, "This book is a wonderful read-aloud companion to any teaching about emotion management, whether for adults or children. We all have emotions. When unacknowledged or handled poorly, these grow in power and affect all areas of life. We can all relate."

[>> Find the book on Amazon](#) [35]

Session Ice Breakers

PSN Scavenger Hunt



Someone who has read the book: Personal Safety Nets. _____	Someone who has a plan for staying healthy. _____	Someone who completely relies on family & friends when help is needed. _____
Someone who knows where they sit financially. _____	Someone who can identify how they calm themselves when upset. _____	Someone who can identify 2+ community organizations that <u>an</u> help them in times of need. _____
Someone who has assigned durable 'POA' - Power of Attorney to someone. Name: _____ _____	Someone who has a mentor. Name: _____ _____	Best book or movie read lately. Name: _____ _____

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Getting to Know Me



1 | Getting To Know Me - Icebreaker: Fill out for yourself, then share with a partner new to you. If time, introduce each other to group

Great Things About Me

(What People Like and Admire About Me & I Like About Myself)

What Is Important To Me

How To Support Me

(What you need to know or do to support me)

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Steps to Successful Asking (long version)

Personal Safety Nets® Guide"

5 Steps to Make "Asking" Easier and More Natural

From a very young age we're taught to ask politely for what we want, and to say 'thank you' once help is given. **As we get older, though, asking for help is often confused with or feared to be a personal weakness or vulnerability.** Your messages said you share these worries. We want to help.

- [Get Started](#)
- [Who We Are](#)



Research done by Dr. Deborah Serani **lists a number of myths, all of which have been proven false.**

Myth: Asking for help makes us look vulnerable.

No, reaching out well out is actually seen as a strength. (read on)

Myth: People feel put out when you ask for their help.

No, we all need to help and welcome opportunities, when given the option to decline.

Myth: Highly successful people never ask for help.

No, they actually ask more often, ask well, accept wisely.

'Asking for help' is not as easy as it sounds. Yet, not asking for help, or asking too late, can turn a manageable situation into something more serious. So, **how can you approach the task of asking?**

STEP 1: DEFINE WHAT'S GOING ON and accept that involving others can be helpful.

Look at the BIG PICTURE. What is coming up here? What would I like the outcome to be? If you give this some thought first, then you can set the stage for others to understand and help.

Let's use an example. You're having knee replacement surgery. Ask, what will be happening and when? How do I feel about it? What kinds of help will I need? For how long will I need help? What would success look like: a new hip and no infection? pain free movement? Are there others who can tell me more about the experience and possible outcomes so that I'll be more prepared to get the help I need? Engage deeply with people who are safe, and keep communications flowing.

STEP 2: PRIORITIZE and ORGANIZE.

With your list of what might be helpful to you (from help with grocery shopping to help with insurance forms) it's now time to focus on prioritizing.

It may not be possible to do it all. What's most important? Where are the holes? You can ask for help in identifying new sources for help with these. Again, there is benefit to asking others for ideas.

Then, **ask yourself: what am I willing to accept, from what sources?** If you can accept help, this step is also the "matching" step: **Whom do I ask? Where might help come from? Who might step in?** Once you've asked, it's time to evaluate offers, accepting, declining, or deferring offers of help. Each, of course, done with appreciation and kindness.

STEP 3: ACTUALLY ASK FOR SPECIFICS.

Consider writing yourself a script. What's going on? Invite help. Be direct, complete and specific. It's easier for folks to help if they know what you're looking for, and will accept. **So, think about: how to ask? In person? in an email? A letter? What exactly will I say? When?**

Unfolding the task through the written word, will help you set the tone for a conversation. **NOW you're ready to practice, practice, practice, and practice!** Reading over your written words will help you get your thoughts out and be more at ease when you talk directly to others. Each time you try you'll be more comfortable. Ask a friend or family member to role-play. Talking to yourself in the mirror can work wonders too. **Start with "is it okay if I ask you a question?"** Almost no one declines, and one "yes" usually opens a door to another.

STEP 4: AN "ASK" IS NOT A "DEMAND" - IT ALLOWS FOR "NO". Even "asking nicely" may end with a "no" response. Why? Because the person you asked is not available - they have a conflict; or they're not comfortable helping; or they're not capable of doing what you ask; or they're feel they can't do a good job - or any one of many other reasons!

Understanding this in advance is important for and possibly critical for your psyche, your friendships and your ability to ask again and again. **A "NO" reply is not personal. It's more about the other person's availability or limitations than it is about you!**

-
- [Get Started](#)
 - [Who We Are](#)



Pay attention to times when someone asks you for something and you decline. You'll soon see it's the same the other way around - **there are many reasons for a "no" and most have nothing to do with you!! It's the particular "ask" that's being rejected, not you!! Let's learn to accept the answer and say "thank you" for considering the request.**

STEP 5: KEEP ON GIVING TO OTHERS.

When you ask, even a "no" is helpful - maybe because that person can suggest another who can help or can give you some useful advice, maybe because their "no" clarifies your path. **We'll all be better at the task of asking if we also learn to receive with graciousness, to appreciate whatever is offered, whether it's exactly what we'd hoped for or not, and to pay back or forward as we're able.**

If you want to feel better, there's nothing like helping someone else. Remember:

- Have realistic expectations for the kind of help you're seeking,
- Express your needs simply and clearly,
- Let others know that you appreciate their help,
- Pat yourself on the back for being brave enough to ask for help.

Some final thoughts

- Understand that "simple" solutions don't always mean "easy" implementation.
- Remember, even when you ask for divine help, it may be through human hands and hearts that the help comes.
- Find people you really trust to try out asking for help first. This will allow you to open up bit by bit, and not be overly exposed.
- A problem is a problem, whatever its ease or difficulty - the litmus test is how much it is impacting you or preventing you from moving forward.
- Belittling your problem as not worthy of being solved only serves to make it even more challenging to cope with.

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Steps to Successful Asking (short version)



STEPS TO SUCCESSFUL PERSONAL SAFETY NETS® ASKING

DEFINE WHAT'S GOING ON – BIG PICTURE

- Know your situation/accept reality: (What do I face or will I face?) – Then you can set the stage for others to understand.
- Accept the idea of outside input can be good and boost IQ
- Gather information and input
- Define: What's the goal? What's the vision?
- Remember: Tell safe people and keep the information flowing.

Why?
Of whom?

ORGANIZE – WHAT'S NEEDED?

- Matching: (Who do I ask? Who might step in, or where might help come from?)
- Brainstorm & list what might be needed
- Prioritize
- Fill out sheets: What am I willing to accept and what might I give?
- Remember, we all need to give, and to give others a chance to do so. We all need to be able to generously receive and thoughtfully offer.

For whom?
For what?

GET READY TO ASK –

- Think about writing out a script & set the tone for the conversation.
- Become Specific and Directed: (What am I asking someone for?)
- Remember: It's easier for folks to help if they know what you need/want | and can accept.

When?

ASK – AN “ASK” IS NOT A “DEMAND” – IT ALLOWS FOR “NO”

- FIRST - Practice, practice, practice.
- Ask nicely and keep asking
- Don't take “NO” personally. It's more about the other person's availability or limitations than it is about you! Look at this from their perspective (11 other reasons).
- Accept the answer. Say “thank you” for considering your request.

What gets in the way?

KEEP ON GIVING TO OTHERS –

- Recognize you are getting help – even a “no” is helpful.
 - Receive the help – graciously.
 - Appreciate the help you do get & pay it forward.
 - If you want to feel better, there's nothing like helping someone else.
- (See chapter 3 in the book *Personal Safety Nets*).

Why?
Of Whom?



The Power of Three – A Wallet Card Explained

Three is a magic number. Because thinking about setting up a Personal Safety Net can make people a little anxious sometimes, we thought we'd bring this magic to you. Use the Power of Threes to begin setting up YOUR PERSONAL SAFETY NET!

Here is your own WALLET CARD!!!

[Leaders - Ask each person to have in hand their own wallet card.](#) [40]

A. Who are the three people you feel closest to and could rely on if you were in need? Are they listed in your phone as I.C.E. (In Case of Emergency) contacts?

1. First
2. Second
3. Third

■

B. Do they know that you rely upon them? Have you talked with them individually about this? Have they agreed to be on your team?

C. Do they know that there are three of them? Do they know how to reach one another? Have they met? They support one another.

D. Do they have, or know how to get all the information they would need to be helpful? Is it organized?

E. Do they have the legal authority to do what you'd like them to do?

F. Is there anything else you'd like to put on this card? Allergies? Doctor's name & number? Insurance? Name of a neighbor with a key to your home?

Write Your Notes Here:

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Things That Get in the Way of Asking & Getting the Help You



Need/Want

- Fear
- Anxiety
- Remembering when people said “yes” but didn’t follow through
- Shyness
- Mix-ups
- Rudeness
- Anger
- Tradition
- Not wanting to be beholding
- Issues around power and control
- Lack of trust
- Fear of imposing
- Pride
- Rugged individualism
- Forgetting who you are
- Emotions
- Misplaced belief that if I can do it myself, I should & can't ask
- Lack of clarity about what you want or what you really can give, how & when -& to whom
- False definition of strength
- Taking things too personally
- Worry around keeping important people in the loop (communication)
- Poor asking skills - importance of defining what you want
- Difficulty with adding backbone (boundaries/limits) to compassion - forgetting choice
- Preference for giving over receiving
- Belief that pay back is needed, forgetting paying it forward

REMEMBER: Getting the support you want/need is good for you, AND ALSO is a gift to those you help!

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Three-step Dance: Management of Emotions



Most people go through life like it's a

Two-StepDance:

STEP 1: Somebody does something or doesn't do something, or something happens or doesn't happen – and...

STEP 2: I'm upset, or disappointed or hurt (or whatever). I tell myself:
"That's just how life is." Things happen and I'm upset.

BUT IN FACT . . .

LIFE IS REALLY A THREE-STEP DANCE!

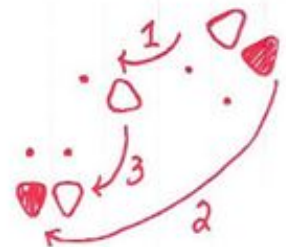
STEP 1: Something happens.

STEP 2: You instantaneously have an interpretation of the happening.

You are not upset by about the event, or what did or did not happen.

(In fact, you are upset about your *instantaneous interpretation* of what happened.

So, if you're feeling badly, you choose an interpretation that has some kind of judgement, alienation, or something that would allow you to feel bad.)



STEP 3: You are upset by your own interpretation and pretend you are upset by what happened in Step 1.

NOW: IF YOU WANT TO FEEL BETTER -- STEP BACK FROM THE WHOLE DANCE!

Instead: Choose a new interpretation that gives you a heart connection with the people and/or events in Step 1.

This does not condone their behavior, it simply assists YOU to regain your personal power and peace of mind!

THUS – You have now added a new STEP # - that allows you to feel much better!

IT'S YOUR CHOICE: Do you want to live life as a two-step or a Three-Step Dance.

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Traits and Skills

Directions: Check off traits or skills you have. If you have all of these, then name someone in each area who could pick up the slack if you were incapacitated or to whom you could delegate.



Name	<u>Check</u> ME	<u>Check</u> OTHER	Trait/ Attribute / Skill
			<i>Self-Management (Attribute – Cannot be taught)</i>
			<u>Decisiveness</u> – Able to make decisions on available information and take action, keep to commitments.
			<u>Resourcefulness</u> – Ability to resolve issues and find ways to work around ambiguous problems.
			<u>Teamwork</u> – Able to build high morale and group commitments when working with others.
			<u>Reliability</u> – Can be counted on to meet commitments, timelines, dates and times for meetings.
			<u>Attention to detail</u> – Ability to ensure that small details and specific tasks are completed with high accuracy.
			<u>Initiative, drive</u> – Being a self-starter, willing to start projects and get things done.
			<u>Sense of humor</u> – Ability to see the humor in challenging and difficult situations.
			<u>Easy-going</u> – Ability to tolerate ambiguity, overlook minor incidents and drawbacks.
			<u>Empathy</u> – See issues and concerns from the other person's point of view, establish rapport.
			<i>Transferrable (Skill – Can be taught)</i>
			<u>Goal Setting</u> – Able to define specific goals and objectives, and prioritize
			<u>Written Communication</u> – Able to write effectively and gain information from written materials
			<u>Negotiation</u> – Ability to work with multiple parties and negotiate solutions.
			<u>Leading projects</u> – Influence the actions and opinions of others, exhibit judgment and lead others.
			<u>Oral Communication</u> – Clearly present information and influence others in positive or negative circumstances.
			<u>Listening</u> – Actively hearing and listening to someone else, repeating what was said for understanding.
			<u>Counseling, guiding</u> – Be supportive of other individuals, while simultaneously building credibility and rapport.
			<u>Numbers, budgets</u> – Strong understanding of financial matters, balancing checkbooks, managing numbers.
			<u>Organization</u> – Organize and schedule people and tasks, develop action plans leading to specific goals.

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Whom To Trust? For What? When?

Surveys reveal that Americans have, on average, very few trusted confidants in our lives. Forty years ago, we had six to seven, now it's two to three. **If you thought you were alone searching for trusting relationships, you're not.** You're in the majority. Now the question is **who can you trust and how do you know it?**

If you're like the majority of us, you start by entering into trust through emotions. **Someone is nice to you, you embrace nice, and equate nice with trustworthy. Big mistake! Nice is nice. Trust, however, is earned.**

Trusting requires cognitive thinking skills in addition to emotional responses. There's critical thinking involved. Forty years ago, trustworthiness might have been measured by character, values, judgments and reputation - all built over time.

Today, we move faster, and often use more superficial measures of money and material possessions. A desire for speed and connection makes it more difficult to determine who is trustworthy and who is not. Solid trust is still built over time.

Try taking these steps to avoid at least some of the painful experiences of discovering you've trusted the wrong person or a good person, but for the wrong thing.

Trust the right people for the right reasons and it changes your quality of life.

1. Strive to **make thoughtful, decisions** about who to trust and for what. Ask others, do a search engine search, take your time. Pay attention to information as well and intuition.
2. Enjoy someone who is nice. But remember: being **nice is not the same as being trustworthy**, nice only means nice / fun / social / available.
3. Think about **what trust means - to you**. Write this down and look at it frequently.
4. **Don't expect perfect.** Perfect doesn't exist. Honesty and integrity do. Keep your eyes open for the places where people are trustworthy - there are many.
5. **Look for patterns of behavior and attitudes** in good times and, even more importantly, during times of stress and conflict in a relationship. These are telling!
6. **Trust can also be established in some areas and withheld in others.** Trust your accountant with figures, your friend to choose good movies, yourself for groceries...
7. **Stop yourself from jumping into trust too fast.** On average it takes 2 years in an active relationship for trust to be established. Slow down, enjoy, and trust over time.
8. **Don't get caught in thinking that the choice is between complete trust and no trust at all.** Neutral is a safer, healthier, better place to be until trust, or trust in specific areas, is warranted.
9. **Be trustworthy yourself.**
10. While you're at it, **appreciate the small and big ways in which trustworthiness shows up in your life.** Build a "trust" account of people you can count on for specific things.

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“Eleven Other Reasons”– A Game of Reason

To play this game you will need to make sure you have the following prerequisites:

- *A willingness to give the benefit of the doubt*
- *A sense of wonder / curiosity*
- *A desire to work with others*
- *An assumption of goodwill*
- *A sense of humor*

Okay, now you're ready to play!

Any time something happens to you, and you or someone you are with is about to say: “This happened BECAUSE of _____.”

OR

Any time you get a negative response to your request for help or assistance, and your mind is about to say: “He/She reacted this way BECAUSE of _____.”

React by playing this game. . .

1. Start with whatever happened:

- For instance: Tom didn't return my message

And your reaction was about to be. . . “BECAUSE he doesn't like me”

OR

- For instance: Tom said he couldn't help me move next Saturday

And your reaction was about to be. . . “BECAUSE he doesn't like me”

1. QUICKLY think of **11 other reasons** it might have happened or why you received a “no”.

- After your initial list of possibilities runs out, let silly and absurd ideas come into your mind.
- We bet that, often, you'll end up laughing before you get to eleven.
- Realize it's not about you!

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