



Reaching Out

Imagine that your hopes and goals for the future are on the other side of a heavy door. Who could help you make a plan to open it? What does it feel like to ask for help?

Assertiveness

Able to Seek Help



Mindfulness Principle: Reset Experiences

Skill Focus: Initiate help to plan for the future.

- 1
 - What are some times you might ask an adult for help?
 - As you start to think about your future, you will need help and guidance from others, especially adults. The first step to asking for help is starting the conversation.
 - This activity will focus on being open and ready to ask for help.
- 2
 - Sit tall and close your eyes.
 - Imagine a big closed door with your future goals on the other side of it. See yourself walking to the door and then stopping before you open it. Slowly inhale to the count of 4.
 - Now imagine you reach your hand out to an adult whom you trust to help you open that door. It could be a parent, a teacher, a neighbor, etc. How does it feel to reach out for help?
 - Visualize this adult taking hold of your hand; with their help, you now open that door. How does it feel to be supported?
- 3
 - With a partner, share your thoughts and feelings about the act of opening yourself up to asking for help to plan for your future.
 - Next time you are thinking about the future, such as what classes to take or even what job to pursue, use this visualization to feel confident about asking an adult for help.