



## 7 Questions to Ask Before You Help

There's something we can start practising immediately to make the change from intrusive fixer to welcomed helper. It's remarkably easy, yet profoundly powerful. It is to simply ask. Before we give someone our opinion or a solution to their problem, ask if they want it.

It's about letting the person know that you can help them, but also respecting them enough to first check if they're open to hearing about it. Here are some examples of asking:

***What can I do to help?***

***I have an idea that could help you. Do you want me to share it with you?***

***I know someone who helps people with that. Do you want their contact details?***

***Would it help if I shared what worked for me in a similar situation?***

***Do you want me to help you come up with some ideas?***

***I've got a few thoughts on this — do you want to hear them?***

***Is there something specific I can do to help, or do you want to just talk about it?***

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