

Thriving Through Trauma

Week 6: Asking for Help

Presented by CSUEB Counseling Services





Lightstream Technique

A Few Zoom Guidelines

- Please mute your audio and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Confidentiality and Zoom limitations

Community Agreements

- Speak to your own experience
- Share headlines, not details
- Step forward, step back
- Ask others before giving them feedback
- Assume positive intent from others
- Take responsibility for your needs
- Commit to all weeks of group
- Any suggestions?



Weekly Check-In

Name, preferred pronouns, major, fav childhood character.. **REVIEW: Emotion Regulation + Wise Mind**

How are you (*weather analogy*)? What safe vibing skill did you use this week?

- | | |
|--|---|
| <input type="checkbox"/> Ask for Help | <input type="checkbox"/> Create a new story |
| <input type="checkbox"/> Cry | <input type="checkbox"/> Structure your day |
| <input type="checkbox"/> Choose self respect | <input type="checkbox"/> Trust the process |
| <input type="checkbox"/> Take good care of your body | <input type="checkbox"/> Reframe setbacks |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Focus on now |

Quote of the Day

“With every year that passes, I become more convinced that “help” is the most sacred word. No one survives alone. Keep breathing. Stay close.”

- @BLACKITURGIES



1

Asking for Help

Interpersonal Effectiveness + Distress
Tolerance

Asking for Help/Support

Increases distress tolerance + interpersonal effectiveness.

Asking for help may feel like a very big risk for people, but it is incredibly important to learn to take the risk and reach out to safe people. This is one of the greatest secrets of recovery you will ever hear. **As solid as the ground you walk on -**
You need help from others to heal/ recover.

Why do you think Asking for Help is so difficult?

Accept

Mindfulness

Focuses on improving the ability to accept and be present in the current moment

Change

Emotion Regulation

Covers strategies to understand, manage and change intense emotions that are causing problems in a person's life

Distress Tolerance

Strives to increase tolerance of negative emotions rather than trying to escape from them with problem behavior

Interpersonal Effectiveness

Consists of techniques to communicate with others in a way that is assertive, maintains self-respect and strengthens relationships

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Handout #1

Asking for Help: Main Points



Asking for Help: Handout #1

MAIN POINTS

- ❑ It is very common to have difficulty asking for help if you have PTSD (trauma triggers) and substance abuse (unhealthy coping habits).
- ❑ You must get help from others to recover. No one can do it alone.
- ❑ In learning to ask for help, start "small": Practice on safe people, with simple requests.
- ❑ Try to ask for help before a problem becomes overwhelming. But you can call any time-before, during, or after a hard time.
- ❑ Prepare how you'll handle it if the person refuses your request for help.
- ❑ In asking for help, you don't have to "spill" everything..
- ❑ Asking for help makes you stronger and more independent in the long run.
- ❑ Learning to ask for help may feel very awkward at first
- ❑ If there is no one in your life to ask help from, work on building a support network
- ❑ When asking for help, be gentle = no demands, threats, or insults.
- ❑ Discover whether your fears are accurate: Compare your prediction to reality.

Benefits of Asking for Help

Asking for help **helps us**:

- ④ Learn to **recognize** and **prioritize** our needs
- ④ Helps us **communicate** well by knowing how to put a request for help into words
- ④ **Tolerate** the vulnerability of such a request - this empowers us and increases our strength and self-esteem
- ④ To not be afraid of people, and learn that we can **connect** with others and join with them safely



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Reflection

Reflections About Asking for Help

Reflections on Asking for Help

- ④ Why is asking for help such a **crucial** coping skill?
- ④ What happens when you do not ask for help?
- ④ What are some examples of **simple requests** you could start practicing?
- ④ Why would asking for help make you more **INDEPENDENT** in the long run?

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Visualization

Asking for Help: Practice



Visualization Exercise

1. **Identify** a current or recent situation where you could benefit from asking for help
2. **Role play** asking for help in your mind
 - a. Who will you talk to?
 - b. What will you say?
 - c. What do you predict will happen?
 - d. How do you practice self compassion?
3. **Notice** your thoughts, feelings, body sensations
4. Future reflection:
 - What happened in reality?
 - What did you learn from the experience?
 - Did you get what you wanted?
 - How did you feel about it?

Shifting your perspective

- Look at this as building a new SKILL, in addition to practicing asking for help: **learning how to tolerate anxiety we may feel when asking for help**



Reflect & Debrief



Reflect & Debrief

Reflect/ Debrief

Any thoughts? Questions?
Reflections? Reactions?

Check Out Question

1 thing you are taking away from
the group and **1 technique** you
are committing to do for yourself
this week

Additional Resources

- **Mental Health apps:** Wysa, Clarity (CBT), Mindshift, MoodTools, Calm, Shine, Happify, Headspace, Days since, IAmSober, Worry Watch, PTSD Coach, DBT Coach
- **Counseling groups** throughout every week
- **Pioneers for HOPE** - support with food and housing @pioneersforhope
- Follow us on **Instagram** - @eastbayshcs
- **Downloadable slides and group handouts**



A pair of hands, one on the left and one on the right, are shown holding a small green seedling with two leaves. The hands are positioned as if they are gently cradling the plant. The background is a soft, out-of-focus blue-grey color. The text "Next Week: Creating Meaning" is overlaid on the center of the image.

Next Week: **Creating Meaning**



Thanks for Joining!

See you next week!

With appreciation to the Allies Program (Sacramento, CA) for formatting this Safe Coping List. © Guilford Press, New York. From: Najavits, L.M. *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* (2002). Only for personal use with clients.