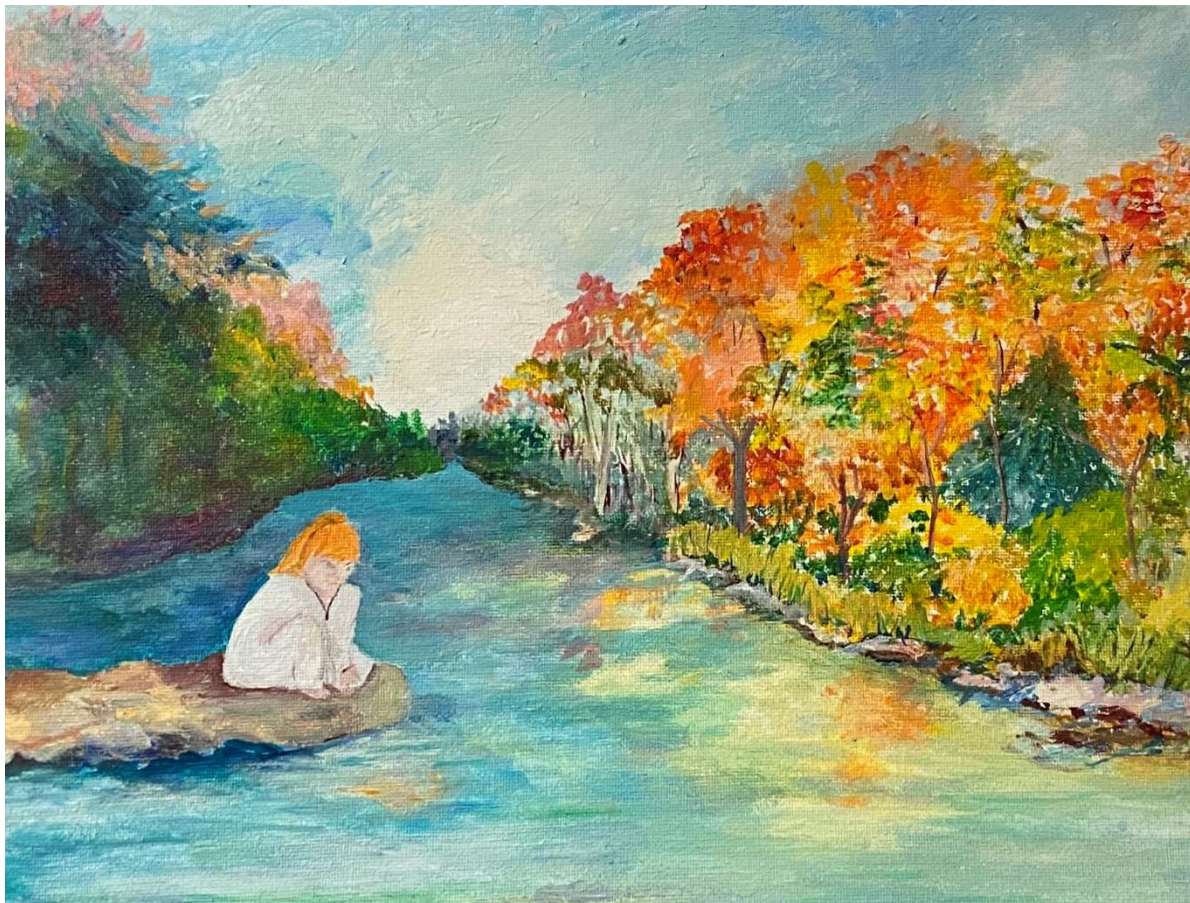


Ask for Help When You Feel Alone or When You Need It

Take action and learn to ask for help and offer help to others in order to reinvent your new life.

Alone



Feeling alone
Feeling left out
I sit and feel
sorry for
myself.
Why didn't
they invite me?
Why didn't
they ask me?
Why was I left
here to be
alone?
I cried and
asked why.
I wondered
why I was
passed by.
I thought these
were friends of
mine.

They didn't invite me along and later I asked why I couldn't have come
They said their fear of my symptoms left them scared and torn
They wondered with apprehension if they should give me a try
But decided it was easier and better to pass me on by.
Their answer left me telling them with a deep, saddened sigh
That I am able with strategies on my side.
My caregiver is a phone call away
My strategies are planned just in case
No worries on your part said I and I cried.
I spoke up and felt better
But I will see if it mattered
The next time if they pass me on by.

One of the problems I had when my previous life, before my brain injury, disintegrated, was that I was overwhelmingly angry and alone. When I spoke with others I found myself ranting about my situation and my new life of loss that I was trudging through. I wanted someone to fix my broken life, but friends and family could not do that.

I learned that friendships can only take a certain amount of negativity before the listener has to move away. In order to have friendships to call upon when I am lonely or I need help I learned to:

- Not always talk about the negativity in my life. I could save that for my counselor, minister or caregiver.
- Ask how the person I am talking with is doing and be interested in what is going on in their life.
- I joined groups where I had a goal and purpose to share with others such as a writers group and an art group. This is where I could focus on the new things in my newly reinvented life.
- I attended a support group of other like-minded people in order to be there with them and for them. I could call and find out how they are doing which made me feel less alone. After all, I learned that this is my new herd who understands just what I am experiencing. I learned whom I could call for help when I was lonely or needed help.
- When I reached out for help, I found letting them know what I was going through, by sharing my experience, helped me be honest and authentic so I could see it through new eyes.
- I had to learn to ask for rides if I wanted to go somewhere. Through this experience I learned:
 1. To say yes when a ride was offered.
 2. That others often want to help but they have limits as to how much they can help
 3. To not take their “no I can’t” personally.
 4. To build a list of possible people to ask.
 5. To be okay with the experience not happening because I couldn’t find the help I needed.
 6. That I wanted to give back to those who helped me do what I want to do.

I learned that being a good friend to others, to support them in their life, gives me the opportunity to ask for help when I need it.

Journal Prompt: These are the situations that I need help with.

Journal Prompt: These are the people I could ask for help when I am alone or need help.

Journal Prompt: This is how I could give back to the people who help me.

Affirmation: I am strong and can ask for help when I need it and accept the answers that I am given.