WORDS YOU CAN USE

You can ask for one specific thing without presenting your whole case.

At home:

“Can you wash the dishes after dinner tonight?”

One action. A clear time.

At work:

“Can you review this draft by noon tomorrow?”

My real ask this week:

ROOM FOR THEIR ANSWER

A clear request can get a yes, a no, or a different offer. Specific words cannot guarantee the answer you want.

If they agree, confirm the plan.
If they cannot, you can discuss another option without arguing them into a yes.

“What can you realistically take on?”

Educational material. Not therapy.
If asking could bring threats or harm, seek support from someone safe before trying a direct conversation.

Presented by Belle
Mile or a Millimeter

www.progresscounselingprograms.com

You can say no without saying yes to everything.



ONE REAL ASK

You need help.
Say what that looks like.

Progress is Progress LLC

Mile or a Millimeter

01 / THE NEED UNDER THE WORDS

“MORE HELP” WITH WHAT?

The laundry is still there. Dinner needs sorting. Someone asks what’s wrong. “Nothing,” you say, while doing three more things you wish they would notice.

You may want them to see the whole load. For this practice, choose one part another person could actually do.

THE NEED UNDER THE COMPLAINT

What do I need someone to actually do?

You don’t have to explain every hard day to ask for help with this one.

02 / A PERSON, AN ACTION, A TIME

A PERSON. A TASK. A TIME.



Make the request concrete

Choose an action someone can picture. Give a day, deadline, or time window.

The person I will ask:

The specific task or action:

The day and time:

Shared responsibilities may need a bigger conversation. One ask can help start it.

03 / ONE ACTUAL REQUEST

THIS WEEK. EXACT WORDS.

Put your person, action, and time into one request. Say it aloud once. Let the other person answer.

The exact words I will use:

When I will make the ask:

If they say no, another option is:

“Can you do that by Thursday?”