# Ask for What You Want:
## *Let Go of Assumptions and Find Your Voice*

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## DAY 1: Separate Facts From Stories

**What recent disappointment could I understand better by separating the facts from my assumptions?**

- What do I know actually happened?
- What meaning have I added?
- What could I ask to learn more?

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### DAY 2: Name What You Need

**What have I been hoping someone would notice without being told?**

- What kind of support would help me?
- Have I clearly expressed this need?
- What would I like to ask for?

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## DAY 3: Explore the Hesitation

**What makes asking for what I want feel uncomfortable?**

- What response am I afraid of?
- What have I learned about needing help?
- How would I respond if someone asked me?

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### DAY 4: Make Room for Conversation

**How can I express one need clearly while making room for the other person?**

- When could we both give this attention?
- What words would make my request clear?
- What do I want to understand about them?

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### DAY 5: Let Yourself Receive

**How might I welcome care without discounting it because I had to ask?**

- When has someone responded to my request?
- What made their support meaningful?
- How can I practice accepting help?

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## REFLECTION

**What have I learned about my needs and the stories I tell myself?**

- Which assumption am I ready to question?
- What happened when I spoke more clearly?
- What communication habit will I keep practicing?

