

## ♥ Snippets of Encouragement #48

Hello darlings

It is day 48 of Snippets of Encouragement, and I wonder, have you ever noticed how strong, independent, resilient people seldom ask for help?

What is with that shit? Seriously, what? Now I have to be honest, I am talking in part about myself because I have noticed that I am often reluctant to ask for help. Or phrased another way, I am often reluctant to show others that all is not well in my world.

I have to wonder why I do this, as do so many others. Why are we so reluctant to show our vulnerability or to ask for help?

I recently found myself in a situation where I was compelled to yell out the truth. Arrrrg what am I doing? Why am I doing this? Am I the only one? I placed my questions in a safe forum and was amazed by the answers and support I received.

While others can't step into our lives and take them over or rescue us from ourselves, they can be a huge support to us. However, we have to reach out and allow ourselves to be vulnerable.

It requires incredible bravery to be vulnerable because we are essentially showing others our most tender spots. We are removing the armour from those areas of our personas that are the tenderest. Yet when we allow others in, the benefits and blessings are manifest.

Of course, I know that not everyone is able to help or support us when we need it and this is when we need to exercise our personal wisdom and know whom to call on.

Often we want all people to be all things to us and this is a simple impossibility.

There are some things in my relationship with my partner that I do not under any circumstances allow her access to. This is not because she is a nasty beast in some way. No. It is because I know that she will not be able to support me in a way that will encourage me or move me forward. Now this is not an indictment against her, it is me loving her for who she is and not expecting her to give me something that is not within her skill set.

How often don't we do that? We have these crazy assed expectations of others, especially those closest to us and then we get upset with them when they are unable to help or support us. Talk about insanity in action!

I want to encourage you today to **reach out to your tribe when you need support or help**. Know who are the right people to ask for help and then lower your guard and let others in.

This is when we become stronger. When we are weak and allow those who care for us or understand our struggle to step in and offer a bracing hand.



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After my mini breakdown, the advice and perspectives that other people shared with me blew me away. Sometimes our heads are so deep in the sand we are incapable of seeing another perspective or realizing that others are experiencing the same ordeal.

Isn't that ironic about life, we have the same struggles and yet we act as if they are unique to us. Thank goodness, we have more in common than we realise.

So while your shoes are totally unique to how you've walked your life, don't forget that others are on this path of life, they

have empathy, they have wisdom, they have strength, don't be afraid to ask for a hand because you're affording another the blessing of giving.

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