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COACHING | CONSULTING

How to Help Someone in Need

1. Check Yourself First:
 - a. Ask yourself: What is my motivation?
 - i. DON'T reach out if you are caught up in judgmental, critical thoughts and feelings.
 - ii. DON'T reach out if you honestly believe that you know what's best for them.
 - iii. DON'T reach out if you are full of panic about the person in need.
2. If you discover these 3 Don'ts, then use them as a wake up call to center yourself before offering help. Once you are centered:
 - a. DO recognize that the individual in need has their own wisdom and their wisdom trumps your good ideas ideas no matter how it may seem to you.
 - b. DO offer help with no attachment to the outcome or to whether or not they are interested in your help.
3. If they are open to help:
 - a. Listen, Listen, Listen, and then Listen some more.
 - i. When in doubt, listen.
 - ii. When scared, listen.
 - iii. When certain, listen.
 - b. Be consistent in your offering and presence over time. They need to see that they can trust you to be there.
 - c. Be super specific in offer. Rather than asking, How can I help? Make some suggestions. May I cook dinner for you on Monday? May I walk your dogs?
 - d. Don't demand that they accept your offering of help.
 - e. Slow Way Down.
 - i. When you start feeling urgency, slow way down. This will help you stay centered and clear. Offer your help from a place of clarity, centeredness, and love.