

Why is asking for help so difficult?

I am acutely aware that asking for help is painful. I know this personally and professionally. Personally, I remember refusing to seek therapy in my younger years because I was terrified to acknowledge that I could be wrong or didn't have all of the answers I have a difficult time asking help from family because I fear that they will feel I am taking advantage of them. I remember how vulnerable I felt the day my husband and I brought our daughter home from the hospital and having to ask him to buy embarrassing hygiene products. I recently asked a group of people to answer the question "Why is asking for help so difficult?" The responses were so heart wrenching.

"Fear of rejection; not being deemed worthy of another's efforts. All those middle of the nights, using rolls of toilet paper to sop up the misery because I didn't think anyone would appreciate being awakened in the middle of the night just because I needed them. The loneliness was suffocating." "Shame, the feeling of inadequacy" "Because if someone asks for help, they are admitting that they have lost control and don't know what to do. They are placing a huge amount of faith in somebody else's judgment to assist them in their own time of need. I think that it can result in a huge blow to their sense of pride and the feeling of independence can be lost. You might be ashamed

of yourself, and it's hard to let somebody else know that you have been involved in a series of poor decisions or bad choices." "I guess it means you are weak, you don't know it all, don't think people are going to like you, they will see who you are and all of your weaknesses. You don't want to bother other people with your problems. And you may wonder if anybody can really help you or if anybody else could have the answers." "Pride, feeling incompetent." I would bet my last wooden nickel that you can relate to these responses. These are the voices of our neighbors, friends, loved ones and fellow professionals. These are our voices. This looming fear and inadequacy keeps us all disconnected. It holds the mask of perfection and control firmly in place. I am here to take that mask off. I am vulnerable, I don't have all the answers, and I am not perfect. I know that by acknowledging my shortcomings, I can learn what I don't know. I am worthy of being loved and cared for by others. Are you willing to take the risk and ask for help? Yes, it requires facing some painful feelings, yet it

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also offers the benefit of connection, support, love and solutions! With practice, it becomes less painful. With practice you can begin to feel the worthiness that is yours. Often times, we resist taking action and say things like "I don't have time", or "I cant afford it". In reality, this is shame or unworthiness sneaking its way in and offering us excuses that feel more acceptable. When your mind tells you "its not worth it", take a risk, challenge the thought and pick up the phone. Call a friend, a loved one, me.



Around Town



You can enjoy a fresh draft beer and a game of connect four at the Islamorada Brewery.



Conch House paella or a wedding party.



Dolphin play time at Dolphin Cove. Photo: Cathy Austin.

It's so hot that even the statues need a fan! Photo: Cheryl Cordes at the Big Chill .



The always-improving Gilbert's Resort at MM 108. Home of the largest tiki bar in the Keys, and fantastic live music! Photo: Rob LeBrun.



Beautiful sunset at Dolphin Cove. Photo: Cathy Austin.

Business in the Keys

Murphy's Other 15 Laws:
THANK KAREN BEAL

1. The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.

2. A fine is a tax for doing wrong. A tax is a fine for doing well.

3. He who laughs last, thinks slowest.

4. A day without sunshine is like ... well, night.

5. Change is inevitable, except from a vending machine.

6. Those who live by the sword get shot by those who don't.

7. Nothing is foolproof to a sufficiently talented fool.

8. When you go into court, you are putting yourself in the hands of twelve people who weren't smart enough to get out of jury duty.

9. It is said that if you line up all the cars in the world end-to-end, some nut case would be stupid enough to try to pass them.

10. If the shoe fits, get another one just like it.

11. The things that come to those who wait, may be the things left by those who got there first.

12. Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day drinking beer.

13. Flashlight: A case for holding dead batteries.

14. God gave you toes as a device for finding furniture in the dark.

15. Light travels faster than sound. This is why some people appear bright until you hear them speak.

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