Worksheet 8: Communicating Needs Without Guilt

Objective: To help you express your needs confidently and without self-doubt.

Part 1: Recognizing Unhelpful Thoughts

Check any thoughts you've had when trying to ask for what you need:

- ☐ "I don't want to be a burden."
- ☐ "People will think I'm difficult if I ask for accommodations."
- ☐ "I should be able to handle this on my own."
- ☐ "What if they say no?"
- ☐ "I feel guilty for needing extra help."

Part 2: Reframing These Thoughts

Rewrite the **self-doubting thought** as a **self-affirming belief.**

Self-Doubt: "I don't want to be a burden."
SelfAffirmation

_____

Self-Doubt: "People will think I'm difficult if I ask for accommodations."
SelfAffirmation

_____

Self-Doubt: "I should be able to handle this on my own."
Self-Affirmation:

_____

Part 3: Practicing Self-Advocacy Statements

Fill in the blanks with assertive ways to communicate your needs.

1. **"I work best when _____. Would it be possible to adjust that?"**
2. **"I need a little more time to process this. Could we slow down or take a break?"**
3. **"I prefer _____ when communicating. Could we do that instead?"**

Reflection

What is one need you will confidently express this week?

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