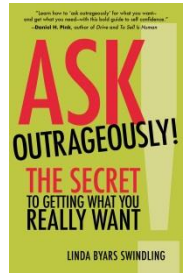


Spot Your Asking BLOCK



Consider the self-limiting beliefs and behaviors below. Which, if any, resonate with you?

Could someone you lead or care about benefit by eliminating or managing one of these blocks?

Put a checkmark under each column that identifies the reason that keeps you from asking. Then select one or two which are priorities to address now.

Reason for Not Asking	Mine	Person I Lead/Care About	Priority
Concern about perception:			
Expose a weakness or vulnerability			
Become emotional			
Look stupid or embarrass myself			
Have my value questioned			
Concern of losing connections:			
Be rejected			
Negatively affect a relationship			
Appear self-serving			
Concern of losing control:			
Face ramifications			
Have expectations placed on me			
Not receive help			
Other:			