

# Asking for Help

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*Why is it hard for me to ask for help?*

*Whom can I ask for help?*

*Here are some sentences I can use to ask for help:*

If I need more information or clarification on a task:

If I believe there has been a miscommunication:

If I need additional support:

If I am asking for advice:

*Here are some ways I can express gratitude for someone's help:*