

Helping Without Rescuing

Write the answers to the questions below.

1) **WHAT EVIDENCE AM I USING TO DECIDE THAT HELP IS NEEDED?**

2) **WHAT DO I THINK WOULD BE HELPFUL?**

3) **DO I HAVE THE RESOURCES TO PROVIDE THIS HELP?**

4) **WHAT WILL "HELPING" COST ME? (TIME, ENERGY, MONEY, ETC.)**

5) **HOW WILL HELPING BENEFIT ME? (I'LL HAVE FUN, FEEL LESS TENSE, FEEL LIKE A GOOD PERSON, BE MORE COMFORTABLE ASKING FOR HELP FOR MYSELF LATER, ETC.)**

6) **WHAT IS LIKELY TO HAPPEN IF I DON'T HELP?**

7) **GIVEN THESE PREDICTED COSTS AND BENEFITS, DO I REALLY WANT TO HELP?**

8) **HAS THE OTHER PERSON ASKED FOR HELP? IF THE PERSON HAS ASKED, AND YOU HAVE DECIDED FROM THE PREVIOUS QUESTIONS THAT YOU WANT TO HELP, THEN CLARIFY WHAT YOU WILL DO AND GO AHEAD AND DO IT. IF THE OTHER PERSON HAS NOT ASKED, DO NOT JUST GO AHEAD, BUT OFFER SOME SPECIFIC HELP. FOR EXAMPLE, MARIE COULD HAVE OFFERED TO TAKE THE TWO-YEAR-OLD OUTSIDE TO PLAY.**

9) **CHECK TO SEE IF YOUR HELP IS ACTUALLY HELPING (ASK QUESTIONS, OBSERVE).**

10) **GIVE ONLY AS MUCH HELP AS IS NEEDED. GIVING MORE THAN IS NEEDED OFTEN LEADS TO RESENTMENT FOR THE HELPER AND LOW SELF-ESTEEM FOR THE RECIPIENT.**

11) **ACCEPT THE POSITIVE STROKES YOU GET FOR HELPING.**

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