

Building the Connection Characteristic



This characteristic helps you:

- draw on others' resources to address the challenges of change
- build and work in synergistic relationships
- use social support to help you deal with stress and uncertainty
- engage others easily and naturally
- reach out for help when it is needed

You may want to strengthen this characteristic if you:

- tend to try to do everything yourself
- find it difficult to seek assistance from others
- feel isolated or alone
- respond to stress by withdrawing from others
- wait for a long time before seeking help
- find it much easier to give than to receive



Asking for Help

The strongest relationships have an element of *reciprocity*—people give and receive help from each other easily. But this give-and-take can be hard to develop. Helping another person can put you in a position of strength, while asking for help can make you feel that you are putting ourselves in a position of weakness or vulnerability. Small requests for help from another person can start the process, and can help you create a supportive network *before* you get into a crisis situation.

Try It Yourself

1. Think of a situation you're facing that feels challenging or difficult.
2. Decide what help would be most valuable to you. This could include:

Practical Support: Resources, knowledge, actions, referrals, etc.

Emotional Support: Listening, hugs, empathy, prayers, etc.

3. Think about who could help. This could include:

Family	Friends	Neighbors	Community
Bosses	Peers	Subordinates	Network Contacts
Religious Organizations	Classmates	Strangers	Others

Identify one or more people you could reach out to.

4. Ask for help.
5. Offer thanks/gratitude.
6. Reciprocate in some way when the time is right.

Micro-Practice: What can you do "in the moment"?

- ✓ Don't wait for someone to call or contact you—make the call or send the e-mail first.
- ✓ When you're in a new situation, reach out and introduce yourself to someone.
- ✓ Take time to appreciate another person for something they do well.