

An illustration featuring three yellow human figures and two yellow ladders. One figure stands on top of the word 'JUST', another is climbing a ladder that reaches the top of 'JUST', and a third is at the bottom of a ladder that reaches the top of 'ASK'. The word 'JUST' is in red and 'ASK' is in purple.

JUST ASK

Why Seeking Support is
Your Greatest Strength

What are you struggling with but you're not being open about?

Uncertainty about my career choice. It feels like I can't be honest with my network that I'm doubting if this is the field for me, but I want to try a new path.

When I ask people for help, I feel like that they may perceive that I am only taking and not giving. So I'm afraid to ask

I am annoyed with the not being able to see my family.

Awkwardness with networking - actually just opened up about it this week! :))

RIFed in 9/20 -- ok financially -- but haven't told my family because I don't want them to worry.

I need help creating a network, I've just moved to NY and don't have a network here at all. I feel as I have no professional value

Finding a new job opportunity where I can use my language and professional skills. I want to be better with Networking.

procrastinating about cleaning and decluttering my messy home

Medium and long-term planning, fear that my new business won't succeed.

What are you struggling with but you're not being open about?

Looking foolish, weak

i fuck up relationships too easily. too awkward

not having enough clients

Level of depression and low def-esteem. Also not feeling worthy of opportunities

Telling people I'm unemployed. Though I will after I'm fully vaccinated.

Afraid to ask for career help from my network. I feel I might not be good enough.

Unsuccessful job search, pending eviction, severe depression, no network

job search and interview confidence

Although vaccinated, still fearful of going out .

What are you struggling with but you're not being open about?

that I may be too old for anyone to hire me

My career is kinda vague since I've moved to the UK to study/work

Don't know what I want to do when I grow up -- I'm 55.

Struggling with not sure what I want to do next and not being successful.

if I ask for help I'm not in control, weak, and a loser

I worked for a small company, for a long time, round the clock and developed no contacts. I am worried about not getting another job.

working until late night and struggling to sleep.

When I attempt to reach out to someone to ask for internships (I know this person through a mutual friend), I'm afraid that he/she will perceive me negatively (i.e. like I make use of this relationship just for my own benefit).

I want answers; but not how to advice; but want encouragement

What are you struggling with but you're not being open about?

constant struggle to find work, no matter what i do or the changes i make in the jobsearch

people want to help but I don't want to be surrounded downers--or sloppy hand holding

Afraid of appearing weak and incompetent

I've made my goals/what action items I should focus on but I keep finding myself doing things/attending events that focus on things down the path for me and not things I currently need to focus on

Working through challenges of finding a job and healing from trauma.

BEING VULNERABLE

EVERYTHING, personal, professional, social, emotional EXCEPT SPIRITUAL

Frozen with fear to even ask, not feeling good enough since being let go after 14 years due to the pandemic.

Concern about appearing too much of a "beginner".
Concern that field is already saturated.

What are you struggling with but you're not being open about?

SHAME

NOT FEELING ADEQUATE

What stops you asking for help?



The Key Qualities Needed in a Sharing Relationship

Authenticity and Integrity

Trust, Reliability and Reciprocity

Commitment and Accountability

Who do you turn to for advice?

Friends

Therapist

Professors

my best friends, my boyfriend, my mom

Housemates, friends, past work colleagues

Unfortunately no one right now! I've isolated myself a lot over this last year.

Siblings

A friend who I'm able to relate to in the current moment

My husband, close friends



Who do you turn to for advice?

Trusted friends or work colleagues.

My coach, my husband, close friends.

Only people who will hurt me with the truth

My therapist, my coach, my closest friends

career coach

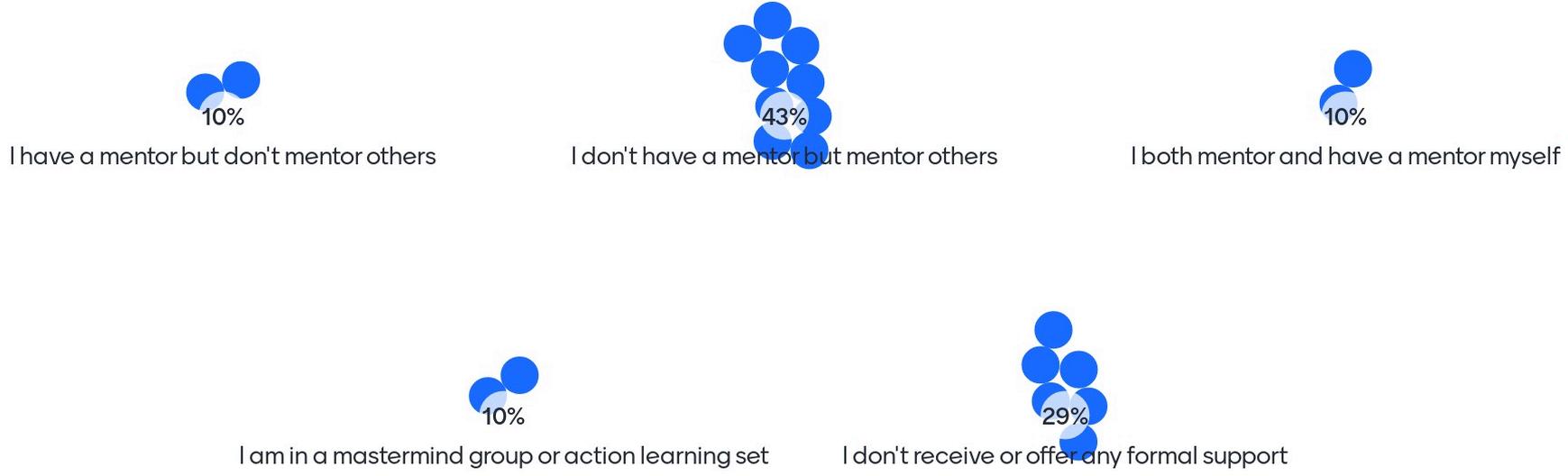
My boss.

wish it were more friends. limited sadly these. best friend wife, died 3 years ago. only her.

parents of kids' classmates

Former colleagues

What formal support do you receive / give?



AndyLopata.com/JustAsk

