

## 4 Times You Just Need to Suck it Up and Ask for Help at Work

We all get it — there are some people out there who would rather stroll into work completely naked than suck up their pride and ask for help. For some reason, they see asking for help as a sign of weakness, when in reality it's a sign of great strength. After all, it means you're self-aware and confident enough to accept that you need to call in some help, right?

However, that doesn't necessarily mean that asking for help is *easy*. It can actually be pretty stressful approaching someone at your work to ask them to lend a hand. What if the person you want to ask is busy? What if they judge you as being not smart or capable enough to do it on your own?

Well, here are four times where you really need to bite the bullet and ask for help. We've also thrown in some suggestions for what to say in each case, because we know the last thing you want to do is build up your courage only to stammer your way through a mumbled and unclear request.



### 1. When You Have No Idea What You're Doing

OK so this one should be pretty obvious, but if you have absolutely no idea what you're supposed to be doing for a work task, it's time to find someone who does know and ask them.

There's no use torturing yourself by trying to blindly navigate a job that you don't understand. If you do that, chances are it won't turn out as expected, and you'll have wasted your own (and everyone else's) time! Plus you'll look stubborn and bungling. So take a deep breath and approach your supervisor or one of your co-workers to get a better understanding of the particular task.

**Try saying something like this:**

***“Hey, I’m feeling a little confused about what I’m meant to be doing here. Could you please go over it again? I’m keen to not make any mistakes.”***

## 2. When You Have Too Much on Your Plate

It happens to the best of us. You kept answering “Yes!” to every job that was going and now you’re completely buried with work. You’ve reached your limit, and you know that there’s absolutely no way you’ll finish what you agreed to do even if you stay late for a few days.



What’s your next step? See if you can get some help from one of your workmates. You may feel bad for doing this, but everyone has been in this situation at least once in their life. Just be sure to repay the favour the next time your mate is feeling overworked.

Try saying something like this:

***“I hate feeling like I’m trying to pass off work on other people, but I’m totally swamped right now. If you have any extra time, would you mind helping me get this job finished? I’d really appreciate your help!”***

## 3. When You Made a Mistake

You’re human so you’ll make mistakes, but *what* you did is not as important as how you react to it. The worst thing you can do is attempt to sweep a mistake under the rug in the hope that nobody will notice. If you try to fix your mistake by doing things you shouldn’t be doing, you could end up making things even worse for yourself.



Sure, it’s embarrassing, but if you need help fixing your slip-up, make sure to approach the appropriate people in your workplace immediately. You’re not the first person to make a mistake at work and you certainly won’t be the last.

Try saying something like this:

***“I’m sorry, but I completely messed up and now I need help to get it fixed. I’m so sorry for the extra work. I really appreciate your help!”***

#### 4. When You Need Expert Advice

If you're working on a job that's outside your knowledge or skills, get some help from co-workers who know what to do. Never hesitate to ask them for their advice and talents — they'll probably be happy to help! They'll also be able to help to complete the job to the very best standard. Talk about a win-win.

**Try saying something like this:**

***“I'm working on this task, and I'd love your expert advice on this particular bit. Can you show me how to do this so I can do the best job possible.”***



Asking for help isn't always easy, but sometimes it's necessary. If you find yourself in one of these situations, take a deep breath, swallow your pride and approach others in your workplace for some much-needed assistance. We promise it will be better for you in the long run.

Adapted from <https://www.themuse.com/advice/4-times-you-just-need-to-suck-it-up-and-ask-for-help-at-work>