

# Asking for Help

We are in Week 2 of On Fire For Life! This week you are considering some ways to help you move past the fearful or anxious emotions that sometimes creep in and cause unhealthy behaviors. When we first begin to shed our traumas, it is sometimes hard for us to do it on our own. It can be helpful to consider how someone else might have helped us had they been aware of our situation. Knowing that someone else is fighting in your corner can help to provide additional strength to help you overcome your fears and anxieties.

## Activity for the Heart:

Make a list of 5 people whom you trust. These people may be alive or have passed on, you may be in touch with them, you may not be. This is just a list of 5 people who are/have been in your life that you would want to ask to pray with you for healing from your heartbreak. They would be 5 people that you know would have done everything to stop the heartbreak had they been aware it was happening.

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Do you feel safe in telling each of the people your story?  Yes or  No

If no, why did you decide to include them on your list?

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Choose one person from your list and visualize yourself telling them your story. As you retell the story, stop to write down how you think that person would have helped you had they known what was happening.

What would they do to help you?

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What would they say?

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Would they have enlisted someone else to help? If so, who? \_\_\_\_\_