



KARYN SHANKS MD

Heart, Hope, Healing

Why's It So Hard to Ask for Help?

BY KARYN SHANKS MD | SEPTEMBER 7, 2019



Does asking for help make you squirm?

Yah, me too.

Why's that?

I remember a time when I would NOT ask for help. Not ever. I thought I had to do it all myself. You know, pull myself up by the bootstraps, be tough and self-sufficient. Thinking I'd be a bother to others in asking for help or show some inherent flaw in my character, or weakness in my know-how.

Geeze, what crazy silly stories those were! And boy was I wrong. Dead wrong.

Turns out people—the *right* people—are loving and kind. They feel honored to help. Many of them are on a life path to help. Like I am. Like you are.

So, what did I do? I had to let go of those old stories of stoicism. Stories inspired—straight out—by my own lack of self-worth (who was *I* to ask for help?). But I needed help. For all

kinds of things, it turned out. I had to reckon with my worthiness for help to adopt new, more inspired (and truthful) stories about what help really is:

Help is what we do for one another in our human tribe—it's our honor and privilege.

Help is learning to receive the love and kindness of others.

Help is claiming our worthiness to receive that love and kindness.

Help connects us through sharing our human journey with one another.

What else is help?

And how can I help you?

Hit reply (seriously!) and tell me. Is there something I can write about in future emails, articles, or courses? I'd love to hear from you.

Have a Beautiful day!

Karyn

p.s. Truth is, I'd love your help too! My new book, ***HEAL: A Nine-Stage Roadmap to Recover Energy, Reverse Chronic Illness, and Claim the Potential of a Vibrant New You***, will be officially available on 11-11-19 and I am SO dang excited!

To get ready for the launch I need early readers and reviewers. The first 50 of you to hit reply and tell me you'd like to help me (yes, I'm asking YOU for help!) will get an early copy of ***HEAL***.

Thank you so much in advance. Can't wait to hear from you!

A NINE-STAGE ROADMAP TO **RECOVER ENERGY,**
REVERSE CHRONIC ILLNESS, AND CLAIM THE
POTENTIAL OF A **VIBRANT NEW YOU**



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FATIGUE IS NOT YOUR DESTINY

p.p.s. Want to read more about the human mind and its amazing ability to weave stories about, well, everything? We'll explore the biology of storytelling—neuroplasticity—and how to change those tenacious stories that get in the way of our healing. I call this series, ***Empower Your Healing Story***. [Have a look!](#)

KARYN SHANKS MD

Karyn Shanks, MD, is a physician who lives and practices in Iowa City. Her work is inspired by the science of Functional Medicine, body-mind principles, and wisdom gleaned from the transformational journeys of thousands of clients over her twenty-five-year career. Her work honors each individual and the power of their stories, their inner wisdom, and innate healing potential. She believes that the bones of healing are in what we do for ourselves. She is the author of *Liftoff*, a manual of energy recovery and healing through essential self-care practices.

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