

If You Are Going to Help Me

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- 1. Please be patient while I decide if I can trust you.**
- 2. Let me tell my story. The whole story, in my own way.**
- 3. Please accept that whatever I have done, whatever I may do is the best I have to offer and seemed right at the time.**
- 4. I am not a person. I am THIS person, unique and special.**
- 5. Don't judge me as bad or good. I am what I am and that's all I've got.**
- 6. Don't assume that your knowledge about me is more accurate than mine. You only know what I have told you. That's only part of me.**
- 7. Don't ever think that you know what I should do – you don't. I may be confused, but I am still the expert about me.**
- 8. Don't place me in a position of living up to your expectations. I have enough trouble with mine.**
- 9. Please hear my feelings. Not just my words – accept all of them. If you can't, how can I?**
- 10. Don't save me! I can do it myself. I knew enough to ask for help didn't I?**

HELP ME TO HELP MYSELF.