Help Request Script Cards

Asking is hard. Use these words as-is, or make them yours. Cut along the lines.

A SMALL ERRAND

"Can you pick up one prescription for us this week? I'll send you the details."

TIME TO REST

"I need two hours on Saturday morning. Can you sit with _____ so I can rest?"

A PHONE CALL

"Could you make one phone call for me? I'll write down exactly what to say."

A TINY CHECK-IN

"You don't have to do anything big. Could you text me on Tuesday and ask how I'm doing?"

More cards

A MEAL

“Could you bring dinner on Thursday? Something simple is perfect, and I'd be really grateful.”

JUST LISTENING

“I'm having a rough week. Can I vent for ten minutes without you trying to fix it?”

A STANDING HOUR

“Could we set up one regular hour each week where you take over? Which day works for you?”

WHEN SOMEONE SAYS "LET ME KNOW"

“Thank you. Yes, actually: could you _____ ?”

Write your own

Say it here once, and it's easier to say out loud.

MY OWN WORDS

MY OWN WORDS

MY OWN WORDS

MY OWN WORDS