



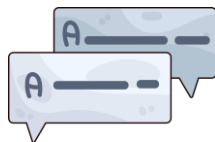
Asking for support or change

Think of something in your daily care that is difficult.

What is not working well for me?☒

What would I like to change?

What could I say?



Practice sentences:☒

“I would like...”☒

“Could we try...”☒

“It would help me if...”



Next time I need something, I will...