

## Coach's Corner

by Sharon Pahlka, kidney patient and life coach



### No more "No, me do it!"

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"I take good care of myself. Surely the heavy chest I was feeling was just stress."

I recently had to go to a cardiac (heart) doctor. A friend of mine asked if I would like her to go with me. I said, "No, but thanks very much...no big deal." (As my grandson would say, "No, me do it!")

Thinking about her offer, later, I had to admit that I was not listening to my own advice. How many times have I told other patients: "Take someone with you when you go to a doctor's appointment or have a procedure or surgery done. They can be an extra pair of ears—not to mention an advocate—when for a variety of reasons people don't have time for you." So why wasn't I listening to me?

Luckily, another friend asked. This time I said "yes." Instead of the verdict of too much stress, I was immediately given nitro glycerin and scheduled for an angioplasty (procedure). I was so glad my friend was there. She helped me gather my wits from the shock and deal with a "no big deal" suddenly turning into a very big deal.

It is humbling to ask for help in most matters. The truth is that we all need each other and are not made to go it along. So swallow your pride, deal with your denial—whatever it takes to put "no, me do it" aside—and ask for help. You'll do better and your helpers will have the satisfaction of helping someone else.

**Coaching Question:** Where can you specifically be open to others' help?

**Coaching Tip:** Imagine how you would feel if no one allowed you to help them. Allow people to "make a difference" starting with you.

**Homework:** Make an "advocates" list—people you feel comfortable asking for help, and have it ready.

#### Quotes:

"What do we live for if not to make life less difficult for each other?"  
—George Eliot

"Be brave enough to accept the help of others."  
—Melba Colgrove

#### Resources:

Ten Tips on Asking for Help

<http://www.chacocanyon.com/pointlookout/031210.shtml>

Sharon Pahlka is a life coach specializing in helping those with chronic health challenges live well and meaningfully. She spent 19 years on dialysis, and for the last 12 years has had a kidney transplant. To learn more and read other Coach's Corner articles, visit her Web site: <http://www.lifeisagift.com>.