

# MYTHS: HOW THEY IMPACT NEEDS

## MYTH

## FACT

<p>If I ask for what I need or want, they will assume I am weak or unprepared.</p>	<p>People who ask for what they need/want often appear confident and self assured. They also set a good example for other people to feel comfortable expressing their needs.</p>
<p>I should be willing to put myself last, that is what mothers do.</p>	<p>Priorities should be determined by level of need such that the person with the highest level of need in a given situation is prioritized. This is a fair system, and it is important that my children understand that they are not the only people who have needs.</p>
<p>If I could just think differently about this, I wouldn't need to ask for help.</p>	<p>Everyone needs help sometimes--even people who seem like they have it all under control. It is important for my children to learn this lesson as well.</p>
<p>Before I ask for anything, I need to be certain that others are willing to help.</p>	<p>There is no way of knowing for sure whether someone is willing to help unless you ask, and if their answer is no, that's okay!</p>
<p>If they say no, I will feel awful and they will judge me for asking.</p>	<p>It is possible for someone to say no, but still wish they could help and understand your reasons for asking.</p>
<p>I don't need help, if I cannot figure it out on my own it must be a reflection of my inadequacy.</p>	<p>Everyone needs help sometimes--even people who seem like they have it all under control. It is important for my children to learn this lesson as well.</p>

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<p>It is my job to nurture my baby, no one else can provide what I can.</p>	<p>I have a very special connection with my baby and feel like I understand their needs very well. However, it is also important that my baby learn to express their needs to others, and learn that others can be counted on to care of them when I am not around.</p>
<p>My family and friends should already know how to help, I shouldn't have to ask.</p>	<p>What may seem obvious to me may not be obvious to someone else. The only way to ensure that I get the help I need is by communicating effectively about it.</p>
<p>I should be able to get what I want immediately, I am a mother and need support now.</p>	<p>Just as I am in a challenging time right now, others may be dealing with their own challenges and unable to help me in a given moment. Until I can get help, I can use skills to help soothe myself.</p>
<p>They should have known that they hurt me, I should not have to tell them.</p>	<p>What may seem obvious to me may not be obvious to someone else. The only way to make sure my feelings are known is to communicate about them.</p>
<p>I will meet my babies needs immediately and without great difficulty.</p>	<p>All babies are different and sometimes confusing. Sometimes, they are unable to be soothed for a period of time. Therefore, a mother's value is not determined by how quickly she feels like she can meet her baby's needs.</p>
<p>I don't need to be kind or fair, I am a sleep deprived mother.</p>	<p>Everyone needs to do their best to be kind and fair whenever possible, but it may be hard to do so at times. If I find that I am struggling to do this, I need to prioritize myself to help understand what I need to return to a place of kindness and fairness.</p>