



Asking for Help Discussion Questions

July 2026

1. What strategies have worked well for you when seeking help from others?
2. How do you respond if you ask for help and someone says no?
3. What educational programs, workshops, or classes have you found useful?
4. How do you keep track of information about medications, treatments, or therapies?
5. Why is it difficult to ask others for support?
6. How can patients prepare for medical appointments to get the information they need?
7. What specific kinds of support (practical, emotional, financial, transportation, household tasks, etc.) would make the biggest difference in managing your pain?
8. What types of information have been most helpful in understanding your chronic pain condition?
9. How do you evaluate whether health information you find online is reliable?
10. Where have you found community groups (online or in person) that are useful?
11. When someone offers general help by saying, "Let me know if you need anything," How do you typically respond?
12. What are the top three tips you would share with someone who has recently been diagnosed with a chronic pain condition?
13. What has been your experience with home health aides? Have you investigated ways to see if your insurance will cover it?
14. When you have questions about mobility or adaptive equipment, do you bring them up with your providers? Or where do you research options?

15. Are you direct when you ask for help, or do you give hints?
What works?
16. When learning a new pain management skill, what kind of support or instruction is most helpful?
17. What are ways you can broaden your circle of people who can assist you?
18. Have you looked into any local programs that may provide aid for energy bills, food support, banking needs, or transportation?
19. What resources help you manage activities of daily living (ADLs)?
20. What are some examples of accommodations you have requested in school, work, or community settings?
21. How can family members or caregivers be educated about chronic pain conditions?
22. What advice would you give someone who is hesitant to ask for information or assistance related to their chronic pain?
23. What concerns come up when you consider requesting support from family, friends, or coworkers?
24. What are ways you can broaden your circle of people who can help you?
25. When have you really benefitted by asking for help?
What made that experience successful?
26. What types of support are the easiest for you to ask for, and which are the hardest?
27. How do you determine when you need assistance versus when you try to manage on your own? Can you share an example?
28. If asking for help felt easier and more comfortable, what would be different in your daily life?
29. Have you investigated whether your city/ county/ state has any useful resources for people with pain and/or disability?
30. How do you decide when it's time to ask a healthcare provider for more information or clarification?

31. How do you communicate your needs to others when your pain levels fluctuate from day to day?
32. What resources have helped you learn more about pain management techniques?