Help doesn’t help anyone if the help being given isn’t what those being helped actually need

Adam Tugwell | 4 December 2023



Yes, it sounds like quite a mouthful, doesn’t it?

How can help not be help, or when is help not actually help, do also sound like trick questions too. As help is always help, *isn’t it*?

Well, actually no. Help really doesn’t help anyone, if that help isn’t something that the recipient actually needs.

The point that help isn't help unless it is needed is relevant, because those that can help others who do need help today, are, instead of giving the help that others need, only giving the help that they want to give, or what they believe that help should be.

Oddly enough, this blog isn't an attack on anyone prepared to help another because they don't do exactly what anyone needing help has asked them for. Because in many cases, even this isn't a question of the help that those people need, but actually just a statement of the help that those people 'want'.

Want and need are two very different things. Our needs are very basic and revolve around being happy, healthy, safe, secure and being able to function as any human being should, self sufficiently and without then requiring any further help. Whereas our wants could go on forever and regrettably, once fed, may never ever really be met.

Help isn't help at all, if its only based on wants, rather than what anyone genuinely needs the help they receive to be.

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Further Information

To explore more of Adam Tugwell's writing, including the online edition of this post, please visit:
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