



Learned Helplessness



What is learned helplessness?




Learned helplessness is when I fail at something.



Other people are succeeding around me.



But I fail when I try again.



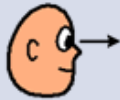
I come to believe that I can't do it.



So I stop trying.



I come to believe that I will never be able to do it.



What might learned helplessness look like?



I tried to make friends with someone..




They were unkind to me and bullied me.




I can't trust myself to choose the right people to be friends with.

$$\begin{array}{r} 259 \\ \times 917 \\ \hline \end{array}$$

I tried to learn something but it didn't make sense to me.



Other people seemed to understand it easily.



I can't learn because I am stupid.



What can I do to help me if I am experiencing learned helplessness?



Challenge my thinking.



Ask someone I trust for help.



Start with something I know I can do first.

