

LEARNED HELPLESSNESS

A TINY GUIDE



CREATING
A CULTURE
OF DIGNITY

Learned helplessness is just that, *learned*.

You have experienced things that make you believe you have no control.

So, you start to think, feel, and act like you're helpless.



It's the worst.

**MYTH
#1**

Learned Helplessness
wants you to think
**negative things are
forever.**

Nothing is forever.



ASK YOURSELF:



Is this feeling/event permanent?

Why do I feel like things will always be this way?

Why do I think I'll never be able to change?

