

LEARNED HELPLESSNESS

A TINY GUIDE



SOURCE MATERIAL BY
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**CREATING
A CULTURE
OF DIGNITY**

LEARNED HELPLESSNESS

is when you believe you
have no control.



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.*



This feeling is real to you and it comes from a combination of experience and emotions.

You may have experienced trauma that taught you that specific things are outside of your control.

You may have convinced yourself that you are powerless to change your situation.

I'm always going to be bad at this, so why even try?



**Ugh... Learned
Helplessness
sounds
depressing.**



It is! That is why we have
to think about it!



It's a learned
behavior we
want to
DISRUPT



DISRUPTING **LEARNED HELPLESSNESS**



A red starburst graphic with a jagged, multi-pointed border, containing the text 'MYTH #1' in white.

**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?





**MYTH
#2**

Learned Helplessness wants
you to **think negative things**
will spread into everything.

That's not true.



ASK YOURSELF:



Even if it's small or it doesn't seem like it matters that much, what is one thing I have control over?





MYTH
#3

Learned Helplessness wants
you to think **there's
something inherently wrong
with you.**

That's not true.



TELL YOURSELF:



I'm worthy of love and good things.

Feelings are not facts. Feelings are temporary.

I have fundamental worth and value.



**Changing your thought
patterns isn't easy.**

BUT IT'S POSSIBLE.



YOU MATTER.

YOUR EMOTIONS MATTER.

OTHER PEOPLE MATTER.

