



*Today's Suggested
Topic is...*

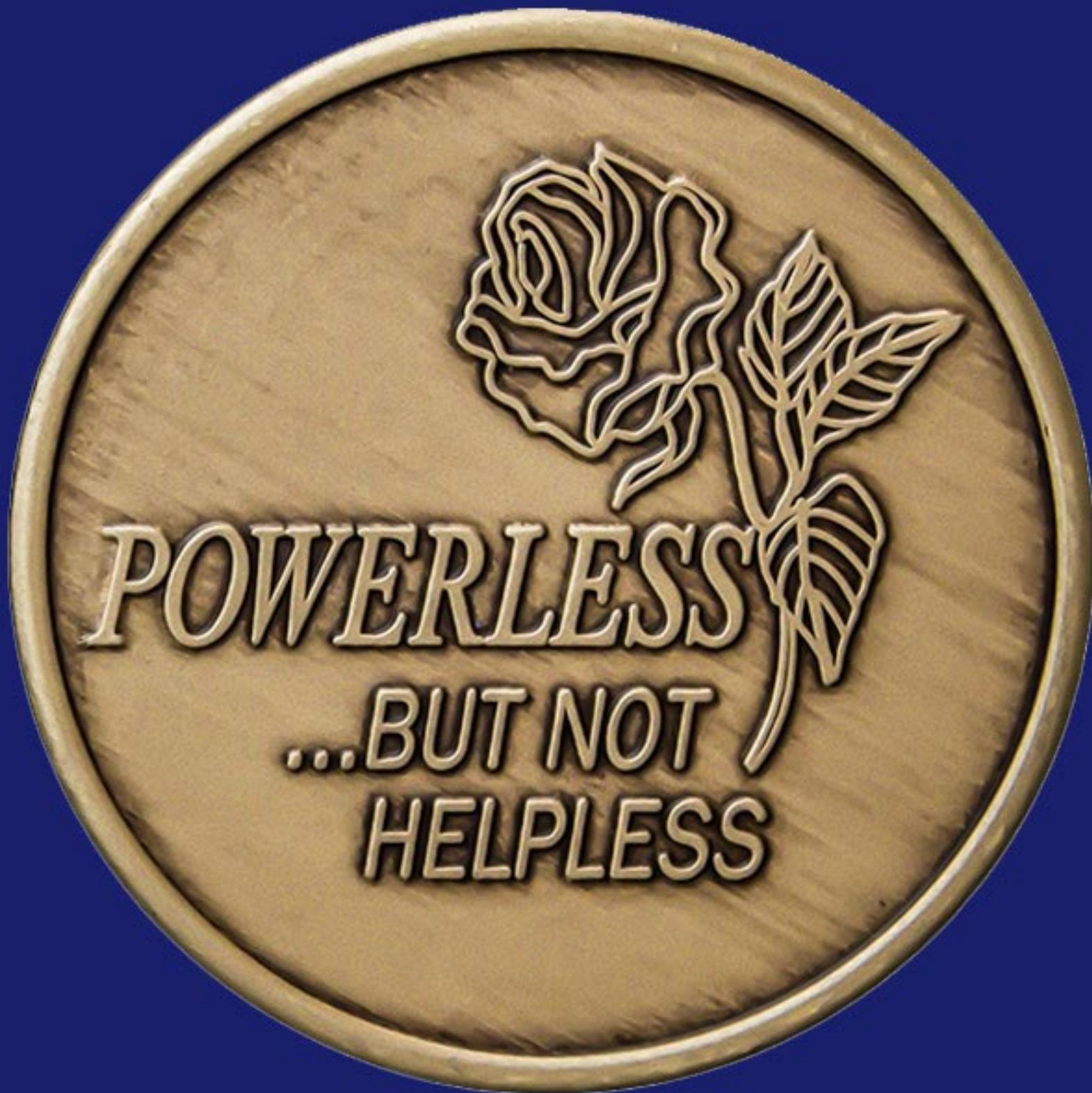
**Powerless
Not
Helpless**

Step 1: Surrender

We admitted we were powerless over alcohol - that our lives had become unmanageable.

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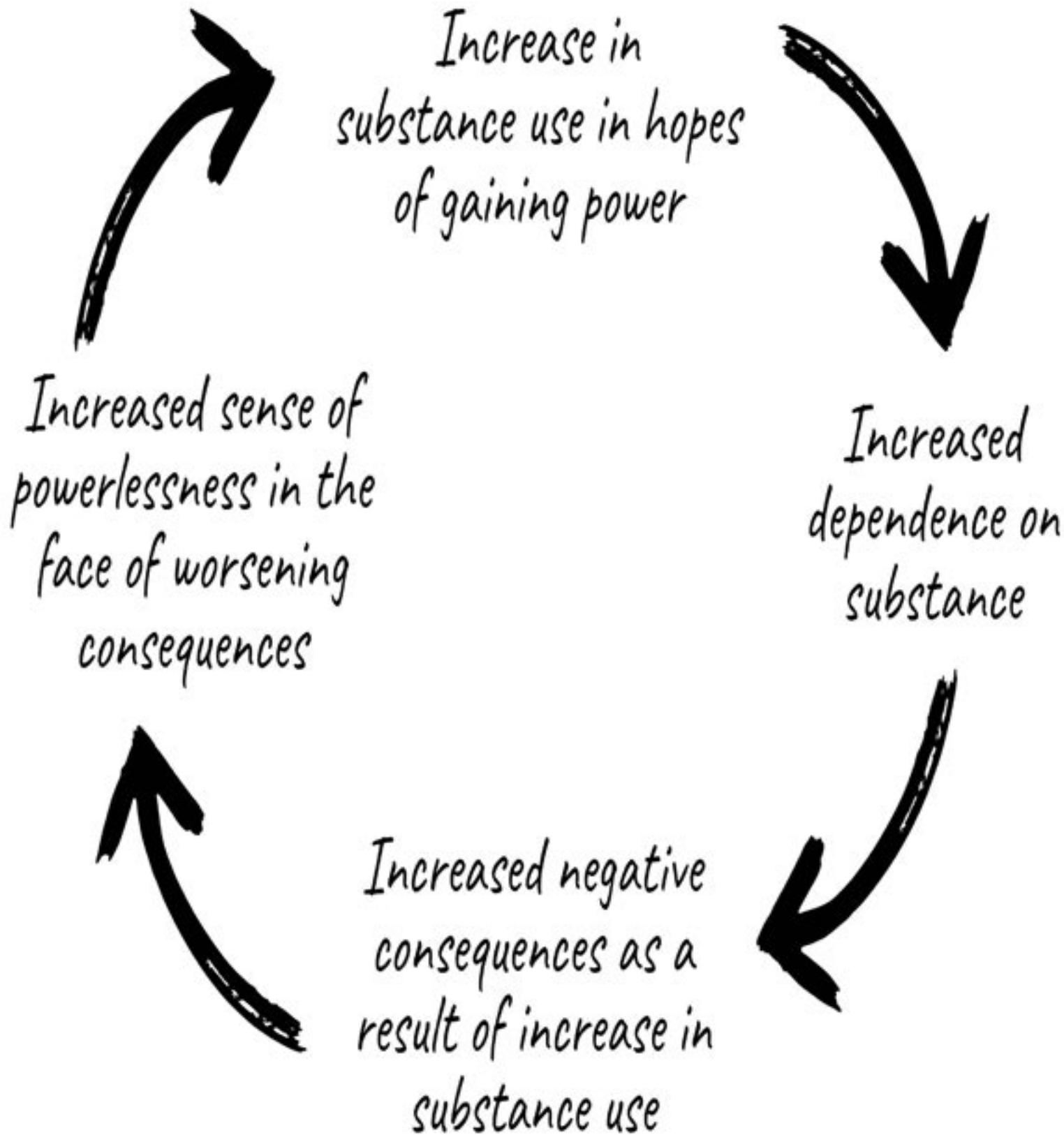
POWERLESS

Let us never forget
the desperation
the despair
the self-loathing
the lying
the cheating
and the pain

Celebrate sobriety



Cycle of Powerlessness for the Addict/Alcoholic





“I can't do that.”

“Why bother?”

“I'm not smart enough.”

“What's the use?”

“I'll just fail anyway.”

“Nothing works for me.”

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First, the Person takes a Drink.
Then, the Drink takes a Drink.
Then the Drink takes the Person



**“THE MOST COMMON WAY PEOPLE
GIVE UP THEIR POWER IS BY
THINKING THEY DON’T HAVE ANY.”**

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— ALICE WALKER

Learned Helplessness

■ Learned Helplessness:

- The hopelessness and passive resignation an animal or human learns when unable to avoid repeated or aversive events



Uncontrollable
bad events

Experiment by
Martin Seligman:
Give a dog no
chance of escape
from repeated
shocks.

Result: It will give
up on trying to
escape pain, even
when it later has
the option to do
so.

Learned Helplessness vs. Personal Control

Normally, most creatures
try to escape or end a
painful situation. But
experience can make us
lose hope.

Perceived
lack of control

**Learned
Helplessness:**
*Declining to help
oneself after
repeated
attempts to do so
have failed.*

Generalized
helpless behavior

Personal Control:
When people are
given some choices
(not too many), they
thrive.

Learned Helplessness vs. Personal Control

- People who feel helpless and oppressed often perceive control as external
- Learned helplessness: Helpless behavior following repeated experiences that seemed to have no control.
- In an experiment on learned helplessness, Seligman found that animals that were unable to change their situation for long periods of times seemed unable or unwilling to change when the possibility was opened to them.

Learned Helplessness is a psychological state of passivity and powerlessness that comes from recurrent failures to overcome stressful situations.

Signs of Learned Helplessness

-  Passivity
-  Low self-esteem
-  Giving up
-  Lack of effort
-  No motivation

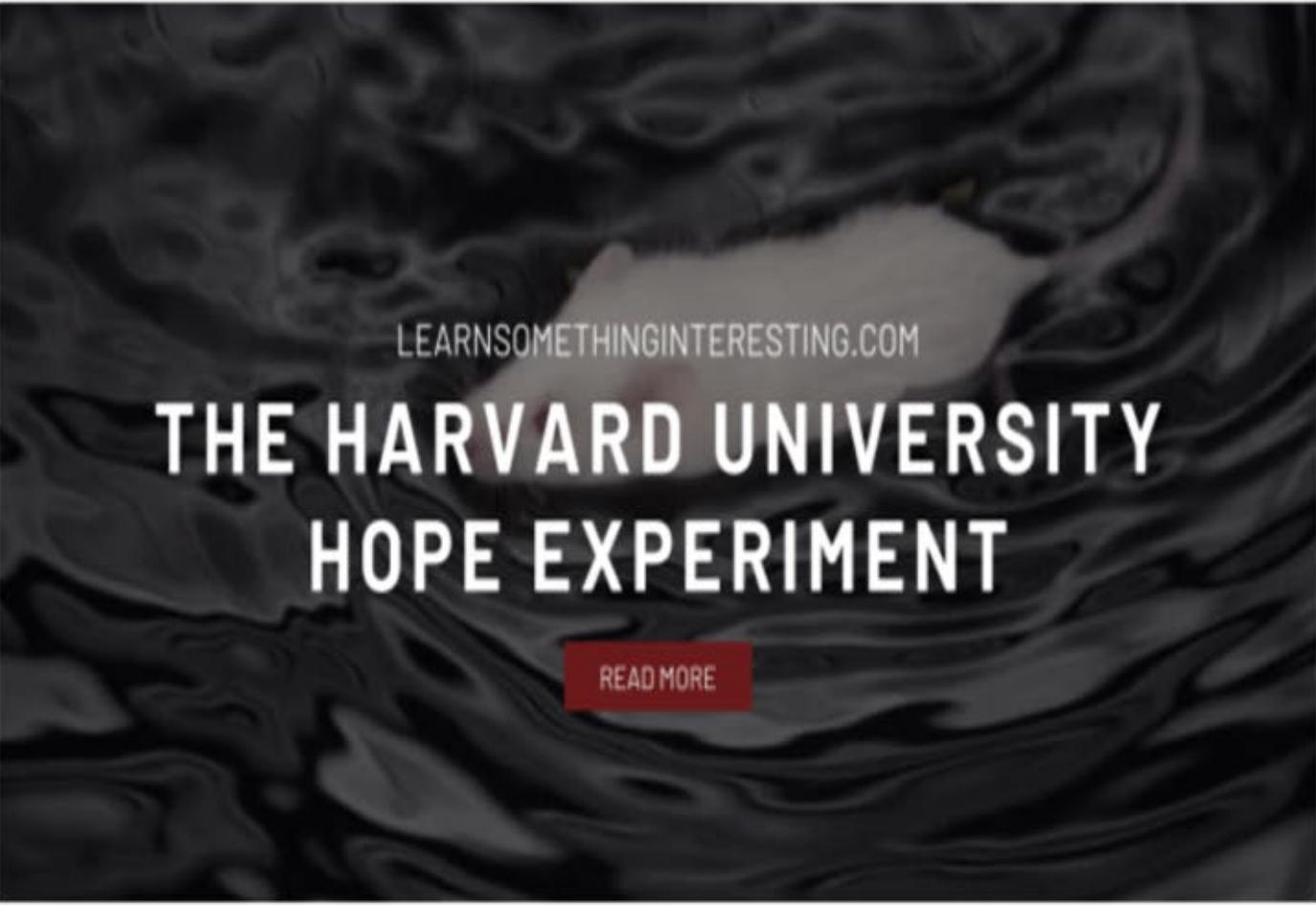
Impact of Learned Helplessness

-  Fear and anxiety
-  State of burnout
-  No emotional healing
-  Unwillingness to act



LEARNED HELPLESSNESS BARRIER





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THE HARVARD UNIVERSITY HOPE EXPERIMENT

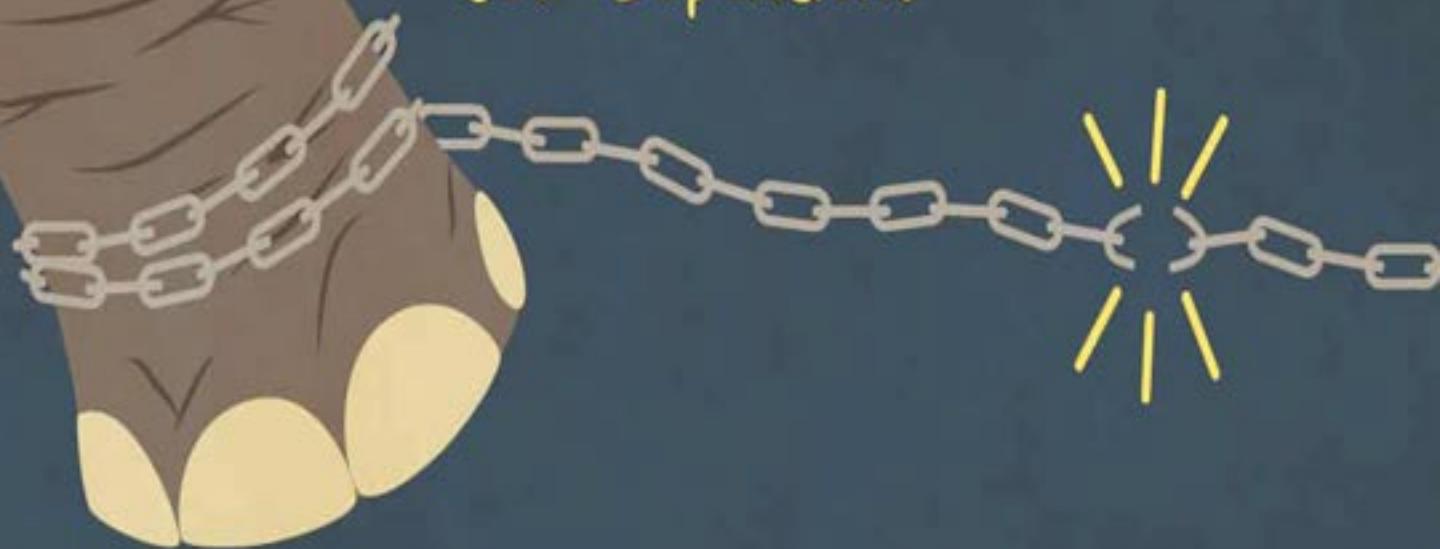
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During the 1950's, Dr. Curt Richter from Harvard University performed a series of experiments using water, buckets, and both domesticated and wild rats which resulted in a surprising discovery within the field of psychology. In the first experiment, Richter placed his test subjects into large buckets half filled with water with even those rats which were considered above average swimmers, giving up and dying within a few short minutes. In the second experiment, Richter pulled each rat out just as it was about to give up due to exhaustion and let them rest for a few moments. Upon inserting the rats back into the bucket of water, Richter found that the rats continued to struggle to survive for up to 60 hours as the rats now believed that if they continued to push forward with enough effort put forth, eventually they would be rescued once again. Richter recorded in his notes, "after elimination of hopelessness, the rats do not die"

According to this result, the mice learned that the situation they experienced was not the end, and that they could get rid of it. After all, they had a reason to try harder to stay alive. Hope gave them the Willpower to keep Living...

OVERCOMING LEARNED HELPLESSNESS:

How to become 'Optimistic' and
Self-Dependent





Treatment of Learned Helplessness

- ⦿ Cognitive behavior therapy
- ⦿ Learned optimism
- ⦿ Setting SMART goals
- ⦿ Stop self-sabotaging behavior
- ⦿ Build broken self-esteem

Mental illnesses occurring from Learned Helplessness

- 👉 Post-traumatic stress disorder
- 👉 Major depression
- 👉 Dysphoria
- 👉 Substance abuse



Learned Helplessness is an acquired inability to overcome obstacles and avoid aversive stimuli

1. persons who are made to feel helpless in one situation are more likely to act helpless in other situations
2. Depression is marked by feelings of despondency, powerlessness, and hopelessness
3. Hope
 - some may find hope in religion, nature, human companionship, or even technology.
 - hope is among the most important of all human emotions

LEARNED HELPLESSNESS

VERSUS

LEARNED OPTIMISM

TRAIN YOUR BRAIN TO BE MORE OPTIMISTIC

LEARNED HELPLESSNESS



LEARNED OPTIMISM



Feel helpless to take action with the belief that the situation is beyond their control

Use negative self-talk in the form of permanent and pervasive explanations to describe bad events

When faced with adversity, they act as pessimists and give up too soon or spiral into hopelessness

May suffer from depression, anxiety and stress. Excessive worrying can also impact their sleep and lead to poor health

Feel inspired to take action with the belief that they can change their situation

Use positive self-talk in the form of temporary and specific explanations to describe bad events

When faced with adversity, they act as optimists and keep pushing forward instead of ruminating about their past

Enjoy more success at work, better health, relationships and overall quality of life by engaging in constructive actions



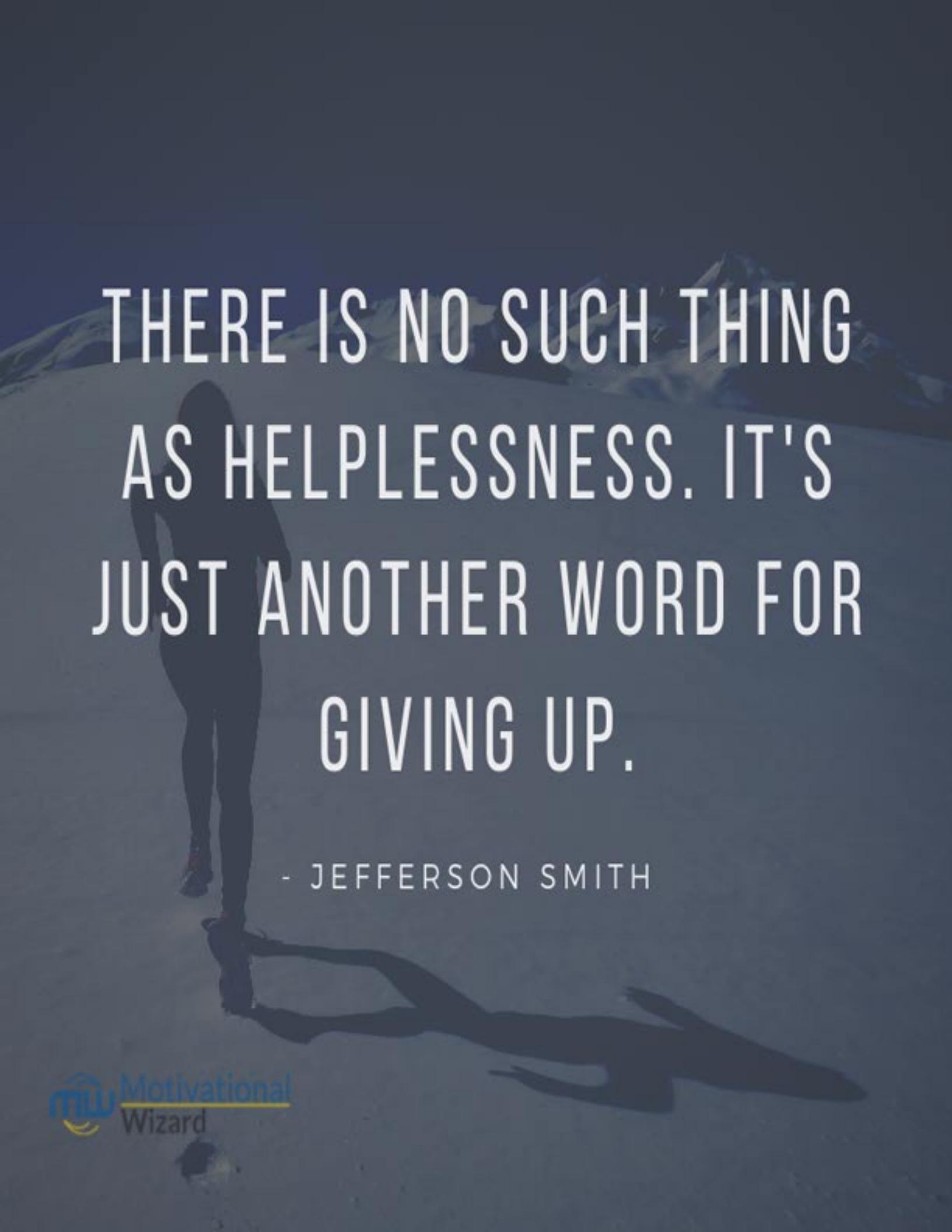
When you do nothing you feel overwhelmed and powerless. But when you get involved you feel the sense of hope and accomplishment that comes from knowing you are working to make things better.

— Maya Angelou —

**I CHOOSE TO LIVE BY CHOICE NOT BY CHANCE,
TO BE MOTIVATED NOT MANIPULATED,
TO BE USEFUL NOT USED,
TO MAKE CHANGE NOT EXCUSES,
TO EXCEL NOT COMPETE.**

I CHOOSE SELF ESTEEM NOT SELF PITY.

**I CHOOSE TO LISTEN TO MY INNER VOICE,
NOT TO LISTEN TO THE RANDOM
OPINIONS OF OTHERS...**

A person is climbing a steep, rocky mountain. The climber is wearing a blue shirt and dark pants, and is using a rope and a harness. The mountain is rocky and rugged, with patches of snow and ice. The sky is blue with some white clouds.

THERE IS NO SUCH THING
AS HELPLESSNESS. IT'S
JUST ANOTHER WORD FOR
GIVING UP.

- JEFFERSON SMITH



POWERLESS
*...BUT NOT
HELPLESS*

**THINGS
DO NOT
CHANGE
WE DO!**

