

# UNDERSTANDING METACOGNITION



LEARNED  
HELPLESSNESS

# ***Learned Helplessness***

***is:***

**When you feel helpless  
because 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 are helpless.**

**It sucks.**

**That helplessness is super real to you and it matters. It is a combination of internal and external experience.**

**You may have experienced traumas that have taught you that certain things are outside of your control.**

**You may have struggled a lot and then started to believe that there is nothing you can do about. Bad stuff will just always be there, so why even try.**

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

**It is! That is why we have to  
engage in metacognition and  
think about it!**

**It is a learned behavior we want  
to **DISRUPT****

# DISRUPTING **Learned Helplessness**

## ***Ask yourself:***

*Is this feeling/event permanent?*

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

*Why do you think you will never be able to change this?*

**Learned Helplessness wants you to think negative things are forever. Nothing is forever**

@namethetotamethem

# DISRUPTING **Learned Helplessness**

## ***Ask Yourself:***

*Why do I think everything is going to be like this or I am always going to feel this way?*

*What is one thing I have control over?*

**Learned Helplessness wants you to think negative things are pervasive and will spread into everything. That is not true.**

@namethemtotamethem

# DISRUPTING **Learned Helplessness**

## ***Remind Yourself:***

*I am worthy of love and good things.*

*Feelings are not facts. Feelings are temporary.*

*I have fundamental worth and value.*

**Learned Helplessness wants you to think there is something inherently wrong with you as a human. That is not true.**



**You matter.**

**Your emotions matter.**

**Changing your thought patterns  
is not easy. But it is possible.**

**Start disrupting Learned  
Helplessness.**