

Learned Helplessness

Traits associated with learned helplessness may include:

- ❑ **being apathetic**
- ❑ **becoming easily discouraged**
- ❑ **showing signs of passivity**
- ❑ **feeling powerless**
- ❑ **lacking motivation**
- ❑ **feeling overwhelmed**
- ❑ **becoming withdrawn**
- ❑ **having a defeatist attitude**
- ❑ **feeling listless**