

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- ❑ becoming withdrawn**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**