

Stomp Out The Helplessness!

Helplessness is when individuals think they cannot cope or deal with challenging situations and/or events.

Examples of thinking helplessly are:

- I'll have another panic attack.
- I can't handle this!
- I don't know what to say.
- I don't know what to do.
- I don't have the confidence in myself to do this.
- Let me out of here, I can't do this!



Task:

Consider events or situations that cause you to think in a helpless manner. Identify what the triggers were and what your thinking was.

Once you have identified some helpless thoughts, it's time to change them and use optimism. This takes immense practice over time. Each time you think in a helpless manner, turn it around with a positive and/or can do statement. Retraining your brain is the key to turning off helplessness and becoming more productive and positive with your thoughts. Turn the helplessness around with a problem solving plan.