

Helplessness!

Explain what's wrong with this thinking and provide advice for each situation. Replace the helpless thoughts with kinder statements.



I'm not going to even try to sing, I don't know how and it's not something that I can learn.



Don't pick me, I can't do it, I've never done it before so there's no point!



I can't swim, I'm not even going to get into the water, what's the point?



I've always been lousy at math. I don't understand it. I know I'll never get it.