

Process: Recognize negative thoughts and challenge them with contrary evidence

## A stylized illustration of a man with glasses and a mustache, wearing a suit and tie, sitting in a chair. He is holding a small, round, orange object in his hands. Behind him is a bookshelf with books and a potted plant.

*Cure: Helping individuals regain a sense of control can reverse learned helplessness.*

Group 3: No noise

Group 3: Unaffected.

The way people explain to themselves why bad events happen

Affects vulnerability to helplessness and depression

Michael Jordan: I can accept failure, everyone fails at something. But I can't accept not trying.

*Purpose: To control when to think about negative events*

Learned helplessness in humans can arise from

1. Accumulation of Powerlessness
2. Spread of Negative Emotions
3. Cognitive and Behavioral Entrenchment

*Key Insight: Not all individuals develop learned helplessness; resilience varies.*

**Pessimistic: Internal explanations**

*Pessimistic: Universal explanations*

*Pessimistic: Permanent explanations*

*Definition: Creating alternative, less permanent and pervasive explanations for events*

Definition: Challenging depression-inducing beliefs

