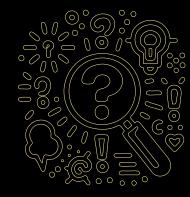


Reattribution Definition: Creating alternative, less permanent and pervasive explanations for events



Questioning Assumptions Example: 'Unless everybody likes me, I'm a failure' -> 'Not everyone will understand me, but the people who matter trust me and value my authenticity.

Definition: Challenging depression-inducing beliefs



Disputation of Automatic Thoughts Automatic Thoughts: Quick, practiced, often unnoticed thoughts Example: 'I'm stupid because I failed my exams.' -> 'I'm resilient and excel in areas that school doesn't test.' Process: Recognize negative thoughts and challenge them with contrary evidence



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

Learned Helplessness

Donald Hiroto's Experiments Setup

Group 1: Inescapable noise Group 2: Escapable noise Group 3: No noise

Findings

Group 1: Displayed helpless behavior even in new settings.

Group 2: Learned to turn off noise

easily.

Group 3: Unaffected.

Explanatory Style The way people explain to themselves why bad events happen

Affects vulnerability to helplessness



Personalization

Optimistic: External explanations Pessimistic: Internal explanations

Michael Jordan: I can accept failure,

everyone fails at something. But I

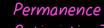
can't accept not trying.

Three Dimensions

Optimistic: Specific explanations

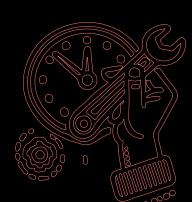
Pervasiveness

Pessimistic: Universal explanations



Optimistic: Temporary explanations Pessimistic: Permanent explanations





Distraction Techniques 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

Vulnerability and Resilience Key Insight: Not all individuals develop learned helplessness; resilience



