

Exercise sheet for chapter 4: Overcoming learned helplessness

Recognize the mental lid in your head: Sketch out a situation in writing in which you feel restricted by social rules or expectations. Analyze whether these limitations, as in the flea experiment, only exist in your head and no longer actually exist. Identify beliefs or convictions that could be limiting your development. Develop concrete steps or thoughts to overcome these mental barriers and focus on new possibilities for action and perspectives.

Analyze attributions of causes: Make a note of three recent failures and write down the causes you attributed to these failures. Consider the dimensions of time, space and social comparison. Ask yourself whether these causes are changeable and how you could approach them differently in the future.

Find multi-causal causes for failures: Investigate the causes of the noted failures and list all conceivable causes rather than emphasizing a single cause. What other influences led to the unsatisfactory result? Think about what you would need to learn in order to promote success in similar situations.

Develop and try out new approaches: Choose a challenge that you have previously given up on. Set yourself a new goal and develop a list of new approaches to achieve this goal. Try out at least three of these approaches over the next few days and write down the results.

If my team and I can support you, get in touch for a free introductory call and experience, what we can do for you:

[MasterYourLifeScript.com/call](https://a.co/d/hGymbb1)