

Name: _____

Period: _____

Date: _____

Behaviorism: Learned Helplessness

Exercise: For each of the following, explain how *learned helplessness* developed from the original painful situation from which escape was impossible.

1. A girl with older brothers tries to join in their games, but because she is much younger than they, she often fumbles the ball or runs more slowly. They constantly belittle her failures by calling her a “weak sister.” By the time she is in her teens, she will not play sports even with girls her own age.

2. A child with an undiagnosed learning disability has great difficulty in comprehending the written word. By fifth grade, he refuses even to write his name on tests.

3. A wife has been battered by her husband for years. She continues to submit to the abuse even when a friend who discovers it pleads with her to seek professional help.

4. Many eastern European Jews, subjected for centuries to violent anti-Semitism against which neither the government nor the global community offered protected, obeyed Nazi deportation orders during World War II without resistance.