What Happens When Nothing You Do Matters?

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Abstract
Originally published in Contemporary Psychology: APA Review of Books, 1975, Vol 20(12), 921–922. Reviews the book, Helplessness: On Depression, Development, and Death by Martin E. P. Seligman (see record 1975-21316-000). The author of this book has formulated an enticing theory of helplessness. The book is divided into several sections: First, the experiments that produce learned helplessness are presented. Following a statement of the theory, methods for cure and prevention of the experimental syndrome and the several alternative hypotheses that have been advanced to explain the findings are discussed in turn. Next, clinical depression is viewed from the context of learned helplessness, and anxiety is considered from the perspective of the unpredictability and uncontrollability of events. The last sections of the book venture into relationships between helplessness and education, childrearing, psychosomatic medicine, and psychogenic death. The writing is clear and free from jargon. (PsycINFO Database Record (c) 2006 APA, all rights reserved)
When visiting Vik, a town near Iceland’s largest volcano Katla, which recently began rumbling after decades of quiet, I asked tourist center officer how do locals feel about its possible eruption. “We’re kinda waiting for it,” he said and slowly sipped his coffee. “Kinda waiting?” “What do you do if that happens?” “Residents in Vik might have only 15 minutes before they are enveloped in pitch black ash. We are well rehearsed in what to do — head to the church on a hill, the highest spot in town.” “Do you have any idea when will it happen?” I asked. “I said — we are kinda waiting.” What happens when nothing goes into a black hole? The Black Hole will explode because the gravity of a Black Hole is formed by the matter that is in the process of going into the Black Hole, and not that matter that has already gone inside. share with friends. Share to: What happens if you do nothing about global warming? Global warming has been identified as a major issue for the global community. More properly this is called “Global Climate Change” as some areas may be warmer, some cooler, some wetter, some drier... What will happen if you do nothing about climat change? Probably nothing. Man just likes to think he can control nature. Since, nothing matters when you're DEAD. A very simple answer to your question is, If nothing changes, you will die. Nothing never happens. Something is always happening. If you mean happen by stimulation of the senses, then there are times when maybe it appears not much is going on, which in an overactive mind leads to boredom. The temptation then is go out to find more stimulation for the senses. But that doesn't mean nothing is happening. Sharpen the awareness and you find you had been missing most of what is happening, what's going on beneath the radar so to speak. As long as we give high and low value to everything so emphatically we will miss what could give the greatest satisfaction... and an end t