

helplessness *(help-less-ness)*

Definition

n. the state of being unable to help oneself.

Example Sentence

It was hard watching the cat's **helplessness** while being stuck in the tree.

More Example Sentences

She showed her **helplessness** during the storm.

Synonyms

powerlessness; incapacity; vulnerability

Antonyms

strength; ability; empowerment

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