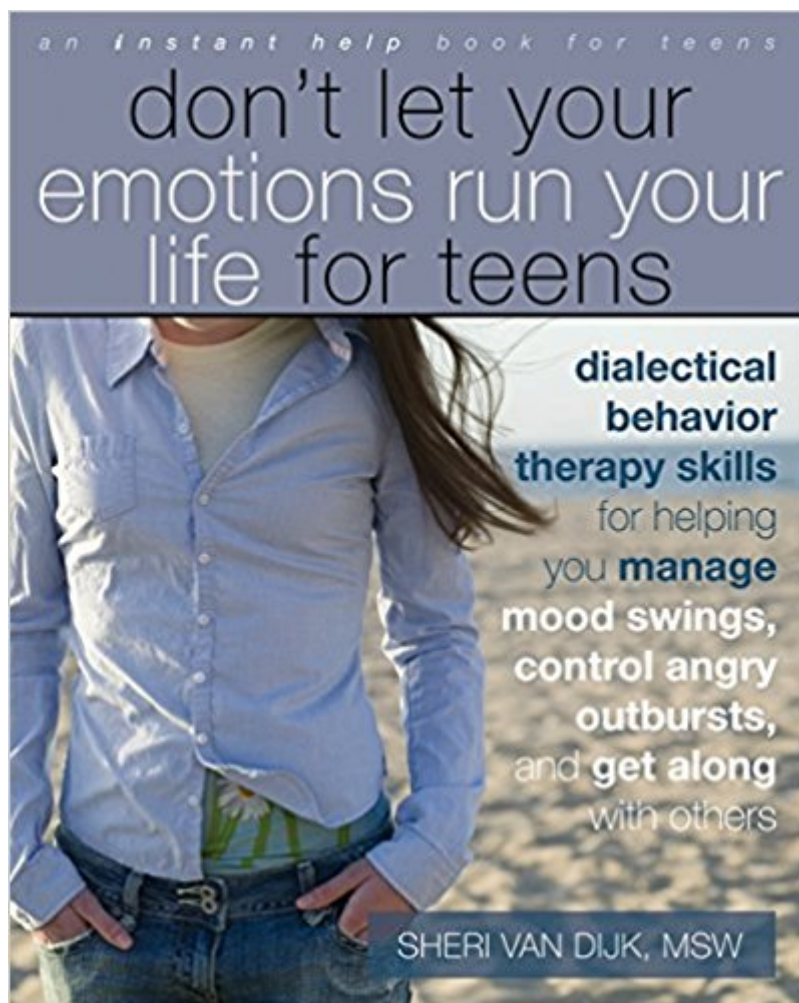


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# Don't Let Your Emotions Run Your Life For Teens: Dialectical Behavior Therapy Skills For Helping You Manage Mood Swings, Control Angry Outbursts, And ... With Others (Instant Help Book For Teens)





## Synopsis

Let's face it: life gives you plenty of reasons to get angry, sad, scared, and frustrated-and those feelings are okay. But sometimes it can feel like your emotions are taking over, spinning out of control with a mind of their own. To make matters worse, these overwhelming emotions might be interfering with school, causing trouble in your relationships, and preventing you from living a happier life. *Don't Let Your Emotions Run Your Life for Teens* is a workbook that can help. In this book, you'll find new ways of managing your feelings so that you'll be ready to handle anything life sends your way. Based in dialectical behavior therapy (DBT), a type of therapy designed to help people who have a hard time handling their intense emotions, this workbook helps you learn the skills you need to ride the ups and downs of life with grace and confidence. This book offers easy techniques to help you: Stay calm and mindful in difficult situations Effectively manage out-of-control emotions Reduce the pain of intense emotions Get along with family and friends

## Book Information

Series: Instant Help Book for Teens

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Best Sellers Rank: #5,188 in Books (See Top 100 in Books) #5 in Books > Teens > Education & Reference > Social Science > Psychology #14 in Books > Teens > Social Issues #15 in Books > Parenting & Relationships > Parenting > Teenagers

## Customer Reviews

[View larger](#) [View larger](#) Studies have shown that young people who learn healthy coping skills early on are better able to navigate problems later in life. Engaging and easy-to-use, these books provide kids and teens with the tools they need to thrive—“at home, at school, and on into adulthood. Young people today need mental health resources more than ever. That’s why New Harbinger created Instant Help Books especially for kids and teens. Founded by renowned child psychologist Lawrence Shapiro and written by leading professionals,

these evidence-based self-help books and workbooks offer practical tips and strategies for dealing with a variety of mental health issues and life challenges, such as depression, anxiety, bullying, eating disorders, trauma, and self-esteem problems.

[View larger](#) From the Book: Your Typical Way of Thinking It's very important that you start to be more aware of what thinking style you're using so that you can make effective changes in your life. Quite often people find that they act from more than one of these perspectives, depending on the situation and the people they're dealing with. Over the coming days, try to be more mindful of what perspective you're thinking from: your reasoning self, emotional self, or wise self. This mindfulness exercise is simply about increasing your awareness, so you don't have to write anything down, but it is important because you can't do anything to change your thinking style until you realize which one you're using.

Don't Let Your Emotions Run Your Life for Teens examines many areas that teenagers (and subsequently parents) struggle with. Sheri Van Dijk offers tangible tools to deal with emotional upheaval, volatile emotions and difficult relationships. The exercises that Van Dijk includes in each chapter will assist teens by offering them options for coping with their emotions. Having raised three teenagers, I strongly believe these skills should be taught in schools as part of the curriculum! •

• Kathy Christie, ADR, mental health case manager at York Support Services Network in Newmarket, ON, Canada • Van Dijk has written a workbook that any teen struggling with emotions will find very helpful. Using clear and concise language, this workbook offers awareness-enhancing exercises and practical help for recognizing, sorting out, and changing the way painful emotions can be handled. I found this book useful and easy to read, and I will recommend it to my teenage patients. •

• Mark R. Katz, MD, FRCOP(C), staff psychiatrist at the Southlake Regional Health Centre and assistant professor at the University of Toronto in Canada • I highly recommend this well-written, user-friendly workbook written especially for teens. It provides easy to use tools for harnessing unruly emotions and calming uncontrolled thinking. By following the suggestions in this workbook, teens will feel more capable of controlling their mood, have more harmonious relationships, gain confidence, and live happier lives. •

• Linda Jeffery, RN, cognitive behavior therapist in private practice in Newmarket, Ontario • Emotions are generally undervalued in Western society. Many of us receive negative messages about emotions and come to experience them as worthless, problematic, or dangerous. However, emotions are powerful motivators and valid sources of knowledge. Van Dijk addresses these, and other important issues, in this book. She

presents information about a range of emotional issues in an accessible manner. She also includes activities that will help deepen the reader's understanding and integration of the material. •

• "Karma Guindon, MSW, RSW, RMFT • Strongly recommended for teens whose moods interfere with their ability to enjoy life and relationships. Van Dijk has presented Linehan's dialectical behavior therapy skills in a manner that is user-friendly and easy to understand. Van Dijk first describes why these skills can be useful, then presents exercises that give the reader an opportunity to practice the skills. • • "Marilyn Becker, MSW, RSW, clinical supervisor at Addiction Services for York Region

Let's face it: life gives you plenty of reasons to get angry, sad, scared, and frustrated—and those feelings are okay. But sometimes it can feel like your emotions are taking over, spinning out of control with a mind of their own. To make matters worse, these overwhelming emotions might be interfering with school, causing trouble in your relationships, and preventing you from living a happier life. *Don't Let Your Emotions Run Your Life for Teens* is a workbook that can help. In this book, you'll find new ways of managing your feelings so that you'll be ready to handle anything life sends your way. Based in dialectical behavior therapy, a type of therapy designed to help people who have a hard time handling their intense emotions, this workbook helps you learn the skills you need to ride the ups and downs of life with grace and confidence. This book offers easy techniques to help you: Stay calm and mindful in difficult situations Effectively manage out-of-control emotions Reduce the pain of intense emotions Get along with family and friends

This thoughtful book helps teens change their thinking to help control their emotions. The checklists at the beginning of the book help teens pinpoint erroneous thinking.

Great tool for teens struggling with emotion regulation and interpersonal relationships

Adults can use this too - recommended to me by my therapist as a less dense way to interact with dialectical behavior psychology.

I've been a teacher for 37 years and have only grown more and more disturbed by the refusal of schools to address the critical realities of the emotional and interpersonal issues kids face. These are the issues that shape their lives and their futures. I've searched for THE book that can address the emotional/psychosocial health of teenagers in a way they can grasp and internalize. This is

it.Thank you, Sheri Van Dijk and New Harbinger Publications. You are changing lives and SAVING lives.

This book is valuable in getting teens to grasp the importance of managing your emotions. They have practical exercises that helps the teen learn life skills to overcome rejections, shortcomings, and failures in life.

I've been adapting the information and activities in this book for a group I run for teenage girls. I'm really impressed with how responsive the girls have been to this. The language used in the book is age-appropriate, and complicated concepts are broken down so that all my group members can understand. I would highly recommend this for my clients or as a resource for other counselors.

Excellentlly written and very helpful

Great. My adolescent clients like this book. They will read it, which is half the battle!

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