

DON'T LET YOUR EMOTIONS RUN YOUR LIFE FOR TEENS

Dialectical Behavior Therapy Skills for Helping Manage Mood Swings, Control Angry Outbursts, and Get Along With Others

SHERI VAN DIJK, MSW

Featuring

- Mindfulness: Learning self-awareness
- How aware are you of your thoughts?
- How unmindful thoughts can trigger painful emotions
- What you need to know about emotions
- The job of emotions
- Thought, emotion or behavior?
- Observing your thoughts and emotions
- Taking control of out of control emotions
- Reasoning, emotional or wise self?
- Lifestyle changes you can make to decrease emotions
- Acting opposite to urges
- Reducing your painful emotions
- Turning a judgment into a nonjudgment
- Do you validate or invalidate yourself?
- What does fighting really do for you?
- Surviving a crisis without making it worse
- How do you cope?
- Soothing yourself
- Things you enjoy
- Setting goals for yourself
- Focusing on the positive
- Improving your relationships
- What's your communication style?
- Reflecting on your assertiveness skills

No one ever said being a teenager was easy.

It's challenging for anyone to manage overwhelming feelings like anxiety, anger, and fear, but it's especially so during the teenage years, when emotions are amplified and healthy coping mechanisms have not fully developed. Often-tumultuous relationships with family, friends, and romantic partners are of primary importance, but without the ability to regulate their emotions in healthy ways, highly reactive teens become confused and frustrated. They may break down emotionally, resort to unhealthy behaviors in order to cope, or have difficulty maintaining their relationships with others.

Don't Let Your Emotions Run Your Life for Teens is a dialectical behavior therapy (DBT) workbook that can help teens target emotion dysregulation, the root cause of unhealthy coping mechanisms and emotional suffering. Readers evaluate their relationships with their peers and parents and learn why they have difficulty processing intense emotions. They then learn DBT skills for regulating their emotions in stressful times and communicating their feelings to others, including mindfulness, emotion regulation, crisis management, and interpersonal relationship techniques. Based on the bestselling workbook *Don't Let Your Emotions Run Your Life*, this guide helps readers get along with family and friends and cope with the highs and lows of adolescence in healthy and productive ways.

an instant help book for teens

don't let your emotions run your life for teens



FOR MORE INFORMATION, CONTACT

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SWINGS, CONTROL ANGRY OUTBURSTS, & GET ALONG WITH OTHERS

Sheri Van Dijk, MSW

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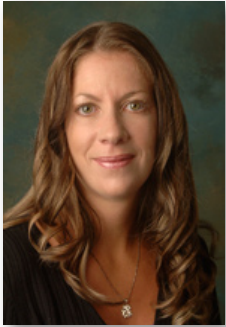
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About the Author



Sheri Van Dijk, MSW, is a mental health therapist in private practice and at Southlake Regional Health Centre in Newmarket, ON, Canada. She is the author of *The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder* and coauthor of *The Bipolar Workbook for Teens*. In September 2010, she received the R.O. Jones Award, first place, from the Canadian Psychiatric Association for her research on using DBT skills to treat bipolar disorder. For more information visit www.sherivandijk.com.

Praise

"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

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