



# **Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping Teens Manage Mood Swings, Control Angry Outbursts, an**

*Sheri Van Dijk*

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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

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Date : Published March 1st 2011 by Instant Help (first published January 1st 2011)

ISBN : 9781572248830

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Format : Paperback 160 pages

Genre : Nonfiction, Psychology, Parenting, Counselling, Health, Mental Health

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## **From Reader Review Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping Teens Manage Mood Swings, Control Angry Outbursts, an for online ebook**

### **Glen Grunau says**

This valuable workbook taps into the essence of dialectical behavior therapy skills and strategies in a simple, relevant, and highly practical format.

I've been on the lookout for a self-help book for teens that offers these valuable skills and I think I may have found it.

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### **Michelle Johnson says**

I read this with Kati during our school time each day.

There were a LOT of helpful tips in here. But like they say in AA, "It works if you work it".

That's gonna be the crutch of this workbook. The child in mind is going ot have to work hard at it.

There are some tips that are useful to parents to provide the help, whether the child cares to "work it" or not. For example, they make a list of things that help calm them down when they get angry. So whenever my teen starts getting angry, I tell her to review her list and find something that calms her. This almost ALWAYS works.

Another thing is that I remind her of her goals. If your goal is to get along with sister, are you getting closer or further away from that goal with what you are doing right now? At which point, I might remind her to go read her calming list...or do something from her list of things she likes doing.

I think reviewing this book in another year will be really helpful to us both. We'll be able to see the growth and she can feel proud of herself.

Next we are reading The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry. I think the two will tie in nicely together.

For safety's sake, I read this TO my daughter. We are a very sheltered family and some of themes DO NOT apply to us. In that case, I would change the words to fit our lifestyle better.

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### **Tanya says**

Very clear and concise exercises to apply DBT. I have found these exercises helpful when working with clients. DBT can get so wordy and philosophically confusing, but this workbook helps explain it in a simple way.

### **Amanda says**

Another good book in the series. Easy to follow, well written, easy to understand and practical to use. I will be using this with my clients in the future!

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### **BCPL Youth Services Librarian says**

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### **Jane says**

#### **Practical tips to help perfectionists**

This books lists practical ways for teens to cope with perfectionism, depression, and guides to effectively cope with negative thoughts and effective communication.

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### **Tara D'Orazio says**

I marked about 1/3 of the activities for using in my therapy practice. Simple explanations and decent activities. Might feel too simple if you're well emotionally developed, but for teens who are just starting to learn conscious emotional regulation, it's a good fit. I especially enjoyed all of Chapter 4 on nonjudgmental communication and self validation.

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