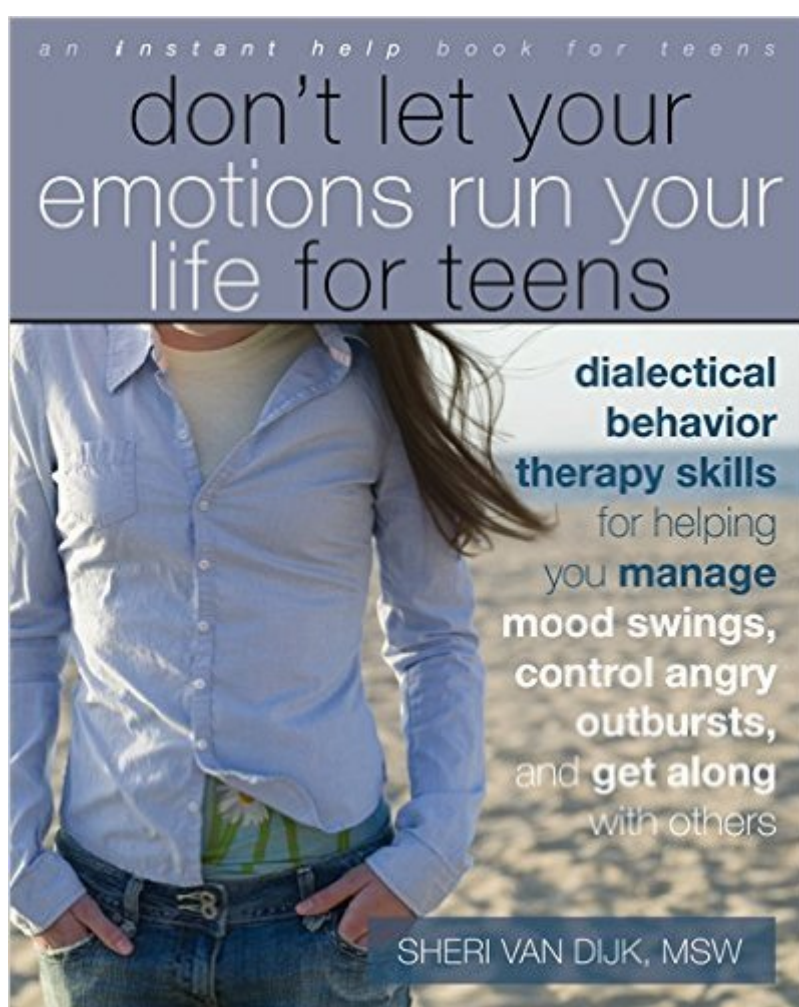


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# Don't Let Your Emotions Run Your Life For Teens: Dialectical Behavior Therapy Skills For Helping You Manage Mood Swings, Control Angry Outbursts, And ... With Others (Instant Help Book For Teens)





## 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

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (118 customer reviews)

Best Sellers Rank: #3,217 in Books (See Top 100 in Books) #4 in [Books > Teens > Education & Reference > Social Science > Psychology](#) #4 in [Books > Teens > Social Issues](#) #9 in [Books > Parenting & Relationships > Parenting > Teenagers](#)

## Customer Reviews

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 workbook has changed my life. I have wanted to get help with my anxiety and how I tend to view things, and that may be why it worked so well (I was willing to change--which is essential for receiving help or counseling), so I am not sure if you should just get this for someone who thinks they are able to cope (even when you believe they clearly are not coping well). My sister bought this for me (she asked if I would actually use it, to which I replied "yes!") and I was busy for about a week after getting it, but gee I wish I had found 15 minutes of time every day that week to work on it, because I was awake until almost 2 the first night I used it. If you want to feel better about yourself and are willing to change, don't think twice; get this workbook.

I purchased this book after personally going through a DBT program and understanding the value of using the skills as a lifestyle. I've been working with my children to incorporate these skills into their lives and thought this book might be a good addition for my teenaged daughter. I've read through this book now and have just given it to her. The skills are well outlined. The exercises are presented in a very approachable format. Overall, I think the presentation of emotion regulation in this book is very good. I stopped with 4 stars, instead of 5, because of the book's introduction. It suggests that the reader bought the book or is reading the book because s/he has emotional 'problems.' When I gave this to my daughter, I was very clear to say that I did not think she was in any sort of 'trouble.' Rather, I felt the book had great tips on learning how to negotiate emotions, teaching healthy ways to go through life. I sincerely wish someone had taught me these skills 20 years ago and am grateful my daughter has this resource.

Dialectical Behavioral Training is a very impressive program designed by Marsha Linehan. Classes for it are usually for adults and are generally 2-3 days a week for 2 hours for 1 full year. It absolutely changed my life, as a person and a mother, and I very much look forward to a format that I can share with my 12 year old child. She has Generalized Anxiety Disorder (GAD), and I know that these things that I've learned and have become, simply, a part of me, will greatly help her as well. I'll re-review it once we've finished it, but know that DBT is for every one of every age.

This is the best DBT book I've come across for teens and young adults. The book is thorough and does an excellent job breaking down core DBT skills. A great resource for therapists.

As an LPC working daily with teens I found this book to be very helpful and gets my client's

engaged with learning DBT skills. It is easy to understand and explains the 4 skill areas of DBT to teens very well. I would highly recommend this book to all therapist's working with teens!

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.

I am a Big Sister with BBBS. My Little Sister just turned 16 and has difficulty dealing with some of her emotions, especially anger. She and I started working on the first section of the book, and I was surprised at how much attention she had on it and relayed her experiences that matched behaviors in the book. I plan to work on this with her every time we get together--but of course, not the entire time. She seemed excited that the workbook was going to help her deal with problems she's been having. This workbook is well-written and very applicable to a teen's life. Thanks for writing it!

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