



Surviving the Emotional Roller Coaster: DBT Skills to Help Teens Manage Emotions (The Instant Help Solutions Series)

Sheri Van Dijk

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The teen years are an emotional roller coaster. So, how can you make it through? In this important guide, leading dialectical behavior therapy (DBT) and teen expert Sheri Van Dijk offers four core skills to help you manage your emotional ups and downs, build great relationships, and thrive!

As a teen, you're experiencing intense changes in your life—both physically and mentally. To top it off, you're probably unsure of how to handle your emotions in a positive, constructive way. *Surviving the Emotional Roller Coaster* offers evidence-based techniques to help you regulate your emotions and find balance in all areas of life— whether it's at home, at school, or with friends and peers. By learning to be more aware of your emotions, you'll be able to let difficult feelings pass without reacting to them in destructive ways.

You will also learn the four basic DBT skills to help you manage your emotions: core mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. You'll discover how to apply these skills to help deal with a number of negative emotions, such as low self-esteem, anger, anxiety, depression, and more. By changing the way you react to your emotions and to others, you'll be able to build better relationships and feel more confident as a result.

If you're ready to understand and better manage your feelings, stop acting on impulses, and calm yourself in moments of emotional stress, this book will show you how.

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