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The Anger Workbook For Teens: Activities To Help You Deal With Anger And Frustration



Synopsis

Do you often find yourself in trouble because of anger? Do you react to situations and later regret how you behaved? Does your anger cause problems with other people? Are you tired of letting anger control you? Between family life, friends, and the pressures of school, there's no doubt that it's stressful being a teenager. And while anger is a natural human emotion, different people handle it differently. Some hold in their anger and let it build, some lash out with hurtful words, some resort to fighting, and some just explode. If you've noticed yourself beginning to take out your frustrations on the people you love most—your parents, brothers or sisters, and friends—it may be time to make a change. The *Anger Workbook for Teens* includes thirty-seven exercises designed to show you effective skills to help you deal with feelings of rage without losing it. By completing just one ten-minute worksheet a day, you'll find out what's triggering your anger, look at the ways you react, and learn skills and techniques for getting your anger under control. You'll develop a personal anger profile and learn to notice the physical symptoms you feel when you become enraged, then find out how to calm those feelings and respond more sensitively to others. Once you fully understand your anger, you'll be better prepared to deal with your feelings in the moment and never lose your cool. The activities in this workbook will help you notice things that make you angry, handle frustrating situations without getting angry, and effectively communicate your feelings. Most of all, these activities can help you learn to change how you respond to anger. Change is not easy, but with the right frame of mind and set of skills, you can do it. This book is designed to help you understand how both your mind and body respond to anger, how you can handle this anger constructively, and relaxation techniques for dealing with anger in a healthy way, so that you can not only control your anger, but your life as a whole.

Book Information

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Customer Reviews

In The Anger Workbook for Teens, an anger management counselor offers forty-two activities and exercises adolescents can do to examine what makes them angry and learn to communicate their feelings more effectively. The activities also teach coping skills that help young readers handle anger-provoking situations in healthy ways.

I use this workbook to springboard conversations with my 12 year old, who is prone to impulsive, emotional and angry outbursts. We do not write in the book, and while we started out just going through it sequentially module by module, sometimes we skip around if I see a particular topic that relates to an issue we are having at the moment. For this purpose, this book is perfect for us. It is a little cheesy here or there, and there have been times where my son and I can't help but stop and make fun of something hokey in it, but then we are laughing together and no one is angry, so it is still a win in my book. Older "sophisticated" teenagers might find this workbook to be dumb if just handed off as an independent exercise in anger management.

It is sometimes very difficult to engage teenagers who are referred for anger management counseling. A workbook with relatively easy, straightforward exercises is a useful tool to start them communicating and thinking about their bad feelings and sometimes worse behaviors before rapport has built. I recommend this book to anyone working with teenagers. I've even used a couple of the exercises with siblings and other family members so they can share feelings, etc. and see how different people see the same situations differently.

I have used the ADHD and the Emotional Health books from this series and they all are wonderful. I homeschool so I needed something that was very user friendly, could be used for a daily journal activity, and which did not require a lot of time to go over the concepts. This is something they can do on their own and then you go over their answers and discuss them. I have found it very helpful for them to understand themselves and their feelings and for me to better understand them as well.

Another great resource! I work with youth in schools and this book (and the whole collection of these books) has been incredibly helpful in helping the children understand themselves and where their

emotions are coming from, and then helps them apply this understanding in guided work that leads them to greater control over themselves. Wonderful!

Practical exercises for teens...

Nice Work Book

I purchased this workbook for my son who has anger issues and it arrived fast and in new condition and it exceeds my expectation and more! I would say it's def for teens though. I did purchase two different ones and this one we will use in a year or so time seeing as though he's a little young and we had a more juvenile one to start on.

I love using this book with my teenagers who struggle with anger. Great lessons and age appropriate read!

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