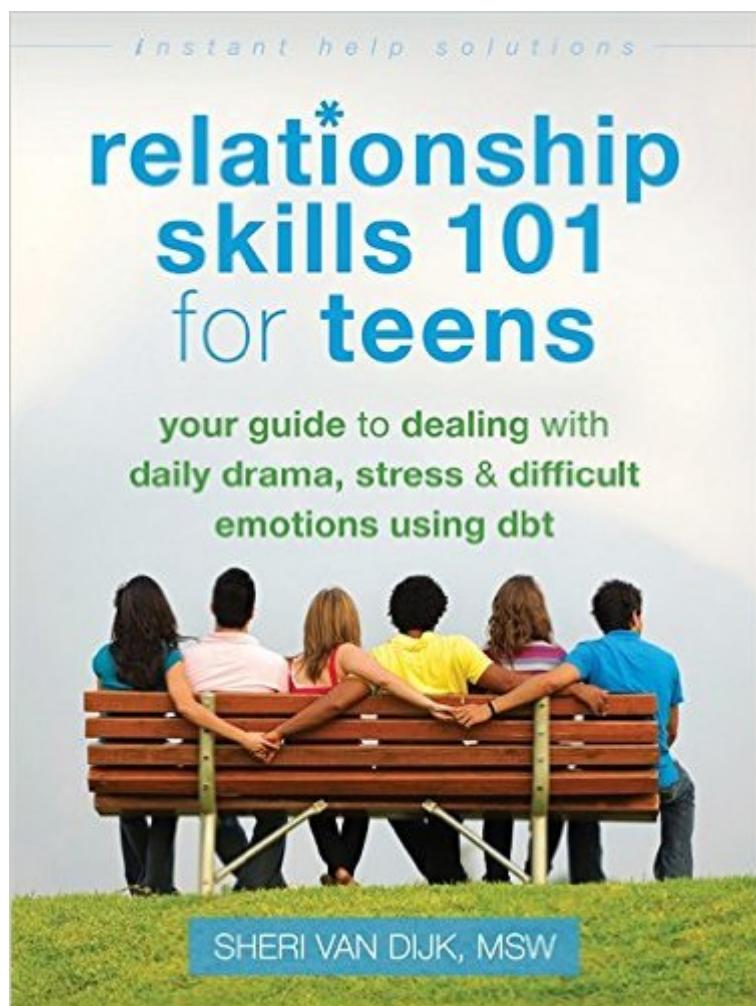


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# Relationship Skills 101 For Teens: Your Guide To Dealing With Daily Drama, Stress, And Difficult Emotions Using DBT (The Instant Help Solutions Series)



## Synopsis

In Relationship Skills 101 for Teens, Sheri Van Dijk, author of Don't Let Your Emotions Run Your Life for Teens, offers powerful tools based in dialectical behavior therapy (DBT) to help you regulate your emotions so you can build better relationships with your parents, friends, and peers. Do you ever feel like your emotions are out of your control? Is it hard for you to make friends, get a date, or get along with your parents? You aren't alone. For some people, good relationships seem to come easily. But if you are like many others, you may need a little help. This book offers evidence-based strategies you can use to take control of your emotions and reactions in order to respond effectively to peer pressure, bullying, cyberbullying, and gossip, allowing you to navigate the many social issues that make these years so challenging. This book outlines three core skills to help you manage your emotions and create better relationships. First, you'll discover how mindfulness can help you face each life experience with awareness and acceptance. Second, you'll find more effective ways of communicating with others so you can develop healthier, more balanced relationships. Finally, you'll learn powerful skills to regulate your emotions so you don't end up taking things out on the people you care about. With these combined skills, you'll learn how to act in healthier ways so you don't end up pushing people away. Like most teens, you want to make and keep friends. You also want to date! And you'd probably like to have a good relationship with your parents. This book will give you the skills to reach these goals and live a happier, more fulfilling life, well beyond your teen years. Why not get started now?

## Book Information

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## Customer Reviews

This is a very practical book for teens. It covers concepts of mindfulness, how to judge if relationships are healthy or not, different styles of communication, how to control the emotional roller coaster, how to be less judgmental, how to stop fighting reality and effectively deal with it, and how to develop self control. It includes lots of case studies and follows those same case studies through the different concepts. In short, this book teaches teens how to be mature. However, the principles discussed are applicable to \*all\* ages, not just teens. While the author presents complex concepts, she does an excellent job of breaking it down into manageable chunks for readers to understand, absorb, and implement. It would take a special kind of teen to pick this book up on his or her own, though, and just read it through. I think this book would be much more effective if used as an extended class or group text where a guiding adult could help further explain and expand on terms and teens could discuss each chapter and process personal applications. I don't think simply handing it to a teen and telling them to read it would solve problems.

I was happy for a chance to read and review this book because I wanted my daughter to read it too, hoping that it would be able to benefit her. My child is 15 yo and is a junior in high school. In the end I'm sad to say that she says this book was not a benefit to her. She read through it and only found it a little useful. Also so did not like for the writing style.

I have a young teen and hoped to give her the tools she needs to be prepared for the stresses of high school. I gave her the book to read and upon completion, her response was that she didn't get anything out of it. So I read it as well and have to agree - I wasn't getting anything out of it either. So what happened? In discussing with my daughter, we found some key issues:- Although it is supposed to be written for teens, it is very dry, ponderous, and even at times condescending. I was reminded of examples when scientists or psychologists think they are communicating with laymen but really they end up sounding pedantic, patronizing, or plain old boring. While the book doesn't talk down to teens, it doesn't talk TO them either.- The book is all over the place. Examples of kids who bully are next to those with anxiety problems or extreme shyness. I became confused often while reading - a problem my daughter shared as well.- Although different situations are given, it all equates to a one-size-fits-all type of solution - mindfulness (DBT). Which is all well and good, but for kids who live in the 'now' anyway (and whose brains' abilities to think of future consequences are

temporarily disabled during the teen years), I don't know how much more 'in the now' they can get.- CBT (cognitive behavior therapy) is the big thing right now - for everything from controlling obesity to stopping smoking. I can't think of a more difficult subject than a teen - and their crazy hormones, to get to do CBT exercises (e.g., start at the toes and think of the muscles there and then move up the legs and body and think of every muscle). I think my daughter would get as far as an ankle before she'd already be wondering when she can go get on the trampoline. Older teens might find the book easier - but then by late teens they are pretty set in their behaviors, as well. The book definitely isn't for younger teens since there's nothing inviting about the writing. When reading this, I couldn't help but feel this was meant for teens with more serious behavioral problems - drugs, alcohol, bad relationships, etc. So perhaps my young teen, who hasn't hit high school, was too young for the book. It feels like a catch-22 - the younger ones need the skills early but the book will go over their head; the older ones can digest the book better but by then it's probably too late. I think that with a different approach, the book would work better. Written by someone who sounds like they actually work with kids at ground zero in junior and high schools rather than a clinician in an office or research lab type of feel. In any event, neither my teen nor I got much out of this, sadly. Reviewed from an advance reader copy provided by the publisher.

Hard to navigate with an individual client, but good information nonetheless.

excellent

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