



## Relationship Skills 101 for Teens: Your Guide to Dealing with Daily Drama, Stress, and Difficult Emotions Using DBT

By Sheri Van Dijk

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Relationship Skills 101 for Teens: Your Guide to Dealing with Daily Drama, Stress, and Difficult Emotions Using DBT, Sheri Van Dijk, 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....



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