



The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration

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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.

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