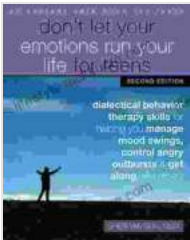


Don't Let Your Emotions Run Your Life for Teens



Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and Get Along with Others by Sheri Van Dijk

★★★★☆ 4.6 out of 5

Language : English
File size : 1999 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 255 pages
X-Ray for textbooks : Enabled



Emotions are a powerful force. They can make us feel happy, sad, angry, or scared. They can motivate us to do great things or make us want to hide away. Emotions are a part of life, and they're not always bad. But if we're not careful, our emotions can control us, leading to impulsive decisions, conflict, and stress.

As a teen, you're going through a lot of changes. Your body is changing, your hormones are raging, and you're trying to figure out who you are and what you want out of life. It's no wonder that you might feel overwhelmed by your emotions sometimes.

But it's important to remember that you're not your emotions. You're in control of your thoughts and actions, and you can choose how you react to your emotions.

How to Identify Your Emotions

The first step to managing your emotions is to be able to identify them. What are you feeling? Are you happy, sad, angry, or scared? Once you know what you're feeling, you can start to understand why you're feeling that way.

There are many different ways to identify your emotions. You can talk to a friend or family member, write in a journal, or meditate. You can also try using an emotion wheel. An emotion wheel is a tool that can help you identify and label your emotions.

Understanding Your Triggers

Once you can identify your emotions, you can start to understand what triggers them. What makes you happy? What makes you sad? What makes you angry? Once you know your triggers, you can start to avoid them or prepare for them.

For example, if you know that spending time with a certain friend always makes you feel happy, you can make an effort to spend more time with that friend. Or, if you know that taking a test always makes you feel anxious, you can start studying for the test early and give yourself plenty of time to prepare.

Managing Your Reactions

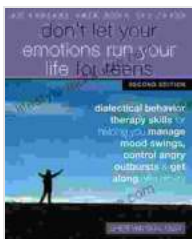
Once you understand your emotions and your triggers, you can start to manage your reactions. When you feel an emotion, take a deep breath and ask yourself, "What am I feeling? Why am I feeling this way? What can I do to manage this emotion?"

There are many different ways to manage your emotions. You can talk to someone you trust, write in a journal, or exercise. You can also try deep breathing or meditation.

It's important to remember that there is no one right way to manage your emotions. The best way for you to manage your emotions is the way that works best for you.

Don't Let Your Emotions Control You

Emotions are a powerful force, but they don't have to control you. You can learn to identify your emotions, understand your triggers, and manage your reactions. When you do, you'll be able to live a more balanced and fulfilling life.



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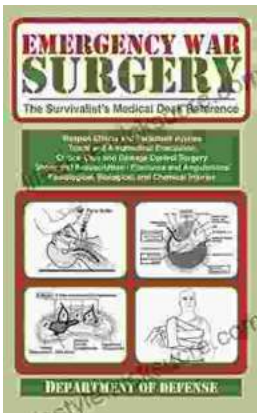
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