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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

I am a mental health counselor working with adolescents aged 13-18. After looking through these books (anger and anxiety by the same author), I don't think it's fair to market this to teens. My clients were offended by the youthfulness of the exercises and would not even humor me to engage in the worksheets. As a clinician I can look at the workbooks and see that they do have good stuff in them that is worth discussion, but the actual worksheets/workbook are more appropriate for pre-teens 10-12ish. Just my opinion though, it's possible it's just my particular population/region.

I highly recommend this resource! The exercises in this workbook promote self-reflection as well as help teens develop better communication skills. As a licensed school counselor and professional counselor, I've reached for this workbook time and time again. Furthermore, as a supervisor I've recommended this workbook to my supervisees as a "must have" for their library. Great workbook! One of the best!

In my work as a public high school counselor, I have found this timely workbook on Anger Management for Teens to be enormously helpful. The 'anger questionnaire' and guidelines on 'scheduling times' to work on particular aspects of anger have been particularly useful. I have already recommended this workbook to several colleagues and family members. If you or someone you know struggles with teen anger (or even adult anger), this workbook can definitely help you out.

I purchased this book to use as a resource for teens that I work with. I currently have two teens who are using this independently and it has been helpful in structuring our psychotherapy sessions.

I purchased this book to use with middle school and high school students. It was way about their cognitive ability as well as their self awareness. This book has a lot of writing and self reflecting. If someone ONLY has an anger issue, this could be the book they need. I would look for another resource if in addition to anger there is a cognitive or writing deficit, conduct issues, or language issues. I am going to keep my copy since it does have great activities and different presentation of material than other books I have. You'd just need to know how to differentiate the work.

I bought this book to use at work with juveniles in the corrections system. The first 5 "chapters" are pretty boring (at least that's what the kids say) but they like it past that. Each "chapter" is anywhere from 2 to 4 pages long. There's a short paragraph or two with instructions and narratives that go along with each lesson. Then there are activities for them to fill in. Some of the activities require more thought than others and some (like the weekly self monitoring exercises) take a week or so to fill in. My company bought the other books in this series on dealing with anxiety, depression, eating disorders, etc. As of yet, this is the first one that I've used but all seem to follow the similar format. Everything is easy to read for those of average intelligence. It's also a great tool to use for individual discussions and round table or group discussions. I look forward to using the rest of the series if they're anything like this one.

This is a good tool to work with aggressive and anger issues with adolescents. I've been using this in the detention center and the kids seems to understand the skills. The manual is very straight forward and easy to understand for them.

Maybe it's me, but it seems that the initial exercises would have been better placed toward the end of the book. (But, I tend to pick and choose based on my client's needs anyway.) During one session, I opted to talk through the questions. I began by reading the introductory scenario which featured friends pulling a prank involving a student's locker at school. My client was very animated and said that was exactly like what happened to him. The questions that followed lead to a very good session. I think the scenarios presented will resonate with many teenagers -- which is nice because so many exercises allegedly meant for teens are too childish or downright sappy. It's definitely worth investing in if you are going to be seeing teens (particularly relatively high-functioning teens with relative normal anger issues). If your client base can afford to buy individual copies and are invested enough in the process to do the homework, the book would make for a good tool for a group.

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