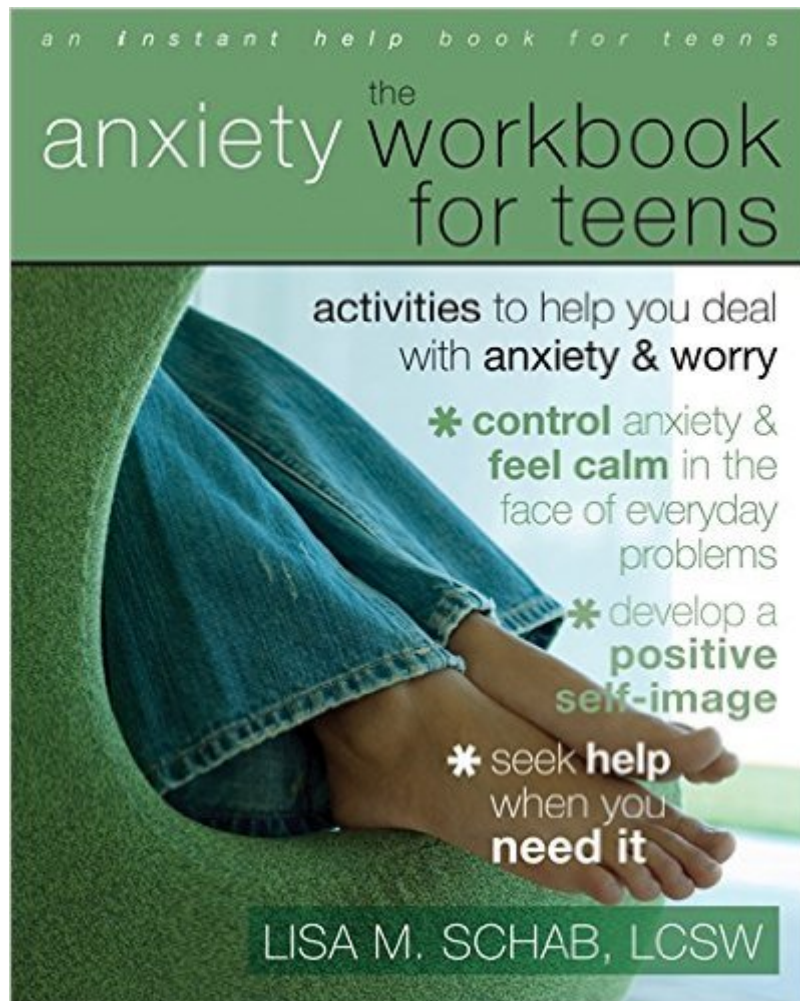


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# The Anxiety Workbook For Teens: Activities To Help You Deal With Anxiety And Worry



## Synopsis

If you feel anxious most of the time, you're not alone. There is no one in the world who doesn't feel anxious at some time. And it is even more common to feel anxious during adolescence, because so many changes are taking place in your body, your mind, and your emotions. The good news is that there are a lot of effective techniques you can use, both on your own and with the help of a counselor, to reduce your feelings of anxiety and learn how to keep them from taking over your life. This workbook offers a set of simple activities you can do to make it happen. The Anxiety Workbook for Teens will show you how to deal with the day-to-day challenges of anxiety. It will help you develop a positive self-image and recognize your anxious thoughts. The workbook also includes resources for seeking additional help and support if you decide you need it. What are you waiting for? Don't spend another minute paralyzed by anxiety. Anxiety is a common and very treatable condition. Working through the activities in this book will give you many ideas on how to both prevent and handle your anxiety. Some of the activities may seem unusual at first. You may be asked to try doing things that are very new to you. They are tools, intended for you to carry with you and use over and over throughout your life. The more you practice using them, the better you will become at managing anxiety. If you ready to change your life for the better and get your anxiety under control, this workbook can help you start today.

## Book Information

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## Customer Reviews

I am a therapist who was looking for a good workbook w/ tools to help w/ anxiety for my adolescent

population. Although this workbook has some good materials it seems to be more appropriate for preteen or younger teens. Which is still helpful for me. For parents looking for a good workbook I would recommend this book for kids 11 through 14 or 15. Older than that I would look into books geared toward adults, as I think older teens would find this book immature.

I'm using this workbook with my 13 yr old together with some professional counseling to help him with bedtime anxiety and panic attacks. It is an easy to follow format. Very short narratives at the beginning of each lesson so for those kids who don't want another "homework" assignment they really don't have to work too hard. It's a great resource for helping them to look inside themselves for answers and perhaps look at their thoughts and actions differently. We've only been using it about 3 weeks and he's still a little resistant to changing his thought patterns at night but we're working on it day by day. I'm very hopeful that he will grow through this over the coming weeks/months and embrace the many ways to control his anxieties. Definitely recommend for parents who have been trying to help their child but meeting with lots of resistance.

So far this workbook has helped me figure some things out about myself. My therapist recommended I buy it and it is an organized way of thinking about what stresses you out. The only reason I give it a 4 star is because I think it is meant for younger teens (I am 18) as opposed to late teens. I feel like the actual lessons are a bit elementary, things I already know or can do an easier way. That also may just be me. Overall I recommend getting this book because even if you know your problem spots and how to deal with them, this book can tell you how to get rid of the weight on your shoulders.

This series of workbooks has never disappointed me in my practice with teens in a day treatment center. The teens relate to them well and I am starting to use them more than my previous resources. I would buy any one of them in the future.

Excellent resource for teens and adults. Practical hands on activities for personal use, school, or treatment settings. Highly recommended!

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'm a high school social worker, and I purchased this book to use as a resource and curriculum for my teens struggling with anxiety. I find it to be good at moments and just okay at others. To me, it actually skews rather young than for just teens in general. The ideas are VERY simplistic- great for 9th graders but seem too simple or young for my older students. It seems most appropriate for middle school or early high school in my opinion. All in all, decent exercises and lessons though. Good tool for teens with anxiety issues, but not great.

I am a Licensed Clinical Social Worker and I work with high school age students. I purchased this book (along with the Depression Workbook by the same author) and found them all to be geared towards a younger age group. I would say that they would be more appropriate for the pre-teen/middle school age group rather than teens. I feel like it would be a bit insulting to present them with this material, especially my 16-18 year old clients. They look like excellent books for younger children, but unfortunately I think that I will have to return them.

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