



# **Relationship Skills 101 for Teens: Your Guide to Dealing with Daily Drama, Stress, and Difficult Emotions Using DBT (The Instant Help Solutions Series)**

*Sheri Van Dijk*

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# Relationship Skills 101 for Teens: Your Guide to Dealing with Daily Drama, Stress, and Difficult Emotions Using DBT (The Instant Help Solutions Series)

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**In *Relationship Skills 101 for Teens*, Sheri Van Dijk—author of *Don't Let Your Emotions Run Your Life for Teens*—offers powerful tools based in dialectical behavior therapy (DBT) to help you regulate your emotions so you can build better relationships with your parents, friends, and peers.**

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. With these combined skills, you'll learn how to act in healthier ways so you don't end up pushing people away.

Like most teens, you want to make and keep friends. You also want to date! And you'd probably like to have a good relationship with your parents. This book will give you the skills to reach these goals and live a happier, more fulfilling life—well beyond your teen years. Why not get started now?

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