



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

By Sheri Van Dijk MSW

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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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Editorial Review

From School Library Journal

Gr 8 Up—Requiring hard work, patience, and compromise, relationships can pose difficulties for most teens. But for those who have trouble relating to others, the challenges can be even greater. Relying upon the principles of Dialectical Behavior Therapy (DBT), Van Dijk helps readers improve relationships with parents, peers, teachers, and others. Developed by psychologist Marsha Linehan in the late 1980s as a form of therapy for those with borderline personality disorder, DBT is intended to teach coping skills and to decrease damaging or ineffective behaviors. Van Dijk walks readers through four essential DBT techniques (core mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance), reminding teens that simply reading the text isn't enough: they must practice these skills in daily life. Readers are also introduced to four fictional adolescents whose own struggles with relationships are played out and then improved using DBT. This interactive text will resonate with its target audience, but it will most likely require helpful adults to put it in the hands of those who most need it. Teens should consider this title more of a workbook than a strictly informational text; they'll need to apply what they learn to real-life scenarios. Readers are encouraged to write in the book, potentially making it less than suitable for libraries. **VERDICT** A useful reference tool, particularly for counselors and teachers.—Elaine Baran Black, Georgia Public Library Service, Atlanta

Review

“Sheri Van Dijk has managed to successfully simplify and extend the principles of dialectical behavior therapy (DBT) into a concise, user-friendly format. While highlighting the interplay of one's sense of self and their roles in relationships, the reader is given clear examples and skills to successfully manage their emotions and improve communication. Although the intended audience is adolescents, this book is a valuable resource for parents and anyone working with teenagers.”

—**Leanne Garfinkel, MA**, clinical psychologist and dialectical behavior therapy (DBT)-informed therapist

“In this book, Sheri Van Dijk has produced a user-friendly and easy-to-understand workbook for teens struggling with relationships. The skills for healthy relationships are explained and examples given by following several teens experiencing problems. The exercises to practice the skills are presented in a way that is simple and straightforward. I will definitely recommend it to my clients.”

—**Marilyn Becker MSW, RSW**, dialectical behavior therapy (DBT) skills therapist in private practice in Richmond Hill, ON, Canada

“Sheri Van Dijk has done it again! As the author of several books, she continues to inspire transformation by encouraging mindfulness, acceptance, and self-compassion. In this book intended to help teenagers with relationship skills, she explains dialectical behavior therapy (DBT) in a well-thought-out, easy-to-read manner with lots of examples. I wish I had known these skills when I was a teenager! As a therapist for over twelve years, I would also recommend this book as a valuable resource to therapists, parents, and others who support teenagers.”

—**Rennet Wong-Gates MSW, RSW**, child and family therapist

“Relationships are complicated, and for many teens, the source of much distress. In this very clear and user-friendly workbook, Sheri Van Dijk shares the key components for the development and enhancement of teens’ self-awareness, emotional self-management, and self-esteem—all of which positively impact the success of their relationships and connections to others. I found this workbook easy to read, and view it as a valuable resource for my teenage clients, as well as their parents.”

—**Pat Counter, BA, DipCS, RSW**, social worker in the Disruptive Behaviours Program at Southlake Regional Health Centre

“After thirty years of clinical practice, I have finally found a book that helps teens to identify their feelings and learn practical skills for changing behaviors. Sheri Van Dijk offers examples that help readers truly relate to the concepts she teaches. This easy-to-read guide on improving interpersonal relationships is a necessity for any teen that wishes to lead a happier, healthier life. I will definitely recommend it to my clients.”

—**Francine Mendelowitz, LCSW**, psychotherapist and founder of InterACT New York

About the Author

Sheri Van Dijk, MSW, is a psychotherapist in private practice and at Southlake Regional Health Centre in Newmarket, ON, Canada. She is author of *The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder*, *Don't Let Your Emotions Run Your Life for Teens*, *Calming the Emotional Storm*, and *DBT Made Simple*, and coauthor of *The Bipolar Workbook for Teens*. In September 2010, she received the R.O. Jones Award from the Canadian Psychiatric Association for her research on using dialectical behavior therapy (DBT) skills to treat bipolar disorder. Sheri presents internationally on using DBT to treat mental health problems.

Users Review

From reader reviews:

Elizabeth Parker:

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Stacey Eades:

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