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The Cycle of Anger worksheet Anger Warning Signs worksheet Anger Activity for Children: What is Anger? worksheet The Angry Monkey interactive Anger Bingo interactive Anger Monsters interactive Anger Stop Signs worksheet Anger Thermometer guide When is Anger a Problem? worksheet Coping Skills: Anger worksheet Page 2 The Cycle of Anger worksheet Anger Warning Signs worksheet Anger Activity for Children: What is Anger? worksheet The Angry Monkey interactive Anger Bingo interactive Anger Monsters interactive Anger Stop Signs worksheet Anger Thermometer guide When is Anger a Problem? worksheet Coping Skills: Anger worksheet Page 3 The Cycle of Anger worksheet Anger Warning Signs worksheet Anger Activity for Children: What is Anger? worksheet The Angry Monkey interactive Anger Bingo interactive Anger Monsters interactive Anger Stop Signs worksheet Anger Thermometer guide When is Anger a Problem? worksheet Coping Skills: Anger worksheet This workbook is for young people 13 and older who express their anger in ways that harm others, themselves, animals, and personal property. The workbook is especially helpful for children who have experienced complex trauma and are hurt, angry, and bereft as a result. Adults can use the exercises in this workbook to guide children to deal constructively with the sources of their anger and to guide them to prosocial ways of expressing anger and other emotions associated with their anger. Young people can learn to manage their anger without parental involvement but they do even better when parents are involved and do whatever it takes to be emotionally available to their children. Click here to view/download "A super teen-friendly and highly effective guide for teens that is packed with quick-and-easy activities for teens to calm down and problem-solve when anger and other overwhelming emotions come their way. I highly recommend this essential book to every teen, parents of teens, and school systems." —Jeffrey Bernstein, PhD, child, teen, and family psychologist, and author of 10 Days to a Less Defiant Child, Mindfulness for Teen Worry, and the Letting Go of Anger Card Deck "Schools teach advanced calculus and physics, yet mostly pass over teaching the skills essential for emotionally healthy living. Alas, snide, angry retorts can wreck relationships with friends and colleagues. Explosive anger outbursts can undo loving couple and family relationships. To build a firm emotional intelligence foundation for launching into adulthood—maybe even before entering high school—filling out the fun exercises in The Anger Workbook for Teens should become a required rite of passage. An engaging read, with interactive exercises that ensure real learning." —Susan Heitler, PhD, clinical psychologist, blogger on www.psychologytoday.com, and author of the self-help book Prescriptions Without Pills "This workbook is a true gift for teens who are frustrated and want to express their feelings in healthier, more positive ways. Lohmann's exercises increase self-awareness and build confidence to communicate better and handle anger constructively." —Marilyn Price-Mitchell, PhD, developmental psychologist and author of Tomorrow's Change Makers "Anger may be our most misunderstood feeling. Anger is 'too muchness'—too much stress, too many stimuli, too-intense feelings. Raychelle Lohmann has written a wonderful book on anger. She does a terrific job of showing how anger is an important, legitimate feeling and signal. But she does more. Her accessible, user-friendly workbook allows readers to consider the behaviors and actions related to anger, and to enhance their self-reflective capacities and interpersonal skills. This book is a treasure." —Paul C. Holinger, MD, MPH, professor in the department of psychiatry at Rush University Medical Center in Chicago, IL, and faculty and former dean at Chicago Psychoanalytic Institute "The Anger Workbook for Teens is a great resource that uses developmentally appropriate interventions teens can follow, and practical yet sensible tools to promote impactful change. I highly recommend this workbook for teens looking for a way to manage their anger and communicate more effectively. This workbook is an essential resource for counselors, parents, and teachers." —Natalie F. Spencer, PhD, LPC, NCC, assistant professor at North Carolina A&T State University, and author of Mindful Practices for Helping Troubled Teens "Healthy relational connection is what brings joy and satisfaction to living. Very often we allow being 'emotionally upset' to rob us of the opportunity to recover relational connection. Anger is a human emotion that if left unchecked, unaddressed, and unprocessed can bring relational hardship and very little relational satisfaction. The Anger Workbook for Teens provides an effective tool to deal with anger and frustration. It's extremely practical and leads to developing new habits and capacity to process the very human emotion of anger. Let Raychelle Lohmann guide you to identify triggers, stay calm in the moment, and express your feelings." —John Steigerwald, pastor, and executive director of the North Carolina Boys Academy "This second edition of The Anger Workbook for Teens offers creative, interactive, and practical activities for all teens to work through their vast range of emotions. Each activity invites the reader to reflect on their experiences and who they are as they navigate this critical developmental stage of life. The workbook provides a supportive outlet for teenagers, and even highlights realistic and 'doable' coping strategies and skills for teenagers to incorporate into their daily life. I would highly recommend any teenager, parent, counselor, administrator, and anyone who cares about teenagers to consider reviewing the book and working through the activities." —Angie Smith, PhD, LPC-S, LPC, NCC, associate teaching professor and coordinator of college counseling programs at North Carolina State University, and coauthor of Developing Online Learning in the Helping Professions Raychelle Cassada Lohmann, PhD, LPC, is a national board-certified and licensed counselor. Raychelle has worked as a clinician and a school counselor at middle and high school levels, and has helped hundreds of teens deal with feelings of frustration and anger. She has participated in and conducted extensive research on anger and aggression, and specializes in individual and group counseling for anger management. She is author of The Anger Workbook for Teens, and coauthor of The Bullying Workbook for Teens and The Sexual Trauma Workbook for Teen Girls. She also writes the Psychology Today blog Teen Angst, and is a regular parenting contributor for U.S. News & World ReportJulia V. Taylor, PhD, is author of Salvaging Sisterhood, G.I.R.L.S. (Girls in Real Life Situations), and Perfectly You; and coauthor of The Bullying Workbook for Teens. Julia has worked as a middle and high school counselor and has a passion for empowering girls to stand up to unrealistic media expectations, take healthy risks, and cultivate meaningful relationships. Visit her online at www.juliavtaylor.com. 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 mostâ••your parents, brothers or sisters, and friendsâ••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.

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