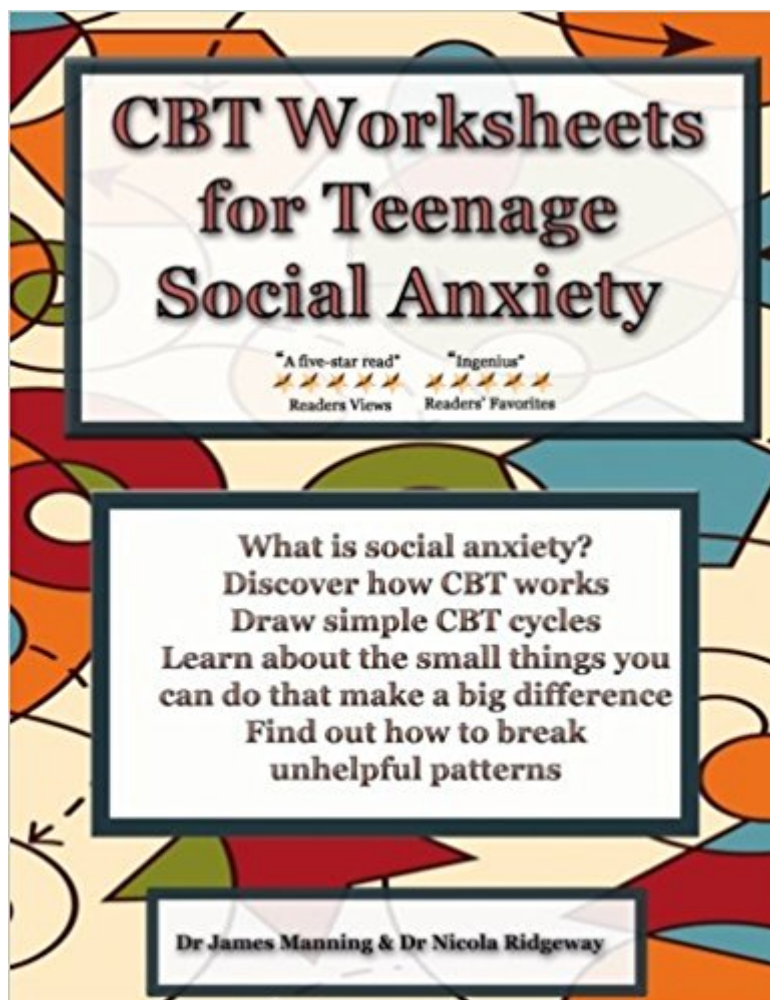


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# CBT Worksheets For Teenage Social Anxiety: A CBT Workbook To Help You Record Your Progress Using CBT For Social Anxiety. This Workbook Is Full Of ... CBT Therapy And CBT Books On Social Anxiety.





## Synopsis

CBT Worksheets for Teenage Social Anxiety is a resource that can be used by CBT therapists, and CBT therapists in training, to guide them simply through the processes involved in offering CBT for social anxiety to teenagers. This book can be given to clients to complete worksheets as they progress through therapy. This book may also be useful for teenagers who are considering having CBT for symptoms of social anxiety, or for teenagers who are on waiting lists for CBT therapy.

## Book Information

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## Customer Reviews

Reviewed by Rosie Malezer for Readers' Favorite \*\*\*\*\*Written in an easy-to-understand format, CBT Worksheets for Teenage Social Anxiety outlines the correct usage of the book, as well as the definition of Anxiety. The CBT Worksheets can be used in conjunction with specified web pages in order to measure your anxiety levels and how you react in certain situations. Not only is anxiety explained, but so are emotions, destructive cycles, and the chemical reactions in your brain when you are in a fight or flight situation. CBT helps you to lessen the anxiety in certain situations so that you react differently. Fear causes anxiety, and removing the fear factor helps you to cope better. If the way anxiety sufferers react to situations remains unchanged, avoidance becomes the logical answer, with the person withdrawing more and more into a shell. Interaction with others in a social situation becomes not only awkward but unbearable. Rebuilding a person's self-confidence and self-esteem is the key in helping them ease back into the world in a safe and calm manner. Learning to interact with the things that trigger anxiety is a long but

worthwhile journey, as long as you keep up with the practices which you learn in Cognitive Behavioral Therapy. As a sufferer of Agoraphobia with Panic Disorder and PTSD, I found the CBT Worksheets for Teenage Social Anxiety to be a very interesting and informative read. The information regarding how anxiety and worry feel is exceedingly accurate and, having gone through CBT in the past, I find the treatment advice to be well set out and very organized. Using both the worksheets and advice combined, when handling difficult encounters which trigger a person, is clever, well thought out, and easy to understand. Interaction with several characters in order to help bring the point across is ingenious, as are the different caricatures and cartoons, bringing an element of fun into the mix. I found Dr. James Manning and Dr. Nicola Ridgeway's book to be intriguing and recommend it to all those who practice in CBT, are going through therapy for anxiety disorders, or who are afraid but don't know what to do about it. Reviewed by Jack Magnus for Readers' Favorites \*\*\*\*\*

CBT, or Cognitive Behavior Therapy, is defined and explained through the interactions of fictional characters, Sally Blanket, a CBT practitioner, Jemma, a young adult client, and Professor Knutt. The authors present an overview of how different parts of the brain work, and how CBT can improve the balance between the animal part of the brain and the more rational parts. They discuss avoidance behaviors, safety behaviors, cycles and cognitive distortion, and provide sample and blank worksheets for these and other CBT concepts. The Appendix includes a list of regulatory agencies in the UK, and References and sources for additional reading."... I appreciated the authors' use of fictional characters to present the topics covered and to show how they relate to a real client, and found the device kept my interest more fully than a drier, more detached approach would. Going to a therapist can be a daunting prospect for anyone, especially a young adult, and this book really does a fine job of explaining what CBT is and how illuminating and freeing this type of therapy can be. While cautioning that changes can be frightening and will be resisted at first, small incremental steps can lead to real progress, especially when working with a therapist. While geared towards young adults, I would recommend this volume to anyone who is interested in learning more about CBT or is considering beginning work with a therapist. Concepts are presented in a clear and conversational format, and the worksheets and links provided are first-rate. CBT Worksheets for Teenage Social Anxiety: A CBT Workbook to Help You Record Your Progress Using CBT for Social Anxiety is most highly recommended. Romuald Dzemo\*\*\*\*\*

Many young people suffer from social anxiety, and while some may be aware of their suffering, many do not know why they feel and act the way they do. CBT Worksheets for Teenage Social Anxiety by Dr James Manning is a powerful tool, an innovative work for therapists working with teenagers suffering from social anxiety, a work that offers a proven path to recovery from social

anxiety. The book can be read, used, and appreciated by a variety of audiences, including teenage patients undergoing treatment for social anxiety, adults who want to understand and assist their young ones affected by this condition, therapists in training, and just anyone who wants to gain knowledge about social anxiety. CBT Worksheets for Teenage Social Anxiety is filled with very important information that will help readers get a deeper understanding of social anxiety, what causes it, and how to successfully deal with it. The writing is very simple and the style is interactive. The interactive aspect of the writing makes it fun and enjoyable, especially for young readers. From the very first page of this groundbreaking work, the author defines social anxiety and does so in very simple and clear terms. Dr James Manning uses real-life examples and couches the messages in a language that is accessible to ordinary readers. I particularly enjoyed the chapter on "Limiting Beliefs" and how to identify them. The author offers a powerful step-by-step guide to unveiling limiting beliefs and how to handle them. This book might have been written for those working with teenagers with social anxiety, but it has wisdom and tools that will transform the lives of many people. It's one of the books I'd recommend to anyone who wants to know more about social anxiety in teenagers, how it manifests itself, and how it can affect the psychological and emotional health of patients.

Divine Zape\*\*\*\*\*I have read many works by Dr. James Manning and have always been amazed at the insights and information he offers to readers, and how he comes across as a key authority in clinical psychology, especially in the area of anxiety and depression. CBT Worksheets for Teenage Social Anxiety is one of those powerful tools anyone will need to create a life that is psychologically and emotionally healthy. The author writes in a way that young readers can understand, with simple definitions, interactive passages involving different characters, examples that teenagers will easily identify with, and exercises that are sure to provoke an inner revolution in the reader. Drawing from his experience and expertise and referencing other prominent authorities in the field of psychology, the author creates a groundbreaking tool that will help therapists and patients find accurate answers to teenage social anxiety disorder. What causes anxiety? How does it manifest itself? What are the effects on the patient's health? How does it affect the patient's relationships, including their relationship with self? Such are questions that Dr. James Manning answers in this powerful work, but he doesn't just answer questions; he also proposes a path that can help those using this tool to transition from negative old beliefs to new ones, replace old and harmful behaviors with healthy and positive ones, create a strong awareness about the symptoms of social anxiety, and choose the right responses to them. CBT Worksheets for Teenage Social Anxiety is a book that I highly recommend for therapists and anyone who wants to know more about social anxiety, and one that will be highly appreciated for the

exercises it offers."An outstanding entry in the self-help field" - Clarion"This is an important work that has the potential to ease pain for countless teens" Indie Reader

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Help You Deal with Anxiety and Worry Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials)

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