

[PDF] Conquer Negative Thinking For Teens: A Workbook To Break The Nine Thought Habits That Are Holding You Back

Mary Karapetian Alvord PhD, Anne McGrath MA - pdf
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Description:

***You aren't what you think!* For teens with negative thinking habits, a licensed psychologist and a health journalist offers cognitive restructuring—a simple and effective cognitive behavioral approach to help you break free from the nine most common negative thinking habits that typically result in feeling sad, worried, angry, and stressed.**

This workbook offers a powerful technique called *cognitive restructuring* to help you reframe your thoughts, regulate your emotions, become a more flexible thinker, and stop letting your thoughts define who you are and how you feel. You'll learn to target the nine specific kinds of negative thinking habits that can cause you to worry or feel bad, such as the *I can't* habit, the *doom and gloom* habit, the *all or nothing* habit, the *jumping to conclusions* habit, and more!

Each chapter will walk you through simple explanations of each kind of negative thought, and offers real-life examples—as well as the sorts of behaviors, emotions, and bodily sensations that might be expected. You'll also gain an understanding of unhelpful or unrealistic thoughts, how to challenge them, how to replace them with more realistic and helpful thoughts, and an action plan for moving forward.

By recognizing these negative thinking habits, you'll feel more in control and less anxious and sad. Most importantly, you'll be able to see yourself and the world more clearly. Your thoughts don't have to define who you are and how you experience life. The transdiagnostic approach in this book will show you how to kick negative thinking habits to the curb for good!

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