



# The Bipolar Workbook for Teens: DBT Skills to Help You Control Mood Swings

*Sheri Van Dijk, Karma Guindon*

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When you have bipolar disorder, it can sometimes seem like mood swings are keeping you from being the person you want to be. You may alternate between feelings of depression and overexcitement even though what you really want is to find a healthy balance between the two. This easy-to-use workbook presents a set of skills you can learn that will help you find that balance, become more independent, and stay focused on the big-picture goals that are most important to you.

**The Bipolar Workbook for Teens** includes exercises and worksheets that will help you learn skills drawn from a special technique called dialectical behavior therapy (DBT). DBT skills can help people with bipolar disorder improve their relationships with friends and family and calm themselves when their emotions get really overwhelming.

Working through this book will help you:

- Recognize and respond to your emotional triggers
- Create a crisis plan and find support
- Get a handle on addictive behavior
- Maintain friendships and get along with your family

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