

the  
anxiety workbook  
for teens

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**activities** to help you deal  
with **anxiety & worry**

LISA M. SCHAB, LCSW

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# introduction

Dear Reader,

Welcome to *The Anxiety Workbook for Teens*. If you have been given this book, it is probably because you are experiencing anxiety in your life in some way and you are hoping to either get rid of it or learn how to handle it.

If you are experiencing anxiety, you are normal. There is no one who doesn't feel anxious at some time. It is even more common to feel anxious during adolescence, because so many changes are taking place in your body, your mind, and your emotions.

Anxiety is a common and very treatable condition. Working through the activities in this book will give you many ideas on how to both prevent and handle your anxiety. Some of the activities may seem unusual at first. You may be asked to try doing things that are very new to you. Even if the suggestions seem really different from what you are used to, I encourage you to give them a try. The idea that seems the strangest may turn out to be the one that helps the most.

You will also find that, while some activities work very well for you, others don't help at all. That is normal, too. You are a unique person, and you will have to discover the activities that work the best for you. Please feel free to talk with a counselor or other adult about altering the activities in some way if you find a better method than is suggested here. Be creative, and trust your intuition about what feels good to you and what doesn't.

As you complete the exercises, there will be times when you are asked to draw. Many people get intimidated when they read the word "draw." They think that they aren't good at art and might be embarrassed by their attempts. Please be aware that there are no right or wrong ways to draw your answers. The purpose of drawing in this book is only to lead you to a better understanding of yourself and your anxiety.

There is one thing that the activities have in common: they won't help if you do them just once. They are tools, intended for you to carry with you and use over and over

throughout your life. The more you practice using them, the better you will become at managing anxiety.

Try to be patient with yourself as you take steps along your path to peacefulness. It may take time to find your answers, but be assured that they are there! You will find them as long as you stay on the path.

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