

## **Excerpts from *The Anxiety Workbook for Teens* . . .**

### **(From the Introduction)**

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. . . 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!

### **(From Activity 3: Peace is Already Within You)**

When the renowned fourteenth-century artist Michelangelo was asked how he created the exquisite and powerful statue of David from a solid piece of marble, he replied that David was already in the stone; he simply chipped away the excess. Like the statue of David, your peace is already within you. You simply need to unearth it by peeling off the layers of anxiety that are covering it up.

### **(From Activity 7: Having an Awesome Attitude)**

Do you think? If the answer to that question is yes, then you already know how to use an awesome anxiety-management tool. Your thoughts create your experience of life. Your attitude, or the way you think about things, is one of the most powerful tools you have to help you prevent and manage feelings of anxiety. And since you are the only one who controls your thoughts, at every moment you have the ability to create a peaceful experience . . .

### **(From Activity 10: Overgeneralization)**

When Lauren asked a boy she liked to the school dance, he said no. She thought, "No one will ever want to date me; I'm always being rejected." She began to feel anxious anytime she was with a boy she liked.

When people overgeneralize, they assume that because they had one negative experience in the past, they will always have the same negative experience in the future - even though

there is no evidence for that. This assumption raises their anxiety level whenever they encounter a situation that has been negative, even just once, in the past. People who overgeneralize often use the words “always,” “never,” “no one,” “everyone,” “all,” and “none.”

The kids in the pictures below are having negative experiences. . . Write an overgeneralizing statement they might make about their situation that would raise their anxiety level . . . Then, write a more realistic statement that could lower their anxiety level.