



# Exploring Feelings: Cognitive Behaviour Therapy to Manage Anxiety, Sadness, and Anger

*Tony Attwood*

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If you have difficulty understanding what you and those around you are feeling, the world can be a confusing and frustrating place. Misinterpretation of social and physical events can result in feelings of anxiety, depression, and anger. But with education and guidance, individuals with these challenges can learn how to understand and cope with their feelings in positive ways. In this intriguing presentation, world-renowned psychologist Dr. Tony Attwood teaches caregivers how to implement cognitive behavior therapy. This therapy helps people effectively work through their emotions by developing their ability to interpret the causes and effects of their own actions and reactions. Dr. Attwood offers important advice on: assessing emotional needs; avoiding and correcting misinterpretation of emotion; building self-esteem and improving self-awareness; managing anxiety, depression, and anger; and, defining physical and social tools.

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Playing with family in a very park, coming to see the sea world or hanging out with pals is thing that usually you might have done when you have spare time, in that case why you don't try thing that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Exploring Feelings: Cognitive Behaviour Therapy to Manage Anxiety, Sadness, and Anger, you can enjoy both. It is good combination right, you still need to miss it? What kind of hang-out type is it? Oh come on its mind hangout people. What? Still don't understand it, oh come on its named reading friends.

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