Anxiety

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| **Across**  **3.** substituting socially acceptable activity for an impulse that was not  **9.** memories that are buried deeply in the subconscious mind  **12.** illogical, intense fear of an object or social situation  **13.** client senses that events are not real, when, in fact, they are  **14.** most common type of medication for anxiety disorders  **16.** (gain) relief of performing specific anxiety related behavior (staying inside to avoid leaving safe place)  **19.** dealing with conflict by alteration in consciousness or identity | **Down**  **1.** recurrent, persistent, intrusive thoughts, images or impulses  **2.** acknowledging the facts but not the emotions  **4.** going backwards to developmental stage to feel safe or have needs met  **5.** feelings of being disconnected from body  **6.** venting feelings towards a person less threatening than the one that caused them  **7.** symptoms that arise from high levels of anxiety, including insomnia, irritability, anger outbursts, watchfulness, suspiciousness, and distrustfulness. Often seen with PTSD  **8.** 15-30 mins of rapid intense anxiety with great emotional fear and physiologic discomfort  **10.** technique to reorient patient when having a flashback (ex. do you feel your feet on the floor?)  **11.** fear of being outside  **15.** failure to admit the reality of a situation. claiming it cant be true.  **17.** disorder with 6+ months of excessive/persistent worry & anxiety (abbreviation)  **18.** level of anxiety that can be productive |