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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Anxiety Disorders

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| **Across**  **1.** feelings of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **9.** one of the solutions to help cope with anxiety. two words, starts with the letters D and B  **11.** apprehension, dread or uneasiness similar to fear but based on an unclear threat  **15.** when you are fearful and nervous when away from home. two words  **16.** type of symptom. starts with the letter F | **Down**  **2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by almost everything, especially going out alone  **3.** cause of panic disorder. two words, starts with letters M and S  **4.**  when you fear something embarrassing will happen if you are in an unfamiliar situation  **5.** one of my everyday symptoms. 2 words, starts with the letters H and P  **6.** feeling outside of yourself  **7.** type of anxiety where you are in a chronic state of tension  **8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sensations, numbness or weakness in the body  **10.** type of anxiety, fear of situations which they can be observed, evaluated or embarrassed  **12.** one of my everyday symptoms. starts with the letter S  **13.** left \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and uncomfortable  **14.** symptom of generalized anxiety disorder. starts with the letter L |