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

Anxiety Disorders

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | 1  U | N | R | E | A | L | I | T | Y |  |  | 2  T |  |  | 3  M |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 4  A |  | R |  |  | A |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | G |  | I |  |  | J |  |  |  | 5  H |
|  |  |  |  |  |  |  |  | 6  D |  | O |  | G |  |  | O |  |  |  | E |
|  |  | 7  G |  |  |  |  |  | E |  | R |  | G |  |  | R |  |  |  | A |
| 8  T |  | E |  |  |  |  |  | P |  | A |  | E |  |  | S |  |  |  | R |
| I |  | N |  |  |  |  | 9  D | E | E | P | B | R | E | A | T | H | S |  | T |
| N |  | E |  |  |  |  |  | R |  | H |  | E |  |  | R |  |  |  | P |
| G |  | R |  |  |  |  |  | S |  | O |  | D |  |  | E |  |  |  | A |
| L |  | A |  | 10  S |  |  |  | O |  | B |  |  |  |  | S |  |  |  | L |
| I |  | L |  | O |  |  | 11  A | N | X | I | E | T | Y |  | S |  |  |  | P |
| N |  | I |  | C |  | 12  S |  | A |  | A |  |  |  |  |  |  |  |  | I |
| G |  | Z |  | I |  | H |  | L |  |  |  | 13  U |  |  | 14  L |  |  |  | T |
|  | 15  S | E | P | A | R | A | T | I | O | N | A | N | X | I | E | T | Y |  | A |
|  |  | D |  | L |  | K |  | Z |  |  |  | H |  |  | T |  |  |  | T |
|  |  |  |  |  |  | I |  | A |  |  |  | A |  |  | H |  |  |  | I |
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| 16  F | A | T | I | G | U | E |  | I |  |  |  | P |  |  | R |  |  |  | N |
|  |  |  |  |  |  | S |  | O |  |  |  | Y |  |  | G |  |  |  | S |
|  |  |  |  |  |  | S |  | N |  |  |  |  |  |  | Y |  |  |  |  |

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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 |