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

Social Anxiety Disorder

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

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| **Across**  **1.** used to alleviate or used as a treatment  **4.** \_\_\_\_\_\_\_\_\_\_ by almost everything, especially going out alone  **5.** Left\_\_\_\_\_ and uncomfortable  **7.** Treatment intended to relieve and heal  **11.** Cause of panic disorder  **12.** The worry of being in a embarrassing or humiliating situation  **13.** One of the solutions to help cope with anxiety  **14.** Caused by fear, anxiety, stress or irregular activities  **15.** Low magnesium levels, muscle fatigue, or medication side effects  **16.** Feeling outside of yourself | **Down**  **2.** Taken for it's calming or sleep-inducing effect  **3.** Fear of situations which they can be observed, evaluated, or embarrassed  **6.** Commonly affecting hands, legs, face, or vocal cords  **8.** Low energy and a strong desire to sleep that interferes with day-to-day activities  **9.** Intense, excessive, and persistent worry or fear about everyday situations  **10.** Apprehension, dread or uneasiness similar to fear but based on an unclear threat |

   Agoraphobia        triggered       Trembling       Depersonalization       major stress        Deep Breaths        fatigue        Social Anxiety       racing heart        nervousness       muscle twitches       Therapy       Antidepressant       sedative       unhappy       anxiety