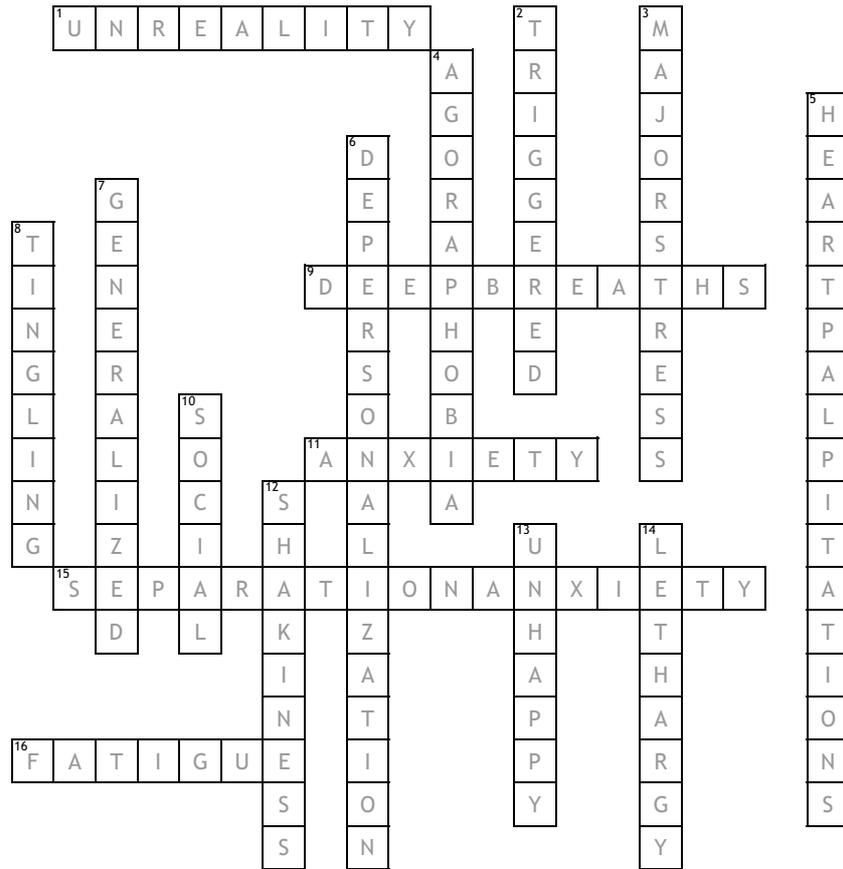


# Anxiety Disorders



**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