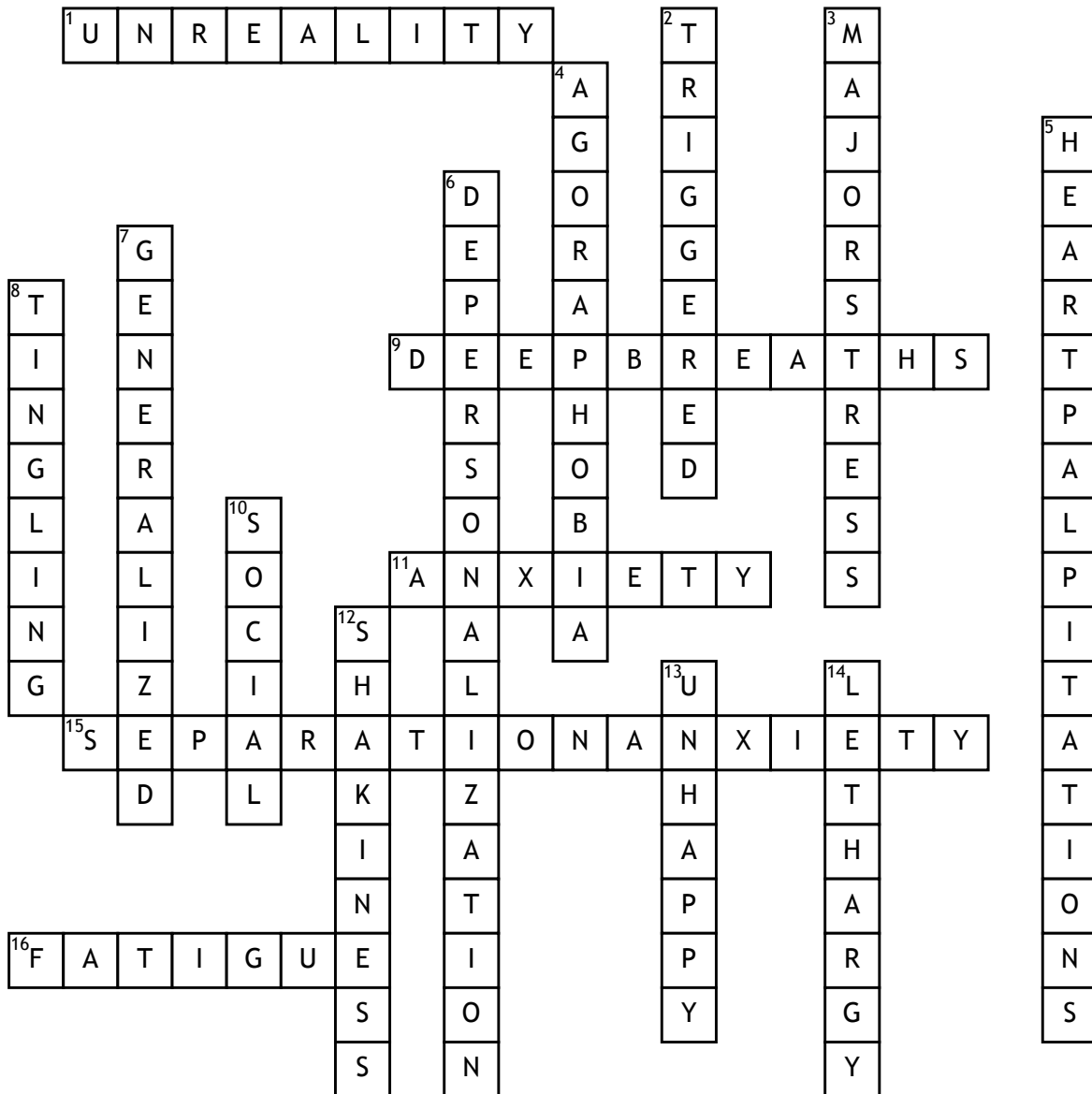


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# 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