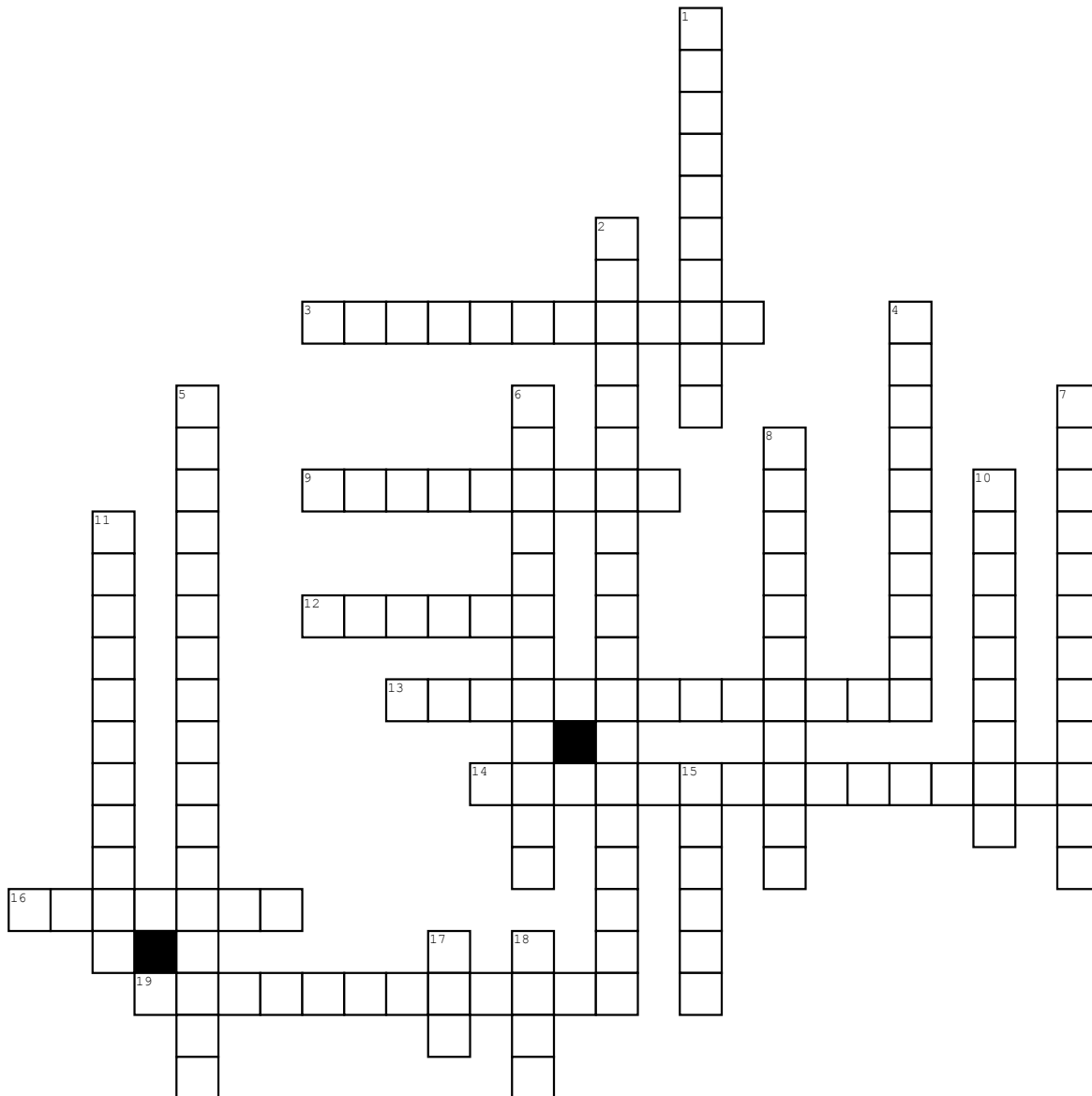


# Anxiety



## Across

3. substituting socially acceptable activity for an impulse that was not
9. memories that are buried deeply in the subconscious mind
12. illogical, intense fear of an object or social situation
13. client senses that events are not real, when, in fact, they are
14. most common type of medication for anxiety disorders
16. (gain) relief of performing specific anxiety related behavior (staying inside to avoid leaving safe place)
19. dealing with conflict by alteration in consciousness or identity

## Down

1. recurrent, persistent, intrusive thoughts, images or impulses
2. acknowledging the facts but not the emotions
4. going backwards to developmental stage to feel safe or have needs met
5. feelings of being disconnected from body
6. venting feelings towards a person less threatening than the one that caused them
7. symptoms that arise from high levels of anxiety, including insomnia, irritability, anger outbursts, watchfulness, suspiciousness, and distrustfulness. Often seen with PTSD

8. 15-30 mins of rapid intense anxiety with great emotional fear and physiologic discomfort
10. technique to reorient patient when having a flashback (ex. do you feel your feet on the floor?)
11. fear of being outside
15. failure to admit the reality of a situation. claiming it cant be true.
17. disorder with 6+ months of excessive/persistent worry & anxiety (abbreviation)
18. level of anxiety that can be productive