

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

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

# Anxiety: Signs and Symptoms

G J M Z Q F T Z P M L Q J P H W Q O K X J G R P  
A O A Z F A L L E F K E C T E N S E Z R J C B K  
W E J N Q O I U I W O U N D U P P K Z O U J K E  
S J Z A F P X M S Q A O E K T P I P T W U X K Z  
V Z Y F T A K N P H P Y T R A C I N G H E A R T  
T E G X Z N J M L V E N H B Q N V C G G C F A N  
I F A P J I H M L T P S Z J T G Y P A W J P P S  
H N E R D C Z O J L L N H S Y A J N X Q J B J O  
D S D O H K C T Y V G F O O X X S G Q N H Q R B  
H O J I B I F Z Y M K Q Y N T K V K D B Q I N Q  
P S J E H N K F S I R M X U F C W H C T A Y O R  
V Q S E H G T M N L C B P M T T O K J W U H X C  
F F A K J U N H I O T K P E O Q H L P O S W K W  
X O M T Q G O Z F D I N H V L T H L D N G H Q Q  
D A V O I D I N G S I T U A T I O N S I P X V A  
R P A N I C A T T A C K S Z B M E B E Q X H X E  
Z Z H J L B O B S E S S I V E T H I N K I N G R  
V C P X K X O K A Y I S M W C N H D O K A M T S  
W T Z L Q F I D G N I H T A E R B K C I U Q Y V  
N F W H C G O E R Q C M N Q V M L G Q L V W N U  
L X J A X W Q W S C Q D O Q R U N F G Z Q P L A  
B F J T X I D S Q A S S E N S S E L T S E R B P  
Q H Q G Z D G M F O B F E Y P J N D E I R R O W  
N K K P W A F M G L G G Y V F E S V F T B O Q Y

Avoiding Situations

Flushes Hot & Cold

Obsessive Thinking

Quick Breathing

Panic Attacks

Racing Heart

Restlessness

Panicking

Wound Up

Worried

Tense