

Name: _____

Depression

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

heart pounding
terrified
anxious
scared
silent
numb
sad

suffocating
confused
drained
trapped
alone
tired

exhausted
crushing
failure
angry
empty
blue

panicked
torment
masked
broken
heavy
hate