

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

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

# social anxiety

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

depersonalization

antidepressant

social anxiety

social phobia

mental health

racing heart

deep breaths

major stress

agoraphobia

nervousness

triggering

trembling

isolated

sedative

distress

unhappy

fatigue

therapy

anxiety

panic