

Name \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

## Activity # 1 *Answer Key*

Directions: Fill in the blanks with the terms listed in the box below.

<b>compulsion</b>	<b>generalized</b>	<b>obsession</b>
<b>diversions</b>	<b>guilt</b>	<b>real</b>
<b>doom</b>	<b>imagined</b>	<b>reexperiences</b>
<b>flashbacks</b>	<b>inherited</b>	<b>social</b>

1. Unlike fear, anxiety is a reaction to **imagined** dangers. Some people with **generalized** anxiety disorder experience panic attacks.
2. When severe anxiety is focused on a particular thing or situation that seems out of proportion to the **real** danger, it is called a phobia. Fear of speaking in public is a form of **social** phobia.
3. During a panic attack, a victim experiences intense anxiety, leading to a feeling of inevitable **doom**. Panic disorders may be **inherited**, in part.
4. An uncontrollable pattern of thoughts is called a(an) **obsession**. Repeatedly performing irrational actions is called a(an) **compulsion**. People may develop these thoughts and actions because they serve as **diversions** and thus reduce anxiety.
5. People who have gone through a particularly stressful experience like war or a major accident sometimes have **flashbacks** in which they **reexperience** the ordeal, often followed by feelings of **guilt**.