

Name _____ Date _____ Period _____

Activity # 1

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

compulsion	generalized	obsession
diversions	guilt	real
doom	imagined	reexperiences
flashbacks	inherited	social

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