

HOW WORRIED ARE YOU?

Find these words that mean worried. Use them when you need to verbalize how worried you are.

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

DISTRAUGHT

DISTURBED

UNEASY

BOTHERED

AGITATED

CONCERNED

DISTRACTED

OVERWROUGHT

AFRAID

ON EDGE

DISTRESSED

TORMENTED

ANXIOUS

UPTIGHT

TENSE

ILL AT EASE

APPREHENSIVE

TROUBLED

HOW WORRIED ARE YOU? ANSWER KEY

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

The reason I like activities that help clients identify & verbalize their feelings is because feelings are feelings are at the core of effective communication and communication is at the core of relationships? When we help the client label their feelings we help them clarify how they truly feel. When encouraging the client to label their feeling you will often facilitate them in creating a dialogue that will strengthen their interpersonal relationships.

Use this word search to help the client learn different words to verbalize their levels of worry/anxiety.

Thanks for downloading. Donalisa