Foundations 1E Quiz Questions Lesson 8.2

1. Match the term with its definition.

\_\_\_ 1. anxiety

\_\_\_ 2. anxiety disorder

\_\_\_ 3. phobia

\_\_\_ 4. panic attack

a. a persistent, excessive, or unrealistic fear of an something, someone, an activity, or a situation

b. an emotion that includes tension, worried thoughts, and physical changes like high blood pressure

c. intense and excessive worry and fear about everyday situations

d. sudden feelings of intense anxiety and terror that reach a peak within minutes

2. It is normal to have anxiety disorders occasionally when life becomes stressful, and these tend to be short-lived.

a. True

b. False

Answer: \_\_\_\_\_

3. Which is NOT a symptom of an anxiety disorder?

a. intense fear even when there is no actual danger

b. increased engagement with what you are doing

c. panicky feelings that are very hard to control

d. decreased desire to be around people, even friends

Answer: \_\_\_\_\_

4. All of the following are common influences on teen anxiety EXCEPT

a. social threats and violence

b. social media

c. pressure to succeed

d. worries about money

Answer: \_\_\_\_\_

5. Which is an important benefit of expressing gratitude?

a. Gratitude can help us refocus our feelings in a positive and calming way.

b. Gratitude can mask our negative or anxious feelings for a short time.

c. Gratitude can make others more sympathetic to our problems.

d. Gratitude can remind us of how difficult it is to solve emotional problems.

Answer: \_\_\_\_\_