

Identification of anxiety words

Show the client the anxiety face, ask them what the face is showing. Ask them if they can think of any other words for the word they offered. If they don't offer a correct word, tell them it's a worried face, then ask them if they can tell you any other words for worried. Record the words on the response sheet below.

Cut the large words below into strips with a word on each strip

Tell client you will be showing them some words that meant the same as the faces you show them, worried and happy. Put the big faces on the table or floor and put the question mark between them, as the client to say which pile the word should go into, happy, worried or don't know.

Use the recording form to identify those that were correctly placed (tick), those incorrectly placed (cross) and those that the client was unsure of (question mark).

Dave Dagnan
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Scared

Terrified

Afraid

Frightened

Quiver

Shock

Nervous

Worried

Anxious

Hassled

Concerned

Bothered

Smiling

Glad

Laughter

Cheerful

Ecstatic

Delighted

Impressed

Over the moon

Excited

Thrilled

Enjoy

Fantastic

Emotional Word generation and recognition task

Client

Date

Record any worried words identified by clients here

E	C	E	C
M	O	M	O
O	R	O	R
T	R	T	R
I	E	I	E
O	C	O	C
N	T	N	T

Scared	☐	Glad	☐
Terrified	☐	Laughter	☐
Afraid	☐	Cheerful	☐
Frightened	☐	Ecstatic	☐
Quiver	☐	Delighted	☐
Shock	☐	Impressed	☐
Nervous	☐	Over the moon	☐
Worried	☐	Enjoy	☐
Bothered	☐	Fantastic	☐
Anxious	☐	Excited	☐
Hassled	☐	Thrilled	☐
Concerned	☐	Smiling	☐



