

Fear vs. anxiety:

symptoms and signs



Fear

The flight response
such as running away
for safety

Inability to move or talk
(Freezing up)

Fighting via physical or
verbal means

Clenched fists

Goosebumps

Shared

Chest pain

Rapid heart rate

Chills or hot flushes

Dry mouth

Stomach ache or
nausea

Hyperventilation or
shortness of breath

Sweating

Trembling

Headache

Feelings of dread,
danger, or panic

Difficulty concentrating

Irritability

Restlessness

Feeling nervous and
tense



Anxiety

Avoidance of people,
places, and situations
that trigger your
anxiety

Excessive rumination
and frequent worries
even when you are safe

Panic attacks

Obsessive and
repetitive behaviors

Anxieties Phobias And Fears

SA Adler



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