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when a person experiences fear, they know why they are afraid. Anxiety is often less specific. Some people are more prone to anxiety than others. Mild anxiety is vague ...

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than has been done in terms that a layperson can understand. This book was recommended to me by the psychiatrist who treated me during a recent hospitalization as a "must read".

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Assessment (GAD7) and is
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GAD if: your worrying is uncontrollable and causes

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Most people feel a little insecure about their relationship at some point, especially in the early stages of dating and forming a commitment.

Relationship Anxiety: 16

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thought to be caused by a combination of factors. It's likely genetic, psychological and environmental factors come together to cause anxiety disorders.

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