



Fear / Anxiety / Stress

Fear	anxiety	anguish
disturbed by	disturbed at	worried about
worrying	dreadful/awful	awesome
appalling	to dread	
to fear something/ to fear someone	to fear for someone	
afraid of something	to be frightened of something	
to shake/to shudder	to have stage fright	
to be under stress	to frighten/to scare	to threaten

And now for a dialogue

Woman:	As usual at Christmas, she is on edge.
Man:	As a child, I was scared sick of going into the garden at night.
Woman:	The prime minister was appalled at the acts of terrorism.
Man:	I was stuck in a traffic jam for two hours, it was a nightmare.
Woman:	No panic, it can wait.