

## Part 1

For questions 1-8, read the text below and decide which answer (A, B, C or D) best fits each gap.

There is an example at the beginning (0).

0      A fickle                      B mutable                      C omniscient                      D multi-faceted

0	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input checked="" type="radio"/> D
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## Understanding Anxiety: A Complex Emotional Experience

Anxiety is a (0) \_\_\_ emotional state that affects millions worldwide, manifesting as a pervasive sense of unease, apprehension, or dread. While it is a natural (1) \_\_\_\_\_ to stress, prolonged or excessive anxiety can significantly impair an individual's daily functioning and overall well-being. The intricacies of anxiety encompass physiological, psychological, and behavioural (2) \_\_\_, making it a complex phenomenon to understand and manage.

At its core, anxiety serves an evolutionary (3) \_\_\_\_: it primes the body to respond to perceived threats through the "fight or flight" mechanism. This biological response triggers the release of adrenaline and cortisol, resulting in increased heart rate, heightened alertness, and muscle tension. However, when these reactions become disproportionate or chronic, they can lead to debilitating (4) \_\_\_\_\_ such as generalized anxiety disorder, panic attacks, or phobias.

Cognitive patterns often (5) \_\_\_ anxiety. Individuals may experience intrusive thoughts, catastrophizing, or an overwhelming fear of losing control. Such mental rumination fosters a vicious cycle where worry begets more worry, creating an almost insurmountable barrier to peace of mind. Moreover, avoidance behaviours frequently develop as coping strategies, although they may well worsen anxiety in the (6) \_\_\_\_\_.

Therapeutic interventions for anxiety are diverse, ranging from cognitive-behavioural therapy (CBT), which aims to restructure maladaptive thought patterns, to pharmacological treatments that regulate neurochemical (7) \_\_\_\_\_. Complementary approaches, including mindfulness meditation and relaxation techniques, have also gained prominence for their efficacy in alleviating symptoms.

Ultimately, understanding anxiety requires acknowledging its complexity and recognising that individual experiences vary widely. Through increased awareness, empathetic support, and appropriate treatment, those (8) \_\_\_\_\_ with anxiety can regain control and foster resilience in the face of life's uncertainties.

1. A response	B answer	C echo	D counterfoil
2. A peculiarities	B nuances	C dimensions	D whimsies
3. A node	B branch	C impetus	D corollary
4. A dispositions	B conditions	C setbacks	D maladies
5. A expedite	B exacerbate	C circumvent	D ameliorate
6. A end game	B mid-term	C long run	D far end
7. A imbalances	B diversions	C oversights	D lapses
8. A dueling	B striving	C grappling	D wrestling

## Answers

1 A 2 A 3 C 4 B 5 B 6 C 7 A 8 C