

How to express worry and anxiety in English - Useful expressions

HOW TO EXPRESS WORRY AND ANXIETY

I'm concerned/worried about...

He gives me the creeps.

He had a real terror of facing people

He's scared to death of flying.

His/Her voice was full of anxiety

I can't help thinking about...

I can't stop thinking about it.

I got a terrible fright

I'm absolutely dreading..

I'm really nervous.

I'm scared stiff / to death that...

I'm so concerned/worried about..

I've been worried sick about...

I've got butterflies in my stomach.

I'm scared / afraid / frightened / terrified / horrified of ...

It sent shivers down my spine

It's been keeping me awake at night.

My greatest fear is that ...

Stop it! You're creeping me out!

That's freaky.

That's really creepy.

The movie freaked me out.

to get the wind up

To scare the pants off someone

You gave me quite a scare !