

## Paired Words Exercise

Read the following pairs of words out loud and slowly.

Pause and think about each pair after reading them.

Breathlessness Suffocation

Unreality Insanity

Palpitations Heart attack

Chest discomfort Cardiac Disease

Tingling Brain Tumour

Dizziness Stroke

Light headedness Collapse

Chest tightness Sudden death

Strangeness Going Mad

Sweating Loss of Control

What did you notice while you were doing this task?

Reference: Clark, D.M. et al. Tests of a cognitive Theory of panic. In Hand, I. & Wittchen, H.U. (eds) *Panic and Phobias 2*, Berlin: Springer-Verlag, 1988.