

Paired associates

Panic attacks and phobias are about associating things with other things. In panic we associate physical feelings with danger (e.g. fast heartbeat means a heart attack). Phobias are eternal objects associated with danger (e.g. a spider means being poisoned). But this might not be the only interpretation. A fast heartbeat could mean anxiety and most spiders are not harmful to humans. Consider the feeling of object you are anxious about, what it means and all the alternatives.