

## Paired Texts for “Lose Control” by Teddy Swims

Medium	Paired Texts	Rationale
Novel	"The Catcher in the Rye" by J.D. Salinger	Both "Lose Control" and "The Catcher in the Rye" explore themes of alienation, loneliness, and the struggle to find one's identity. Students can analyze the protagonist's desire for connection and compare it to the speaker's desperation for the presence of their loved one in Teddy Swims's song.
Novel	"The Great Gatsby" by F. Scott Fitzgerald	The themes of longing, obsession, and the destructive nature of desire in "Lose Control" can be paired with similar themes in "The Great Gatsby." Students can analyze the characters' pursuit of unattainable love in both texts and examine the consequences of such pursuits.
Novel	"The Bell Jar" by Sylvia Plath	Both "Lose Control" and "The Bell Jar" delve into themes of mental health, isolation, and the struggle to maintain control. Students can compare the speaker's emotional turmoil in the song with the protagonist's battle with depression in the novel, analyzing the impact of societal expectations on their mental well-being.
Poem	"Mad Girl's Love Song" by Sylvia Plath	Plath's poem explores the speaker's experience of love and loss, echoing the themes of heartbreak and longing in "Lose Control." Students can analyze the different perspectives on love and the ways in which the speakers express their emotions in both texts.
Poem	"The Love Song of J. Alfred Prufrock" by T.S. Eliot	Both "Lose Control" and Eliot's poem delve into the themes of insecurity, fear of rejection, and the desire for connection. Students can compare the speakers' internal struggles and analyze the impact of their anxieties on their relationships and sense of self.
Poem	"Still I Rise" by Maya Angelou	Angelou's empowering poem addresses resilience, self-worth, and the ability to overcome adversity, which can be paralleled with the themes of struggle and self-discovery in "Lose Control." Students can analyze the speakers' journeys towards self-empowerment and the ways in which they find strength in the face of challenges.
Popular Song	"Someone Like You" by Adele	Both songs explore heartbreak, longing, and the difficulties of moving on from a past relationship. Students can compare the emotions conveyed in the lyrics and analyze the different perspectives on love and loss presented in each song.
Popular Song	"Fix You" by Coldplay	"Fix You" and "Lose Control" both touch on themes of vulnerability, seeking comfort, and finding solace in the presence of someone else. Students can analyze the different approaches to dealing with emotional turmoil and the role of support in overcoming hardships in the lyrics of the songs.
Popular Song	"Love Yourself" by Justin Bieber	Both songs tackle themes of self-worth, healing, and the importance of self-love. Students can compare the messages conveyed in the lyrics and analyze the ways in which the speakers in each song learn to prioritize their own well-being.
Historical Document	"The Declaration of Independence"	Pairing "Lose Control" with this historical document allows students to explore themes of freedom, independence, and the pursuit of happiness. They can analyze the different contexts in which these themes are presented and examine the significance of personal and political liberation.
Work of Art	"The Scream" by Edvard Munch	Both "Lose Control" and "The Scream" convey a sense of anguish, desperation, and the feeling of being overwhelmed. Students can analyze the emotions depicted in the painting and compare them to the lyrics of the song, exploring the ways in which art and music can express intense emotional states.

### Bonus Prompts

1. Compare and contrast the themes of loneliness and the struggle for identity in "Lose Control" and "The Catcher in the Rye." How do the protagonists in both texts grapple with their sense of self, and what impact do their experiences of isolation have on their lives?
2. Analyze the portrayal of love and heartbreak in "Lose Control" and "Someone Like You." How do the speakers in both songs navigate the emotions associated with lost love, and what messages do they convey about the process of healing and moving on?