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So, in this episode, Dean is infected with ghost sickness, which basically makes you so afraid that your heart eventually stops. Fun, huh? They discover that the ghost that is generating the sickness is the spirit of a man who was murdered because the murderer thought he had killed his wife.

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Supernatural: 10 Episodes That Are Actually Terrifying

8 "Skin" - S1, EP 6.

7 "Family Remains" - S4, EP 11.

6 "Asylum" - S1, EP 10.

5 "Soul Survivor" - S10, EP 3.

4 "Everybody Loves a Clown" - S2, EP 2.

3 "Bloody Mary" - S1, EP 5.

2 "No Exit" - S2, EP 6.