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[Those that suffer from anxiety sensitivity](#) are more likely to experience a negative impact from watching horror films. The tendency to fear intrusive thoughts and  may be triggered and increase levels of anxiety or panic.

[Can Horror Movies Negatively Impact Your Mental Health? - Healthline](#) : health : how-do-horror-movies-affect-your-mental-...</a></span></div></div>

[Sensitive to Violent or Scary Movies? You're Not Alone](#)</span></div>

For us sensitive people, this means a scene of violence can be difficult to stomach. Watching someone in pain can cause our brains to almost experience that scene ourselves, as if we were actually there. We cannot just watch and feel amused, pretending it isn't real (even if it isn't).</div></div>

[Sensitive to Violent or Scary Movies? You're Not Alone](#) : highly sensitive refuge : why-some-people-are-so-sensitive-to-violent-...</div></span></a></div></div>

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