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Watching horrific {img} can trigger unwanted thoughts and feelings and increased levels of anxiety or panic, and even increase our sensitivity to startle-eliciting stimuli, making those of us who are anxious more likely to respond negatively and misinterpret the sensations as real threats.

[Watching horror movies can trigger unwanted thoughts and feelings and increased levels of anxiety or panic, and even increase our sensitivity to startle-eliciting stimuli, making those of us who are anxious more likely to respond negatively and misinterpret the sensations as real threats.](#)

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Watching a horror movie every day could potentially desensitize you to violence and fear, and it may also affect your sleep patterns and overall mood.

It's always a good idea to find a balance in your entertainment choices and to engage in activities that bring you joy and relaxation.

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