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Our desire to experience fear, it seems, is rooted deep in our evolutionary past and can still benefit us today. Scary play, it turns out, can help us overcome fears and face new challenges those that surface in our own lives and others that arise in the increasingly disturbing world we all live in.

The Evolutionary Reasons We Are Drawn to Horror Movies and ...

scientificamerican : article : the-evolutionary-reasons-we-are-dr...

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Personality Traits and Horror

Martin found certain personality traits in his literature review that were associated with the enjoyment of horror. They included sensation seeking, empathy, need for affect, and the dark triad.

Horror as a Hobby | Psychology Today

psychologytoday : blog : the-mind-collector : horror-hobby

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