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[Anxiety changes brain chemistry, and makes it easier for the mind to focus on the negative.](#) You're not only more likely to have a scary thought when you have anxiety, you're also more likely to focus on the thought, have the thought cause more anxiety, and ultimately have more scary thoughts in the future.

[How Anxiety Causes All Types of Scary Thoughts - Calm Clinic](#) : anxiety : symptoms : scary-thoughts

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[We have a brain that processes information very deeply and feels emotions very vividly, compared to other people.](#) This trait is linked with many good qualities empathy, creativity, and giftedness among them but it also means we experience unsettling scenes very differently than other people.

[Sensitive to Violent or Scary Movies? You're Not Alone](#) : why-some-people-are-so-sensitive-to-violent-...'s important to in

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