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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](#)  
calmclinic : anxiety : symptoms : scary-thoughts

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](#)  
highlysensitiverefuge : why-some-people-are-so-sensitive-to-violent-...

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Jan vertonghen acredita que ele sofreu de problemas mentais de Saude no Tottenham e lou que passou toda a final triste da Liga dos Campees de 2024 contando o apito

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