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Rules to successfully survive a horror movie:

You may not survive the movie if you have sex.

You may not survive the movie if you drink or do drugs.

You may not survive the movie if you say "I'll be right back", "Hello?" or "Who's here?"

[The Rules | Scream Wiki - Fandom](#)

[scream.fandom : wiki : The_Rules](#)

Acknowledging your fears with friends, or even talking about your favourite scenes can help you to differentiate between reality and fiction.

Dr Hall suggests, Talking through the film with friends after watching can put things into perspective and help convince the mind that what you have just viewed is not real.