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These long-ago experiences have granted people a highly responsive, albeit mostly unconscious, threat detection system. Because horror movies do such a good job of simulating threatening situations, this means our emotional responses to them are similar to those we'd experience if we encountered a real-life threat.

[Why Do We Enjoy Horror Movies? - Verywell Mind](#)

[Why do some people enjoy horror and torture movies? - Quora](#)

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There are many reasons why people enjoy horror movies. Some people enjoy the adrenaline rush and the feeling of being scared in a safe environment. Others enjoy the thrill of being scared and the sense of excitement that it brings. Still, others may enjoy the opportunity to confront and work through their own fears.

[Why do some people enjoy horror and torture movies? - Quora](#)

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