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The enjoyment that some people get from fear is likely not from fear itself. Instead, thrills stem from the physical and emotional release that follows scary situations, according to Seeker, a division of Discovery. For some horror fans, the desire to feel fear is a manifestation of an adrenaline-seeking personality.

The Psychology of Fear: Exploring the Science Behind Horror Entertainment

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So why do we like it? It is a combination of an adrenaline rush and an opportunity to learn about dealing with scary situations in a safe environment, researchers say. Clasen and his colleagues identified three broad types of horror fans: adrenaline junkies, white knucklers and dark copers.

Why we like scary things: The science of recreational fear - Washington Post

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