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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](#) online.csp.edu : resources : article : psychology-of-fear

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 : wellness : 2024/10/27 : why-we-like-scary-th...

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