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TML, PHP +15

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Anxiety changes brain chemistry, and ma

kes 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 al

so more likely to focus on the thought, have the thought cause more anxiety, and

ultimately have more scary thoughts in the future.

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How Anxiety Causes All Types of Scary Thou

ghts - Calm Clinic

almclinic : anxiety : symptoms : scary-thoughts

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We have a brain that processes i

nformation very deeply and feels emotions very vividly, compared to other people

. This trait is linked with many good qualities empathy, creativ

ity, and giftedness among them but it also means we experience unsettling sce

nes very differently than other people.

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Sensitive to Violent or Scary Movies? You're Not A

lone

refuge : why-some-people-are-so-sensitive-to-violent-...

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