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It's not just your brain chemistry that changes when you're anxious. Your body also reacts, making 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 also more likely to focus on the thought, have the thought cause more anxiety, and ultimately have more scary thoughts in the future.

[How Anxiety Causes All Types of Scary Thoughts - Calm Clinic](#)

[Anxiety : symptoms : scary-thoughts](#)

We have a brain that processes information very deeply and feels emotions very vividly, compared to other people. This trait is linked with many good qualities - empathy, creativity, and giftedness among them - but it also means we experience unsettling scenes very differently than other people.

[Sensitive to Violent or Scary Movies? You're Not Alone](#)

[highly sensitive refuge : why-some-people-are-so-sensitive-to-violent-...](#)

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