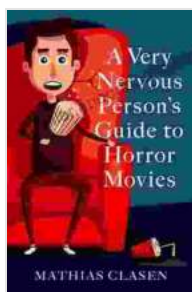


# The Very Nervous Person's Guide to Horror Movies

Are you a horror movie fan who loves to be scared, but also finds yourself getting a little too nervous when you watch them? If so, then this is the guide for you!

In this book, we'll teach you everything you need to know about horror movies, from the different genres to the common tropes. We'll also give you some tips on how to watch horror movies without getting too scared.



## A Very Nervous Person's Guide to Horror Movies

by Annie Hartnett

★★★★☆ 4.4 out of 5

Language : English  
File size : 11538 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 205 pages  
Lending : Enabled



## Chapter 1: The Different Genres of Horror Movies

There are many different genres of horror movies, each with its own unique set of scares. Some of the most popular genres include:

- **Slasher movies:** These movies typically feature a group of teenagers who are being stalked and killed by a masked killer.
- **Creature features:** These movies feature monsters, aliens, or other creatures that terrorize humans.
- **Supernatural horror:** These movies deal with the supernatural, such as ghosts, demons, and witches.
- **Psychological horror:** These movies focus on the psychological effects of fear, such as paranoia, guilt, and insanity.

## Chapter 2: The Common Tropes of Horror Movies

There are certain tropes that are common to many horror movies. These tropes include:

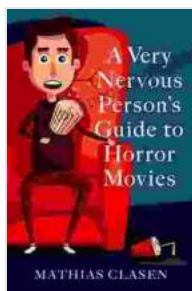
- **The final girl:** The final girl is the one character who always survives the horror movie. She is typically resourceful, brave, and determined.
- **The jump scare:** The jump scare is a sudden loud noise or image that is used to scare the audience. Jump scares are often used in horror movies to create a sense of suspense and fear.
- **The red herring:** The red herring is a character or event that is introduced to mislead the audience. Red herrings are often used in horror movies to keep the audience guessing about who the real killer is.
- **The twist ending:** The twist ending is a surprise ending that is used to shock the audience. Twist endings are often used in horror movies to leave the audience feeling scared and unsettled.

## Chapter 3: How to Watch Horror Movies Without Getting Too Scared

If you're a nervous person who wants to watch horror movies, there are a few things you can do to help you cope with the scares:

- **Start with a mild horror movie:** Don't start with a hardcore horror movie if you're easily scared. Start with a milder horror movie and work your way up to the more intense ones.
- **Watch with a friend:** Watching a horror movie with a friend can help you feel less scared. You can talk to your friend about the movie and share your scares.
- **Take breaks:** If you're feeling too scared, take a break from the movie. Get up and walk around, or go outside for some fresh air.
- **Remind yourself that it's just a movie:** Horror movies are not real. They are just stories that are meant to scare you. Remind yourself of this when you're feeling scared.

Horror movies can be a lot of fun to watch, even if you're a nervous person. By following the tips in this guide, you can learn how to watch horror movies without getting too scared. So what are you waiting for? Grab a bowl of popcorn and get ready for a night of scares!



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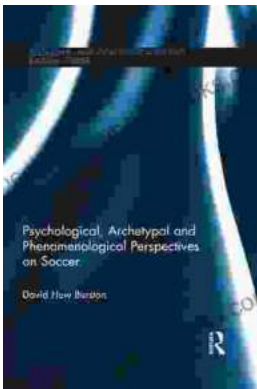
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