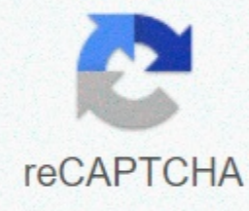




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Horror vs thriller movies

Get the best moments in pop culture & entertainment delivered to your inbox. Horror movies in the month of October are just amazing. Spooky season might feel a little different this year, but it's not Halloween without bone-hairing movies to really make you afraid to turn the lights off at night. But what if a horror movie can scare you and ultimately cheer for the main character? These five movies are very much in that camp. They are all different levels of scary, but they all have one thing in common when it comes to the main female protagonist: You might just catch yourself saying Good for her at the end of it. There are no spoilers for these movies below, so happy ghosts!

1. 'Ready or Not' RELATED: Who Is 'Ready or Not' Star Samara Weaving? Ready or Not came out in 2019 and stars Samara Weaving as Grace, a woman marrying into a filthy wealthy family who made their fortune through board games. Her groom, Alex Le Domas (Mark O'Brien) is very skittish about this family tradition of playing a game on their wedding night. Why? Because one of the possible options involves a deadly game of hide and seek. While Grace is very skeptical about the seriousness of the game at first, she quickly catches on. Available to stream with an HBO subscription.

2. 'Us' One of Jordan Peele's brilliant horror films, Us is about a family who takes a trip to a nice little beach house just to go outing. However, they are bombarded with doppelgangers of themselves and things get quite weird and gory very quickly. There's a lot to unpack in this movie and, frankly, it takes the whole movie to absorb everything. But there are a few characters that might make you say Good to her. Or maybe not. But multiple interpretations and opinions are the beauty of this film. Available to stream with an HBO subscription.

3. 'Midsommar' RELATED: There's a medical reason Florence Pugh has a clear voice, especially when she cries Midsommar might be the perfect Good for her movie. It stars Florence Pugh as Dani, a traumatized young woman who is having a real time of a boyfriend. Regardless, he and his friends are heading to Sweden to take part in a rural village festival, courtesy of one of these friends. This horror film not only manages to scare its viewers of images in broad daylight, but it shocks you too. Available to stream on Amazon Prime.

4. 'Jennifer's Body' Jennifer's Body's great Good for her moment may be at the end of the movie, or it may also be the great new acceptance the film has received 10 years after it came out. It wasn't marketed properly, but this movie is really a commentary on the horrors women face and general karma. It is also, with a killer script from Juno's Diablo Cody. Plus Megan Fox and Amanda Seyfried are really iconic. Available to stream with a Starz Starz 5.

5. 'The Witch' Finally is The Witch, which is probably the most gruesome movie on this list. It takes place in 1630s New England, when the east was freshly colonized and religious zealot and puritans were all who existed. The ghostly, eerie forest combined with that ferocious theology makes for a truly hair-raising film that - you guessed it - has a witch in it. Anya Taylor-Joy stars and it's the perfect movie to really get you scared for Halloween. Available to stream with a Showtime subscription.

RELATED: 5 of Netflix's Upcoming Horror Movies and Shows To Be Ready for Halloween and Cozy Fall Nights This Is the Latest Article in Health's Column, But Why? Here, experts decipher the psychological reasons behind the most enigmatic human behavioral mysteries. Horror movies are scary. They're filthy. They make you think about death and fear for your life. And yet, for many of us, they are an explosion to watch- the best way to spend a Friday night, especially in October, when ghosts, gore, and the macabre rule the month. Take It Chapter One, the 2017 adaptation of Stephen King's stuff-of-nightmares novel, as proof: The film made more than \$700 million at the box office worldwide. In other words, moviegoers flocked to theaters by choice to see a killer clown terrorize a bunch of kids. (Give the popcorn: Pennywise is about to rip off little Georgie's arm!) So what gives? Why do so many of us go out of our way and even pay good money to consume terrifying entertainment? Here's what the experts have to say. Although horror movies are fake, watching them can lead to a very real fight-or-flight reaction, some experts say. The brain doesn't always make a completely effective distinction between fantasy and reality, Krista Jordan, PhD, a clinical psychologist based in Austin, Texas, tells Health. For example, let someone bite into a lemon, and if the person is really good at describing it, your salivary glands are activated. According to Jordan,

the same kind of glitch can happen when you look at horror. The brain kind of forgets at that time that what it sees is not really danger and then costs the physiological response that would be appropriate as it were, she says. In turn, your body goes into fight-or-flight mode, which means it's awash with adrenaline and euphoria-inducing brain chemicals like endorphins and dopamine-all of which can inflate you and make you feel like you're ready to be in the world (or at least Michael Myers). You get an adrenaline rush from showing a horror movie, but you're not actually in danger if you watch The Purge, for example, which is another big part the appeal of the genre. You see scary things in a controlled environment, and I think that's something we all crave, margot Levin, PhD, a one psychologist based in New York City, says Health. It goes back to early childhood, she explains. Think of a toddler learning to walk: One of the things they like to do is run away from the parent, get to a certain point where it's a little scary, and then run back. It's about playing with danger, but with a sense of security. Despite the lack of a real threat, many people still feel satisfied when they finish a horror movie. I have something that fell outside my comfort zone, and I overcame it, Jeffrey Gardere, a PhD, a clinical psychologist based in New York City, tells Health. That gives you confidence. RELATED: Why do some people refuse to wear a face mask in people? Horror movies give you a glimpse into how life-threatening situations can play out, making you feel better prepared for real danger. It's about trying to learn to predict the world around you, Coltan Scrivner, a Doctoral Candidate in the Department of Comparative Human Development at the University of Chicago, tells Health. What do other people do, even if they are fictitious, when they are in situations like this? What do other people do when faced with some form of threat or challenge? Gardere admits that he has a fascination with zombie horror, and he explains it this way: There's a small part of me that believes that at some point there may be a side effect of some medication that won't resuscitate the dead, but that can really affect a frontal temporal lobe or something, and people can behave in a way that can be very dangerous. , he says. By watching shows like The Walking Dead, Gardere can see what might happen if his worst nightmare becomes a reality - and it's not just the zombies he notes on. As a psychologist, I watch a show like The Walking Dead to see how people behave in a zombie apocalypse, how they become the true monsters, he says. The zombies are nothing more than the window dressing. In addition to giving you a playbook of sorts, experts say that watching horror movies can help you practice coping strategies. I think people who look at them learn a lot how to deal with uncertainty and tension and fear, Scrivner says. He recently co-wrote a study showing that horror fans are more resilient and less psychologically distressed than non-horror fans in the face of the current Covid-19 pandemic - probably because of their well-honed coping skills. We think horror fans are essentially building a toolkit to deal with feeling anxious or scared, says Scrivner. Because that's exactly what you do when you watch a horror movie. You regulate your emotions so that you are in a difficult spot because you are afraid but also have fun. RELATED: What is is and why would anyone do it? We all have unkunkable parts of ourselves that I think are internalized into dangers beyond us, Erin Hadley, PhD, a clinical psychologist in Philadelphia, tells Health. One of the reasons we can be attracted to horror, she argues, is that it allows us to explore those taboo parts of ourselves. With a movie like Carrie, for example, many people identify with her being bullied and tormented at school and at home, she says. But do you want her to deslave her classmates? I think a lot of people do. Identifying with the perpetrator is a classic Freudian interpretation [of why we like horror], adds Jordan. It's the same reason Freud would say we want to watch boxing: We're not identifying with the person who got hit; We identify with the person who beats up the other man. I think a lot of people would struggle to admit that, but frankly I think that's probably happening at some level. By watching victims in horror movies make obvious mistakes - like that old chestnut back in the house- you're able to convince yourself that, if presented with the same situation, you'd manage to survive. There's always one of those scenes where the intended victim manages to take out the perpetrator and then they start to walk away very slowly and turn their backs, Jordan says. That's when you might find yourself screaming on screen (because, duh, the killer is going to back it up!) -and it's not just because screaming during a horror movie adds to its fun. I think there's that part of us that's trying to say, 'That would never happen to me.' Jordan explains. Here are all the ways I would react differently. For example, you'd better hide, think faster, and never, ever travel while running in the woods. It's kind of like reading an article in the paper about someone who died at 4:30 in the morning and you say to yourself, That would never happen to me because I would never be out at 4:30 in the morning, Levin says. It's magical thinking. This is how we separate ourselves from our fear that terrible things will happen to us. Something went wrong. 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