

THE PSYCHOLOGY OF HAUNTED HOUSES

→ Scared on Purpose Guide ←

Use this guide to see why chosen fear feels good, find the right amount for you, and enjoy the laughter afterward.

SAME
PEOPLE
BRIGHTER
TOMORROW

GOOD
PEOPLE
GET
SCARED
HERE

ENTER
IF YOU DARE
(IT'S A CHOICE)

SAME
YOU
BRAVER
FUNNIER



JUST
A
STORY



1. FEAR THAT CANNOT HURT YOU

Notice the safety underneath.

- Your body reacts as if in danger while your mind knows there is none.
- Because you chose it and can leave, the fear becomes enjoyable rather than traumatic.
- Part of the pleasure is the mastery of feeling panic while knowing better.



FIND
YOUR
RANGE

TOO LOW
JUST RIGHT
TOO MUCH

2. FIND THE RIGHT AMOUNT

Aim for calibrated, not maximum.

- Enjoyment rises with fear up to a point, then drops when it overwhelms.
- Too little is boring, too much is distressing, the sweet spot is in between.
- Move closer or back, cluster with friends, or use humor to stay in your range.



SCARIER
TOGETHER

3. SCREAMING TOGETHER

Bring your people.

- Shared fear bonds through synchrony, mutual vulnerability, and shared stories.
- Fright licenses closeness and contact ordinary moments would not.
- The group you attend with largely decides what the night becomes.



SAME
FEAR
BRIGHTER
YOU

4. WHY WE LAUGH AFTER

Enjoy the aftermath.

- High arousal from fear discharges when the threat resolves, often as laughter.
- Leftover arousal amplifies the relief and amusement that follow.
- Many people report improved mood and the satisfaction of having endured.

EXIT
HAPPIER
HUMAN

DR. Z TAKEAWAY

"The goal is not maximum terror but the right amount for you. Fear you have chosen and can end is safe to enjoy, and there is no courage lost in knowing your own optimal range."

SCARY
TODAY
BRIGHTER
TOMORROW



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Connection heals. Conversations help.