

# bets jogos

Rules to successfully survive a horror movie:

- You may not survive the movie if you have sex.
- You may not survive the movie if you drink or do drugs.
- You may not survive the movie if you say "I'll be right back", "Hello?" or "Who's there?"

[The Rules | Scream Wiki - Fandom](#)

[scream.fandom : wiki : The\\_Rules](#)

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Acknowledg ing your fears with friends, or even talking about your favourite scenes can help you to differentiate between reality and fiction. Dr Hal I suggests, Talking through the film with friends after watching can put things into perspective and help convince the mind that what you have just viewed is not real.

[5 Tips To Avoid Nightmares After Scary Films - Happy Beds](#)

[happybeds.co.uk : blog : 5-tips-to-avoid-nightmares-after-scary-films](#)