

So. I've been feeling a little tired lately, but sleep eludes me, so I stay up late scrolling through my phone watching YouTube videos, and then find myself watching films, the kind of ones that play with your mind. But not horrors, I hate horrors. No, psychological thrillers, I don't mind those, they lure you away from reality and allow your imaginations to run wild by seeing into the minds of morally ambiguous characters. Their feelings become our feelings. Fear, anxiety, confusion. Sometimes I lay there staring into the deep darkness of my room and it drowns me until the moment when consciousness becomes unconscious which is just a split second.

What if you wake one morning and everything around you is not what it seems? Unable to remember when you fell asleep or what happened the night before. Your mind spiral into a whole lot of thoughts that confuse you. Am I awake, am I dreaming? Sometimes you wake from a dream and a few minutes later you really wake from a dream. This disbelief tricks your mind leaving you with an eerie feeling to trust or not to trust the reality around you. Your brains distortion of the images leads you down a dark path of terror, this is how thrillers have you exactly where they want you, in the grip of fear.

These films are built to take advantage of what we think is real and what we think is true. It twists our imagination to trust no one. Those we think are victims become monsters. They provoke you with the feeling of butterflies stabbing your stomach of not knowing what is real and what is false.

The ugly truth is always unexpected and when shown, we doubt our intuition to work out what will happen next. The way these films are made allows us to confront our fears without actually having to act on them. This fear sucks you in and swallows you whole until you feel lost and neglected. They want you to feel the fear of deception, the deception of your mind trusting the wrong people.

The wrong people can be anyone, even someone you may think you know. In these films it's easy to cross the line into madness where being obsessive can lead down a dangerous and dark road. This chilling portrayal puts us in an uncomfortable position. Our hearts start to beat a little faster, the sound of breath shortening until were sitting in total silence whilst fear is screaming in my head. We're suddenly paralyzed with our eyes glued to the screen making us look in a certain direction.

Thrillers are like a rollercoaster, you begin at the bottom slowly making your way up the track riding a wave. Darkness surrounds you making sure your unable to see what's in front of you. Your pulse

begins to race, faster and faster. You can't breathe. Your brain freezes as it processes the danger all around as the adrenalin flows and your senses explode you need to run faster and harder. Escaping the dark shadow that lurks around pressing on you, dragging you down. Deeper into the tunnel. Until you reach the peak of fear of what comes next. To live or die. The roller-coaster of emotions slowly subside as you see a light at the end of the tunnel. Only for it to be snatched away for a little while, senses on alert as the fear returns. The effect only gets stronger. Older films still have the power to re awaken the emotion even when seen again. The terrors of the human psyche forever haunt your mind. These are the worst kind of monsters.

Putting faith in evil never ends well. Often men are the perpetrators but, in some twists, women prevail. In others they're seen unstable and delusional. Mirrors reflect one's inner self as well as representing their dark side. Maybe this is why we fear thrillers? We fear the unknown.

Psychological thrillers are like a continuous rollercoaster of emotions, it jumbles your feelings around. It plays with your mind. Fear, panic, terror, elation and around it goes again. Until the rollercoaster comes to a sudden stop and the final drop, we then get closure.

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