

COMFORT HORROR STORY BLUEPRINT



How to Use This Guide: This blueprint is designed to help you craft your own Comfort Horror story, a subgenre that blends scares with emotional catharsis. Use the prompts below to develop a horror tale that unsettles while also soothing, confronting fear with heart.

CORE CONCEPT

What is the central emotional theme your horror story explores?

Examples:

- fear of the dark
- fear of the unknown
- fear that something terrible will happen
- fear of the unseen
- fear of psychopaths
- fear of creatures
- fear of predators
- fear of pain or torture
- fear of death
- fear of being alone
- fear of going insane

Your Idea: _____

HORROR PREMISE WITH A SOOTHING TWIST

Examples:

- A haunted house that reflects the protagonist's internal healing journey.
- A monster who protects a lonely child from real-world dangers.
- A ghost who brings a fractured family back together.

Your Premise: _____

MAIN CHARACTER AND WOUND

Who is your main character and what personal wound or trauma are they carrying?

Protagonist Name: _____

Emotional Wound: _____

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HORROR ELEMENT

What horror device or supernatural element will reflect or intensify the character's emotional journey?

Examples:

- Ghost
- Cursed object
- Mysterious illness
- Sentient house
- Cryptic townfolk

Your Horror Element: _____

SOURCE OF COMFORT

What provides emotional relief in the story? This could be a found family, a loyal pet, a growing sense of self-worth, etc.

Comfort Element: _____

RESOLUTION

How will the protagonist grow and what peace will they find, even if the horror remains?

Final Emotional Note: _____