

I'm not a robot



When people talk about suddenly remembering old memories, the memories they refer to are usually autobiographical or episodic memories. As the name suggests, this type of memory stores the episodes of our life. Another type of memory that can also be suddenly remembered is semantic memory. Our semantic memory is the storehouse of our knowledge, containing all the facts we know. Usually, the recall of autobiographical and semantic memories has easily identifiable triggers in our context. Context includes our physical surroundings as well as the aspects of our mental state, such as thoughts and feelings. For example, you're eating a dish at a restaurant, and its smell reminds you of a similar dish your mom used to make (autobiographical). When someone utters the word Oscar, the name of the movie that won the Oscar recently flashes in your mind (semantic). These memories had obvious triggers in our context, but sometimes, the memories that flash in our minds have no identifiable triggers. They seem to pop into our minds out of nowhere; therefore, they've been called mind-pops. Mind-pops shouldn't be confused with insight, which is the sudden popping up of a potential solution to a complex problem in the mind. Thus, mind-pops are semantic or autobiographical memories that suddenly flash in our minds without an easily identifiable trigger. Mind-pops may comprise any piece of information, be it an image, a sound, or a word. They're often experienced by people when they're engaged in mundane tasks like mopping the floor or brushing their teeth. For example, you're reading a book, and suddenly, the image of your school corridor pops into your mind for no reason. What you were reading or thinking at the time had no connection whatsoever to your school. I do experience mind-pops from time to time. Often, I try to search for cues in my context that may have triggered them, but with no success. Its quite frustrating. Context and suddenly remembering old memories. Its long been known that the context in which you encode a memory plays a huge role in its recall. Greater the similarity between the context of recall and the context of encoding, the easier it is to recall a memory.2 This is why its better to rehearse for performances on the same stage where the actual performance will take place. And why spaced learning over a period of time is better than cramming. Cramming all the study materials in one go provides minimal context for recall compared to spaced learning. Understanding the importance of context in memory recall helps us understand why theres often a feeling of suddenness involved in recalling old memories. We encoded our childhood memories in one context. As we grew up, our context kept on changing. We went to school, changed cities, started work, etc. As a result, our current context is far removed from our childhood context. We rarely get vivid memories of our childhood in our present context. When you return to the city and the streets you grew up in, suddenly, youre placed in your childhood context. This sudden change of context brings back old childhood memories. Had you visited these areas frequently throughout your life, you probably wouldnt have experienced the same level of suddenness in recalling associated memories. The key point Im trying to make is that the suddenness of memory recall is often associated with the suddenness of context change. Even a simple context change, like going out for a walk, can trigger the recall of a stream of memories you didnt have access to in your room. When I tried to look for cues in my context that may have triggered my mind-pops, why did I fail? One explanation is that such mind-pops are completely random. Another more interesting explanation is that these cues are unconscious. Were simply unaware of the unconscious connection that a trigger has with a mind-pop. This is further complicated by the fact that a significant portion of perception is also unconscious.3 So, identifying a trigger becomes twice as hard. Say a word pops into your mind. You wonder where it came from. You cannot point to any trigger in your context. You ask your family members if theyve heard it. They tell you that this word came up in an advertisement they saw 30 minutes ago on TV. Sure, it may be a coincidence, but the more likely explanation is that you unconsciously heard the word, and it stayed in your accessible memory. Your mind was processing it before it could transfer it into long-term memory. But since making sense of a new word requires conscious processing, your subconscious vomits the word back into your stream of consciousness. Now, you know what it means in the context of some advertisement. So your mind can now safely store it into long-term memory, having attached it to meaning. Repression is one of the most controversial topics in psychology. I feel its worth considering when were talking about the sudden retrieval of memories. There have been cases where people had completely forgotten instances of childhood abuse but recalled them later in life.4 From a psychoanalytic perspective, repression occurs when we unconsciously hide a painful memory. The memory is too anxiety-laden, so our ego buries it in the unconscious. I want to narrate an example from my life that I think comes closest to this concept of repression. A friend of mine and I had a terrible experience during our undergrad years. Things were better for us when we were in high school and later when we enrolled in our Masters. But the undergrad period in between was bad. Years later, while I talked to him on the phone, he told me something that I could totally resonate with. 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The spectrum of accuracy in memories of childhood trauma. *Harvard review of psychiatry*, 3(2), 84-95. When people talk about suddenly remembering old memories, the memories they referring to are usually autobiographical or episodic memories. As the name suggests, this type of memory stores the episodes of our life. Another type of memory that can also be suddenly remembered is semantic memory. Our semantic memory is the storehouse of our knowledge, containing all the facts we know. Usually, the recall of autobiographical and semantic memories has easily identifiable triggers in our context. Context includes our physical surroundings as well as the aspects of our mental state, such as thoughts and feelings. For example, youre eating a dish at a restaurant, and its smell reminds you of a similar dish your mom used to make (autobiographical). When someone utters the word Oscar, the name of the movie that won the Oscar recently flashes in your mind (semantic). 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The spectrum of accuracy in memories of childhood trauma. *Harvard review of psychiatry*, 3(2), 84-95. Remembering old memories is often referred to as reminiscing. When someone reminisces, they recall and think back on events, experiences and memories from the past. This can include both significant life events as well as small, everyday memories. Reminiscing serves many purposes. It helps us to reflect on our lives, to learn from our experiences, and to connect with others who share similar experiences. It can also be a way to cope with difficult emotions and to find meaning in our lives. Looking back on memories gives us a chance to reflect on where we've been, how we've grown and changed, and where we are now in life. Bonding Sharing memories and reminiscing helps build connections and strengthen bonds between people who experienced events together. Problem-solving Reviewing our past experiences and how we responded to situations in the past can help guide our approach to current challenges. Identity Our memories help shape our self-identity, values and beliefs. Reminiscing reinforces our sense of self. Boredom Reminiscing can provide an enjoyable escape from boredom by allowing our minds to revisit more exciting times. In many cases, reminiscing occurs naturally and spontaneously as we go about our daily lives. Certain triggers like smells, music, photos or familiar places often bring back old memories without any conscious effort on our part. The Psychology and Science of Reminiscing Reminiscing serves several important psychological functions and has been widely studied within the fields of psychology and neuroscience. Some key points about the psychology behind reminiscing include: Memories are reconstructed When we reminisce, we dont replay memories exactly as they occurred. Instead, we reconstruct memories using bits and pieces of information. Emotion regulation Recalling positive memories improves our mood and reduces stress and anxiety. Reminiscing about neutral everyday events can also have a calming effect. Social bonding Sharing memories creates a sense of belonging and connection. Research shows reminiscing releases oxytocin which promotes social bonding. Identity formation Identity memories help us establish a coherent sense of identity across time. Reminiscing strengthens our understanding of who we are and helps us cope with change. It helps maintain a sense of personal continuity. Brain activity Reminiscing involves several regions of the brain, including the hippocampus which plays a role in memory and learning. Overall, the human mind is wired to reminisce. Reflecting on our past experiences and memories is a natural part of life. While reminiscing can be a powerful tool for emotional well-being, it can also become a problem if it leads to excessive rumination or if it prevents us from living in the present. In such cases, professional counseling may be beneficial to help identify the emotional needs driving problematic reminiscing and develop healthier coping strategies. With guidance, reminiscing can often be restored as an adaptive activity. Tips for Healthy Reminiscing When done in moderation, reminiscing about the past can have many positive effects. Here are some tips for keeping reminiscing healthy, meaningful and enjoyable: Be selective Focus on reminiscing about truly meaningful events vs minor everyday occurrences to get the most out of the experience. Vary your focus Dont just reminisce about people and events; also reflect on your inner self, what you learned, how you grew. Add context To gain useful perspective, reminisce about memories in the context of your whole life and journey. Share memories Reminiscing becomes more rewarding when you share memories and perspectives with others. Capture key memories Writing about important memories helps preserve them and allows you to revisit them more vividly. Let go when needed Be willing to move on from painful memories to avoid getting stuck in the past. Relive the emotion Dont just reminisce about facts; try to emotionally reconnect with how you felt at the time. Enjoy in moderation Balance reminiscing with active engagement in the present to lead a fulfilling life. The Power of Reminiscing Reminiscing serves many powerful functions in our lives. Looking back on our memories helps us wring all the meaning, self-insight, social connection and simple joy out of our experiences that we can. Harnessing the full power of reminiscing requires viewing our memories in an open yet discerning way. By reminiscing mindfully, we can gain the many benefits

explanation is that these cues are unconscious. We are completely unaware of the unconscious connection that a trigger has with a mind-pop. This is further unaware of the fact that a significant portion of perception is also unconscious.3 So, identifying a trigger becomes twice as hard. Say a word pops into your mind. You wonder where it came from. You cannot point to any trigger in your context. You ask your family members if they've heard it. They tell you that this word came up in an advertisement they saw 30 minutes ago on TV. Sure, it may be a coincidence, but the more likely explanation is that you unconsciously heard the word, and it stayed in your accessible memory. Your mind was processing it before it could transfer it into long-term memory. But since making sense of a new word requires conscious processing, your subconscious vomits the word back into your stream of consciousness. Now, you know what it means in the context of some advertisement. 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The spectrum of accuracy in memories of childhood trauma.Harvard review of psychiatry,3(2), 84-95.Source: Goa Novi/ShutterstockNeuroscientists have discovered that when someone recalls an old memory, a representation of the entire event is instantaneously reactivated in the brain that often includes the people, location, smells, music, and other trivia. Recalling old memories can have a cinematic quality. Memories often seem to play out in the mind's eye like an old Super 8 home movie or vintage Technicolor film, and this new research explains why. In a new study from University College London (UCL), neuroscientists discovered that when someone tries to remember a singular aspect of an event from his or her pastsuch as a recent birthday partythat a complete representation of the entire scene is reactivated in the brain like pieces of a jigsaw puzzle coming together to create a vivid recollection. The July 2015 study, Evidence for Holistic Episodic Recollection via Hippocampal Pattern Completion, was published in Nature Communications. This research is the first to provide evidence for a pattern completion process in the human hippocampus, as it relates to the everyday experience of recalling previous life events and old memories. In the new study, researchers were able to show how the hippocampus binds together the diverse elements from an event to form a singular and holistic memory. During memory recall, the brain recalls an old memory by piecing together various components via a pattern that forms a cohesive remembrance of things past. How are Memories Encoded for Retrieval? The new research reveals that humans remember life events using individual threads, that are coupled together into a tapestry of associations. During the neuronal encoding process, various element components activate distinct neocortical regions. When retrieving an old memory, neocortical activity occurs in areas linked to all the separate elements that create the memory. The degree to which someone can vividly remember a past memory correlates directly with the level of hippocampal activity. Hippocampus activity, circled in red, seen when forming event memories in fMRI.Source: Dr. Aidan Horner, used with permissionIn a press release, lead author Dr. Aidan Horner from UCL Institute of Cognitive Neuroscience explains, "When we recall a previous life event, we have the ability to re-immers ourselves in the experience. We remember the room we were in, the music that was playing, the person we were talking to and what they were saying. When we first experience the event, all these distinct aspects are represented in different regions of the brain, yet we are still able to remember them all later on. It is the hippocampus that is critical to this process, associating all these different aspects so that the entire event can be retrieved." The researchers showed that associations formed between the different aspects of an event allow one aspect to bring back a wave of memory that includes the other aspects. This process is known as "pattern completion."Using fMRI, the researchers identified how various aspects of recalling an old memory are reflected in activity in different regions of the brain that hold components of the memory. When asked about one aspect of a previous event, activity in the hippocampus triggers the activation of each of these brain regions, this reactivation corresponds to an old memory coming to mind. Senior author of the study, Neil Burgess, explained this research saying, This work supports a long-standing computational model of how memory might work, in which the hippocampus enables different types of information to be bound together so that they can be imagined as a coherent event when we want to remember what happened. It provides a fundamental insight into our ability to recollect what has happened, and may help to understand how this process can go wrong in conditions such as Alzheimer's disease or post-traumatic stress disorder (PTSD). Did You Happen to See Barack Obama in the Kitchen With a Hammer? The experiment involved 26 volunteers, who were asked to imagine and memorize a series of 'events' involving different locations, famous people, and random objects. Test subjects were asked to remember the details of the event based on a single cue. For example, one trial 'event' involved a scenario of President Barack Obama in a kitchen with a hammer. Volunteers were then asked to remember details based on a single cue, such as, "Where was Obama?" or "Who was in the kitchen?" or "What object did Obama have?" While being asked to recall different aspects of events, volunteers underwent fMRI scans to measure their brain activity.The results showed that different parts of the brain showed increased activity when encoding individual aspects of each event, and that the hippocampus later provides the critical links between them to form a complete memory that can be recalled. Using the Obama example, activity increased in one part of the brain when volunteers thought of Obama, another when they thought of the kitchen, and yet another when they thought of the hammer. The study showed that when asked "where was Obama?" activity also increased in the regions corresponding to Obama and Kitchen. Seeing Clint Eastwood and the Leaning Tower of Pisa together instantly encodes a new memory that can later be recalled as a whole of its parts.Source: University of Leicester, used with permissionInterestingly, this study mirrors the findings released yesterday by researchers at University of Leicester and UCLA who reported that new memories were formed by individual neurons in the hippocampus when a celebrity was photoshopped into an image with an iconic landmark. The photo of Clint Eastwood in front of the Leaning Tower of Pisa illustrates this phenomenon. If you'd like to read more about that study, check out my Psychology Today blog post, "The Neuroscience of Forming New Memories." Coincidentally, the UCL team also use the example of a celebrity and a famous location by referencing the association of Marilyn Monroe with New York City as an example of how two elements are married into a singular memory. The recollection of complex memories of life events is thought to be the hallmark of episodic memory. Due to the enriched aspects of memory encoding, having a flashback to a previous life event can feel like you are re-living the experience. This type of reminiscence can be nostalgic in a comforting way or harrowing if the old memory is linked to PTSD. Conclusion: The Hippocampus Connects the Dots to Recall Old MemoriesOur brain is able to recall old memories by piecing together all of the various elements to create a vivid memory of the past. The hippocampus connects various neocortical regions, and brings them together into a holistic and cohesive event engram or neural network that represents a specific life event of memory from your past. Christopher Bergland 2015. All rights reserved.Follow me on Twitter @ckbergland for updates on The Athletes Way posts.The Athletes Way is a registered trademark of Christopher Bergland. Some common synonyms of reminisce are recall, recollect, remember, and remind. While all these words mean "to bring an image or idea from the past into the mind," reminisce implies a casual often nostalgic recalling of experiences long past and gone. Takedown request | View complete answer on merriam-webster.com reminisce Add to list Share. Reminisce is a dreamy way of saying "remember the past." If you're swapping old stories with friends and remembering all the silly things you used to do, then you're reminiscing. Reminiscing is all about happy recollections and thinking back to stories from the past. Takedown request | View complete answer on vocabulary.com Some common synonyms of remember are recall, recollect, remind, and reminisce. Takedown request | View complete answer on merriam-webster.com look back.remind.bethink.cite.mind.recall.recollect.remember. Takedown request | View complete answer on thesaurus.com atavism.backsliding.lapse.regression.relapse.retrogression.reverting. Takedown request | View complete answer on thesaurus.com longing.remorse.sentimentality.wistfulness.yearning.homesickness.pining.reminiscence. Takedown request | View complete answer on thesaurus.com a person or thing that evokes memories or imitates something from the past (often used attributively): These chandeliers are designed as a throwback to those old-style candlelit lanterns. On their anniversary, she took to social media with a throwback photo from their wedding reception. Takedown request | View complete answer on dictionary.com Nostalgia is associated with a longing for the past, its personalities, possibilities, and events, especially the "good ol' days" or a "warm childhood". Takedown request | View complete answer on en.wikipedia.org regretful.sentimental.wistful.cornball.dawn memory lane.drippy.homesick.like yesterday. Takedown request | View complete answer on thesaurus.com recollections.reminiscences.remembrances.memorials.recalls.mementos.mementoes.anamneses. Takedown request | View complete answer on merriam-webster.com According to the theory, you're most likely to remember memories from contexts that are similar to the context you're in now. Because your mental context is always changing, your mental context will be most similar to recently experienced memories. This explains why it's harder to remember older events. Takedown request | View complete answer on theconversation.com Most scientists believe there are at least four general types of memory:working memory.short-term memory.long-term memory. Takedown request | View complete answer on medicalnewstoday.com The main forms of memory presented include sensory memory, short-term memory, and long-term memory. Takedown request | View complete answer on frontiersin.org I have nostalgic memories of that passage of arms. Some of us have spent some of our happiest professional days in some of the courts which are to disappear and will have nostalgic memories of them. He brought back nostalgic memories. Takedown request | View complete answer on dictionary.cambridge.org Hepper, Ritchie, Sedikides, and Wildschut (2012, Emotion) describe nostalgia as a complex emotion that involves past-oriented cognition and a mixed affective signature. The emotion is often triggered by encountering a familiar smell, sound, or keepsake, by engaging in conversations, or by feeling lonely. Takedown request | View complete answer on southampton.ac.uk Saudade (English: /sadd/, European Portuguese: [swa], Brazilian Portuguese: [sawdad]/i), Galician: [sawa], plural saudades) is an emotional state of melancholic or profoundly nostalgic longing for something that one loves despite it not necessarily being real. Takedown request | View complete answer on en.wikipedia.org Many of us have had the experience of unusual associations between our senses and our memories. Perhaps a certain smell unexpectedly reminds you of a grandparent, or certain foods evoke memories of old friends. Takedown request | View complete answer on psychologyinaction.org /ro bk/ a person or thing that is similar to an earlier type: He's an unappealing throwback to the days of 80s City slickers. Takedown request | View complete answer on dictionary.cambridge.org Throwback Thursday or TBT is a social-media trend when users, on Thursdays, post photographs or recollections of the past under the #throwbackthursday, #tbt, or #throwback hashtags. Takedown request | View complete answer on dictionary.com It's very popular, there are incredible amounts of people sharing with the tag, and it's a fun idea overall. This particular hashtag has many forms, like #TBT, #ThrowbackThursday, or just #Throwback. Using these hashtags every Thursday can help your exposure, make you more visible, and help you gain followers. Takedown request | View complete answer on instafollowers.co Anemoia is a new and nearly unheard-of word. Its meaning is just as the title would suggest: a nostalgic sense of longing for a past you yourself have never lived. It is nostalgia for the good ol' days; more specifically, the good ol' days you are too young to have known. Takedown request | View complete answer on jwbarlament.medium.com Negative nostalgia, on the other hand, is characterized by bittersweet or even painful memories of the past. 8It is often associated with longing, sadness, and regret. Takedown request | View complete answer on verywellmind.com anemoia (uncountable) Nostalgia for a time one has never known. Takedown request | View complete answer on en.wiktionary.org What is a didactic memory? Didactic memory may simply be another term for eidetic memory. When a person has this type of memory, they can vividly recall memories as if they were a visual image or mental image that is burned into their minds. Takedown request | View complete answer on betterhelp.com Remembering episodes involves three processes: encoding information (learning it, by perceiving it and relating it to past knowledge), storing it (maintaining it over time), and then retrieving it (accessing the information when needed). Takedown request | View complete answer on nobaproject.com

Remember old times. Old memories to remember. What is it called when you're old and can't remember. What do you call old memories. What is it called when you remember a memory. Word for remembering old memories. Why am i remembering old memories.

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