

How Trauma Impacts Four Different Types of Memory

EXPLICIT MEMORY		IMPLICIT MEMORY	
SEMANTIC MEMORY What It Is The memory of general knowledge and facts. Example You remember what a bicycle is.		EMOTIONAL MEMORY What It Is The memory of the emotions you felt during an experience. Example When a wave of shame or anxiety grabs you the next time you see your bicycle after the big fall.	PROCEDURAL MEMORY What It Is The memory of how to perform a common task without actively thinking about it. Example You can ride a bicycle automatically, without having to stop and recall how it's done.
EPISODIC MEMORY What It Is The autobiographical memory of an event or experience – including the who, what, and where. Example You remember who was there and what street you were on when you fell off your bicycle in front of a crowd.		How Trauma Can Affect It Trauma can shutdown episodic memory and fragment the sequence of events.	How Trauma Can Affect It Trauma can change patterns of procedural memory. For example, a person might tense up and unconsciously alter their posture, which could lead to pain or even numbness.
Related Brain Area The temporal lobe and inferior parietal cortex collect information from different brain areas to create semantic memory.		Related Brain Area The amygdala plays a key role in supporting memory for emotionally charged experiences.	Related Brain Area The striatum is associated with producing procedural memory and creating new habits.
Related Brain Area The hippocampus is responsible for creating and recalling episodic memory.			