

4. Identify and briefly explain the seven sins of memory

The seven "sins" of memory, which are transience, absent-mindedness, blocking, misattribution, suggestibility, bias, and persistence, are not necessarily mistakes, but rather the result of systems that work well to help us remember things. Basically, the same brain processes that make memory bad also make it good. For example

Transience

This is the general deterioration of memory over time. For instance, people remembered the verdict of a televised criminal case immediately and for less than three years after. After then the memory will not be accurate because of aging.

Absent- mindedness

That is when we lose focus, and because of this, we forget what we were going to do or where we put something. The trouble can happen both when a memory is being made and when a memory is being accessed.

Blocking

When we are about to remember information that's being stored but the memory is being blocked , this is called "lethologica."

Misattribution

When someone remembers the right information but the wrong source of the information, thinking they came up with the idea.

Suggestibility

It happens when people slip false information into our memories by asking leading questions or being untruthful during the time one is trying to retrieve the incident.

Bias

Our present knowledge, views, and feelings can change what we remember about the past. It is like memories that were stored with certain feelings are easier to recall when we feel the same emotion at the time.

Persistence

Sometimes we would rather forget, but our brains wouldn't let us. It's as if they keep remembering a mistake they made in the past, which can cause phobias and long-lasting fears.