

When the Shift Ends but the Memories Stay

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Introduction

Shift and memories go hand in hand because they help us define our experiences. A shift could be positive or negative. For example, I just moved into a new apartment, started working at a new company, or quit drinking alcohol. Memories are the thoughts we take with us from place to place.

I believe shifts and memories are related because our memories affect how we feel about changes in our lives. Maybe you had a great experience at your old job and are sad to leave, or you were terrified of your boss. Memories help us feel grounded in our daily lives when we experience changes.

In this essay, we will talk about personal narratives and how they tie into our lives. Each story we tell is based on our experiences and how we shift.

Personal Narratives: Stories of Transition

The shift and memories, personal narratives that we tell, help shape who we are as individuals. Each story is personal to us, but others have most likely gone through the same situation. When I tell the story of moving to a new town for college, I am sharing pieces of my experience that made me who I am today.

These stories connect us to others because they allow someone into our personal lives. Maybe you lost your job, and someone you know lost their job as well. Even though you shared stories about your experience, you realize you're not the only one going through this.

Who we are is defined by the shifts that happen in our lives, but our memories of these shifts remain.

Psychological Perspectives on Memory Retention

There are many theories about how we retain memory. Memories help shape who we are as individuals, and our reactions to certain stimuli

depend on how we remember them. We take in information with our sensory memory. It then moves to short-term memory and finally long-term memory.

Emotions play an important role in memory retention because they can enhance memory storage (Tying et al.,2017). Our cognitive processes are involved with memory retention. When you experience something, you pay attention to it. The more attention you put into something, the more likely you are to remember it later on.

Studies have shown that memories linked to emotions are stored differently in our brains than ones that are not. As memories can shape how we experience life, some believe culture impacts how we remember things. In chapter four, we will learn about how culture plays a role in memory.

Cultural Significance of Memories

Memories we have tied to events are what shape our culture. Cultural practices allow us to remember the memories we had with others who have passed on or who live far away. During rituals, it is normal to commemorate past experiences you have shared with those around you. Whether we realize it or not, we remember every shift that happens in our lives.

Wedding ceremonies are rituals that allow us to remember the significant event of marrying the love of our lives. For some religious people, church is a way to remember the significant things they've done in their lives.

The cultural rituals people choose to participate in help shape who they are as individuals. Santiago looked at religious involvement, family contact, and length of attendance.

Those who were religious remembered why they attended church more than those who were not. As technology advances, it allows us to capture memories in ways we couldn't in the past.

The Role of Technology in Memory Preservation

Technology allows us to capture memories faster and more efficiently than ever before. From taking selfies on your phone to posting them online for others to see, we can preserve memories better than in the past. Now we have social media outlets that allow users to share their lives with friends and family.

Take Facebook, for example: people can document their lives through posts.

Not only can we take pictures and upload them for others to see. We can write about our experiences and share stories through pictures or videos.

A benefit of social media, which allows us to share our experiences, is that it enables people to connect with others around the world.

Lack of privacy

While technology allows us to preserve memories, it comes with difficulties. Our lives now seem to be fully documented by the pictures we take.

However, there is always a risk that what you posted online will come back and haunt you. Let's explore some of the downfalls of memory.

Challenges and Limitations of Memory

Memories can become distorted over time. You may think you remember something a certain way, but in reality, you might be completely wrong. As time passes by, we forget the small details and eventually our memory is filled with things that could've happened, but we don't know for sure.

I know someone who constantly thinks about their ex to the point where it actually hurts. They remember every detail about them, the fights they had, and how much they enjoyed their company.

What they don't know is that their ex was abusive, a cheater, and very negative on most occasions. Because they choose to only remember the good times, they will never be able to move on from their ex.

Trauma can also affect your memory and how you recall certain events in your life. Maybe you had sex for the first time with someone you really loved, but it wasn't pleasant. You may choose to remember only how your ex made you feel, rather than the action itself.

Memories Never End

In conclusion, shifts may come and go, but our memories from them will always stay with us. Throughout this essay, we learned about memories and how we retain them. We also discussed how memories can affect you emotionally and how technology has changed the way we preserve them.

No matter how hard you try, you will never forget your first kiss or your first heartbreak. As you move forward in life, you should always think about how you want to embrace your memories.

Think about how you want to handle certain situations with your significant other. You should always remember the memories you two shared, because those are what got you there in the first place. Memories never truly end; they will always live on with you.

References

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