



## Childhood Repression and its Impact

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### Introduction

Repressed memory is a controversial, and mainly scientifically debunked, theory that painful memories are stored in the unconscious mind and are unavailable for regular conscious recall. According to the repressed memory idea, even if a person is unable to recall a memory, it can still affect them through subconscious influences on behavior and emotional responses.

Despite widespread acceptance in the concept of repressed memories among laypeople and clinical psychologists [1], the majority of research psychologists who study memory deny that it ever happens. While some psychologists believe that repressed memories can be regained through psychotherapy (or even spontaneously).

One of the most highly prized cognitive qualities is memory. Memory plays an important role in everyday life and is an important aspect of human growth. The concept of suppression is the deliberate forgetting of a terrible experience (particularly from childhood and trauma). With the goal of understanding the link between repression and childhood, we will combine repression theory with professional research. While repression of childhood trauma can be a beneficial and even necessary coping tactic, unresolved trauma can be harmful to an individual's mental, emotional, and even physical health. Understanding motivated forgetting and the risks of false memory linked with recovered memories is extremely essential for long-term health.

When a child is subjected to a big traumatic event, such memories are not necessarily removed from the conscious and pushed down into the subconscious, according to recent theories of repression [2]. The cause of repression in childhood trauma was a point of contention. However, one theory is that it was a brain protection mechanism, since the memory of the incident was too important and dangerous to recall, so it was pushed down into the subconscious.

The overwhelming evidence that emotionally charged stimuli (childhood trauma) are better remembered than neutral stimuli has fueled some of the discussion regarding repression and the assumption that a human is unable to recall a memory. Although there is some evidence for improved memory when exposed to increased stimuli. During the 1980s and 1990s, a number of high-profile cases involving recovered memories of childhood abuse drew public attention, bringing repressed memories into the forefront.

Trauma can actually strengthen the memory of an experience in many circumstances. As a result of these terrible experiences, people may acquire post-traumatic stress disorder (PTSD), which causes them to have vivid memories of the occurrences. People are compelled to revisit traumatic memories over and over instead of being able to suppress them.

Memories are sometimes correct, but they aren't always. Even in the case of recent spectacular occurrences, eyewitness evidence is notoriously untrustworthy. Memories of events are a mash-up of facts and emotions, blended with interpretation, and "filled in" with fantasies. It's reasonable to be skeptical about a memory's accuracy as a source of information. In one study, when victims of recorded child abuse were reinterviewed as adults several years later, 38 percent of the women claimed they had no recollection of the incident.

Amnesia is a condition in which a person loses part or all of their memory [3]. It is not the same as forgetting. It is frequently transient and only covers a portion of a person's life. Amnesia is frequently caused by a brain injury, such as a knock to the head, and is also sometimes caused by psychological trauma. Anterograde amnesia is the inability to recall fresh events following a brain injury.

### References

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