

# How Trauma Impacts Four Different Types of Memory

## EXPLICIT MEMORY

### SEMANTIC MEMORY

**What it is**  
The memory of general knowledge and facts.

**Example**  
You remember what a bicycle is.



### 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.



### 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.



## IMPLICIT MEMORY

### PROCEDURAL MEMORY

**What it is**  
The memory of how to perform a common task without actively thinking

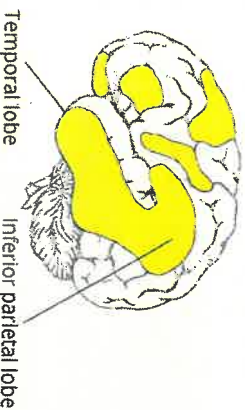
**Example**  
You can ride a bicycle automatically, without having to stop and recall how it's done.



**How Trauma Can Affect It**  
Trauma can prevent information (like words, images, sounds, etc.) from different parts of the brain from combining to make a semantic memory.

#### Related Brain Area

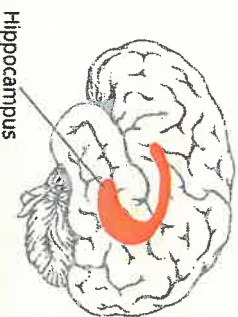
The temporal lobe and inferior parietal cortex collect information from different brain areas to create semantic memory.



**How Trauma Can Affect It**  
Trauma can shutdown episodic memory and fragment the sequence of events.

#### Related Brain Area

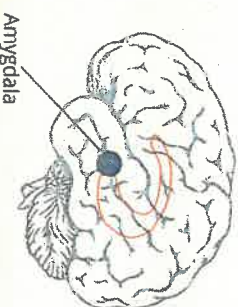
The hippocampus is responsible for creating and recalling episodic memory.



**How Trauma Can Affect It**  
After trauma, a person may get triggered and experience painful emotions, often without context.

#### Related Brain Area

The amygdala plays a key role in supporting memory for emotionally charged experiences.



**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 striatum is associated with producing procedural memory and creating new habits.

