

## Hurting Memories And Beneficial Forgetting

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Forgetting not only means loss of functioning but also loss of identity. Memories can also be hurting and

cause problems, as research on posttraumatic stress disorders (PTSD) has shown. This is true for

individuals as well as social groups and even societies. Memories and especially negative memories can

escape the control of the individual.

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Bad memories can underlie a number of problems, from post-traumatic stress disorder to phobias. When an unwanted memory intrudes on the mind, it is a natural human reaction to want to block it out...

Unwanted memories: How to forget them

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