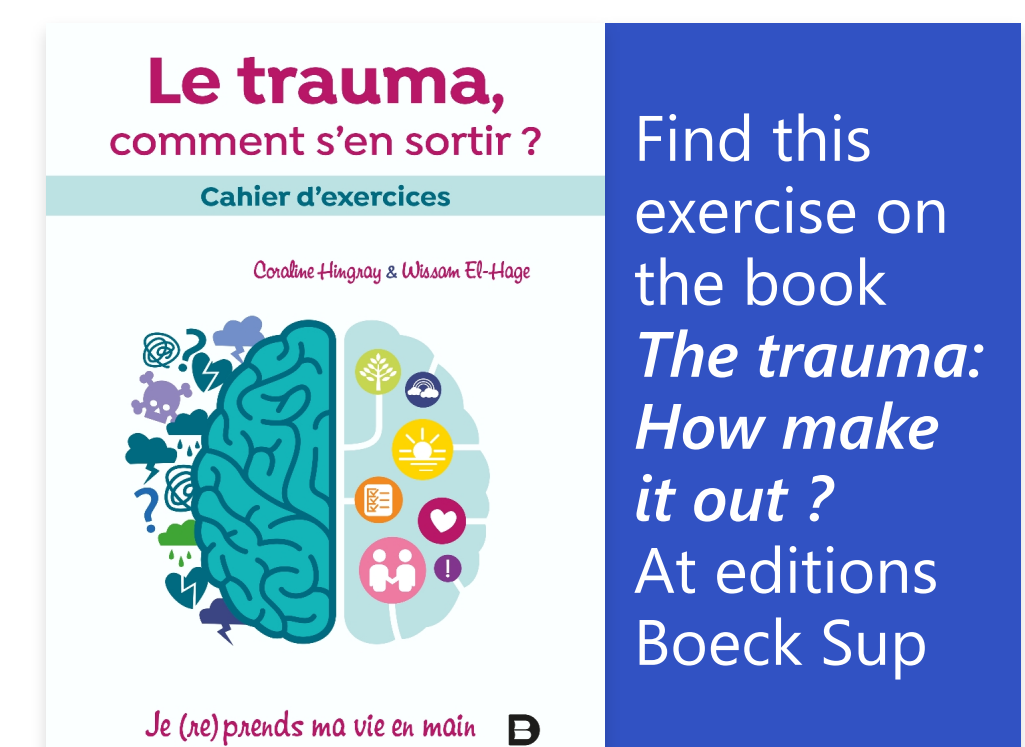


Factsheet

HOW TO FORGET WHAT HAPPENED TO ME?



1 True forgery

« Above all, move on, you have to stop thinking about it, turn the page. » **False!** The goal is to be able move forward, to write new pages, without being in denial of what happened!

« We can never forget the trauma completely. » **True!** We forget the emotionally neutral things that weren't important, but keep traumatic events in our memory. The suffering will gradually fade.

« Children grow up and forget, you just have to let time do it's work! » **False!** Trauma has a greater impact on children. Trauma always shapes their experience of the world and their personality to a greater degree than adults.

2 It's experienced

“ I've never forgotten! I've tried so hard to forget... in vain. I remember everything in detail even though it's been thirty years since that awful night. Now I have a wonderful life, two lovely children... I can talk about it so as to confront it. ”

“ It was 3 years ago when I was raped... The people around me don't understand why I'm afraid to talk about it... They tell me it's time to turn the page, to forget... But I can't... I want to wipe it from my memory and pretend that nothing happened! ”

3 Know-Science

We keep in mind the memories that are coloured by emotion, especially if they're intense. We easily forget neutral memories and we easily recall highly emotional memories, like the birth of a child or a serious accident... we remember precise details years later. Emotion fixes the memory in place. We call this 'encoding'.

But when there are lots of emotions, the memory can become vague. This is due to dissociation. These memories can be stored without conscious access and can re-emerge years later. This explains why some people « forget » traumatic memories, which come back to haunt them much later in the form of images or flashbacks.

4 My shrink says to me!

You can't forget

As a trauma is encoded in our memory, it's too powerful for it to be erased just like that! On the contrary, not wanting to think about something tends to exacerbate it. This is the famous experience « Try not to think of a white bear »... and hey presto, you have the image of a white bear in mind, and the more you try to erase it, the stronger it gets! Your body recorded sensations and impressions at the time of a trauma, which act as an obstacle to forgetting. It's better to try to understand the scar than to deny it.

You mustn't forget

Because your memories shape your life. Your memories, whether positive or negative, are the colours in your self-portrait. Your emotional memory defines your life, your personal story, your feeling of security, your self-confidence as well as your weaknesses... Your memories are an integral part of you. Healing a trauma involves integrating it into your memory and your identity. A trauma is overwhelming. By integrating the trauma, you transform it into a bad memory. You need to be able to confront it, to think of it as a very bad memory without your emotions overwhelming you. The need to integrate a memory is the opposite of forgetting.

5 The main thing to keep in mind

- Our positive and negative memories sculpt our lives! We cannot forget them.
- Our body remembers, even when our mind forgets.
- Forget, no, but make the memory bearable, yes!