

## **Particular Aspects That Separate Regular Events from Unique Memories in Life**

Memory is defined as the act of remembering something or some occurrence. Regular life events are the daily happenings in a person's life that bring changes or affect their relationships with others. These events include marriage, giving birth, the death of a spouse, and the loss of a job. They are often related to stress. On the other hand, unique life memories are episodic memories of a person related to a particular event that is very different from that of another individual sharing the event. The formation of these unique memories involves the process of encoding, where the brain records a new regular event and fixes the event into long-term memory. These two types of memories are highly affected by different aspects, making them extremely different.

Age is one aspect that brings out the difference between regular events and unique memories in life. The unique memories we have are highly influenced by the age at which they occur. The first encounter we have with something creates a unique life memory in us, for example, the first wedding we attended as children. This event remains special in our minds since it had never happened before, but as we grow older, we get used to attending weddings, and the event becomes familiar to us.

Emotions related to memory are another aspect influencing retrieval. Researchers say that positive events create the greater part of a person's unique life memory and are easily recalled compared to adverse events. However, both negative and positive events are found to be more easily remembered compared to neutral events encountered. The emotional weight carried by an

individual memory is what triggers its recall. The birth of a child in a family brings much joy to family members and friends. This creates a regular event in life, but to the mother who went through the pregnancy and labor pains, it creates a unique memory.

The place where an event occurs creates a deeper recall of the event, making it unique. The event of a first hike in a forest makes it more memorable. The sight of a forest will mostly remind us of the experience we had during hiking, but getting lost in the forest during the hike changes our thoughts toward hiking. It creates fear of the event, and the sight of a forest may create goosebumps in the recall of the event.

Lessons learned also influence the recalling of regular events and unique life memories. When something happens in our lives and brings change, we tend to recall it often. The event may not be unique in any way, but it made a mark in our lives. In the event of a job loss caused by our bad behavior at our workplace, the event may not be unique, but it will help one learn to change that behavior in the next job.

Particular factors separate regular events and unique memories in our lives. Age, place of occurrence, emotional weight of the event, and lessons learned are major influences on these differences. These factors show that both regular life events and unique memories depend on each other to some extent since they are all created in the mind, but the influence of the different factors separates them.

## References

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2. Huxley, J. (1970). *Memories* (1st ed.). New York: Harper & Row.

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