

SELF-DEFINING MEMORIES

Important events in a person's life are times of great sorrow, joy,, and accomplishments. These events produce vivid, strong recollections that a person with his personality. These recollections are called Researchers have found that these memories match with of the personality of a person. They are the coding of a person.

There are totally ten self-defining memories. Each memory can be broken down according to the three categories: specificity,, and emotions.

In terms of specificity, there areand memories. Examples of episodic memories are a war, or a period of Examples of generic memories are family reunion every year.

In terms of meaning, there are integrative and non-integrative memories.

In terms of emotions, there are negative and positive memories.

The most common self-defining memories include relationships,, and achievements. Memories of older and younger people are different inand emotions. Self-identity is

..... because it depends on yourand your
age