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## Seven Myths of Memory

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### Highlights for Seven Myths of Memory

- Episodic memories are not accurate objective reflections of what happened, nor are they a permanent record of the past.
- We don't remember the scenes we actually saw, nor do we make a series of one-off snap shots of what happened.
- Although we travel backwards in the mind's eye to relive the past we do not reverse time mentally. We jump back to a specific point in time and then play the memory forwards again.
- Memory is only used to recall the past for it evolved to anticipate and imagine future scenarios. In thinking about the future, however, we make a fundamental mistake, namely that we think the future will be more like the past and the present than it will ever really be. This is because we overvalue the self in the here and now.

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