

The Bricks Walls of Memory Replay

blocked

the mind doesn't allow the replay, as the emotional danger is too great, and the cingulate process is not able to balance the reaction with thinking of success in the future



My memory without acceptance



behind

the mind allows for some processing, either through another voice in the mind, or through viewing the memory through different filters

dissociation



barely

flashes of memories (dreams, occasional thoughts)

often very upsetting

may have several only barely showing up all at one time

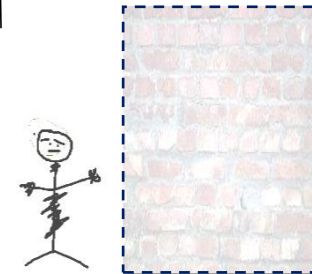
Post Traumatic Stress



boldy

with great emotions, like anger, hatred, fear.

The emotional reactivity system cries out against the wrong, and often against the wrong people.



blesser

with acceptance that it happened, and that it will be used to help me help bless others.

My pain will have purpose.



My memory with acceptance

