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| Image result for listening icon | ENG211 Listening task: **“Can you erase bad memories?”** |



Source: <https://www.youtube.com/watch?v=89shevn24L8>

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|  |  | True | False |
| 1. Particular memories are kept in separate sections of the brain. | |  |  |
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| 1. Memories cannot be formed if proteins are lacking in the brain. | |  |  |
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| 1. Animal research has helped scientists to figure out ways to delete short-term memories. | |  |  |
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| 1. If you want to remember your old memories more accurately, you should reflect on them more frequently. | |  |  |
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| 1. Scientists studying mice found out that memory erasing drug caused large scale brain damage. | |  |  |
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| 1. Patients suffering from Post-Traumatic Stress Disorder may benefit from memory erasing drugs. | |  |  |

**ANSWER KEY**

1. Particular memories are kept in separate sections of the brain.

**False,** because each memory is a brain wide process and cells in your brain are triggered and fired building new connections and links and literally rewiring the circuitry of your mind.

1. Memories can not be formed if proteins are lacking in the brain.

**True,** because the change in your brain is partially facilitated by proteins in the brain. So what if the proteins aren’t available? Simply put, memories can’t be made.

1. Animal research has helped scientists to figure out ways to delete short-term memories.

**False.** Scientists have tested this by giving drugs that prevent these proteins from forming to animals. As a result the animals have no recollection of the things that took place shortly after the drug was taken from this research, scientists actually found a way to target long term memories for deletion.

1. If you want to remember your old memories more accurately, you should reflect on them more frequently.

**False.** In fact, each time you reflect on a memory, you are literally physically changing that memory in your mind. And each time that memory is altered a little, reflecting your current thoughts, remembering is an act of creation and imagining, meaning the more you reflect on old memories, the less accurate they become.

1. Scientists studying mice found out that memory erasing drug caused large scale brain damage.

**False** Scientists repeated these experiments with multiple tones this time. Both sounds would warn for a shock, and eventually the mice would fear both. But if they administered the drug and played only one of the sounds, the mice would only forget that one tone, while still remaining fearful of the other. Over time scientists have discovered specific drugs to target particular proteins across different parts of the brain.

1. Patients suffering from Post Traumatic Stress Disorder may benefit from memory erasing drugs.