

Quirks: Persistence

Persistence is intrusive, unwelcome, recall, such as occurs in post-traumatic stress disorder (PTSD). It also occurs after non-life-threatening stresses such as an office argument. Afterwards, mining that experience to optimize future responses to comparable situations is quite functional. This involves thinking about, analyzing, and modeling how things might have gone differently. The possible downside to reliving these experiences is that some people in some conditions experience stressful over-arousal while reliving the event. Rather than habituating to the trauma, they are sensitized to it. The prevalence of PTSD indicates that trauma most commonly triggers persistence, not repression or forgetting. In fact, contrary to many memory recovery proponents' claims, sexual trauma is not more easily forgotten than other events. It is by far better remembered, especially if it is violent, significant, or repeated over time.

Reference

Daniel L. Schacter, **The Seven Sins of Memory: How the Mind Forgets and Remembers** (Houghton Mifflin Harcourt, 2002).