

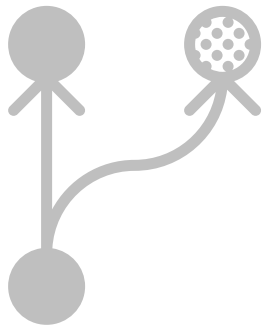
Dissociation as a Defense Mechanism



Our brain attempts to protect us by limiting a negative experience's impact on our cognitive memory.



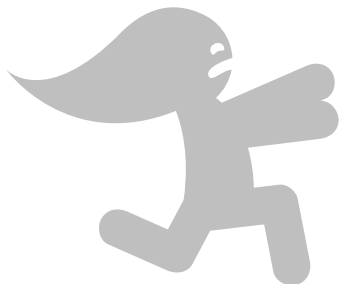
"Limitations" can look like prevention of a full understanding, absorption of detail, meaning & implications of event(s).



Dissociation is the fragmenting or splitting of memory in order not to overload the person/system. The memory is removed from conscious awareness.



Although memories can be dissociated, the emotions felt during the event are "crystallized" in our brain and body.



This is our body's way of making sure we react protectively when we find ourselves in a similar event. From our body's perspective, crystallizing the emotional reaction ensures future survival.

We store in our nondeclarative memory what we have learned in our emotional and instinctive brain – what is true about ourselves, the world, and others. This is called Emotional Learning.