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People who suffer from anterograde memory loss lose the ability to remember recent events in the aftermath of a traumatic experience. These people must teach themselves to learn in very different ways or risk losing the point to their life. Memory is the underlying necessity of all of our cognitive decisions. Without the capability of storing and capturing memories our lives would be futile in themselves; moment to moment we would live arbitrarily. The interrelationship between cognition and memory lies in the fact that every decision we make is based on previous understanding and prior knowledge; if it is not then we learn. People who suffer memory loss must somehow teach themselves to process new information externally rather than internally. They do this by taking notes and constantly writing down their actions and feelings.