

Core Memories

Core Memories. I cannot seem to get that idea out of my mind after seeing INSIDE OUT.

Let's list our five top core memories. Good or bad.

Do ten if you want. Five good, five not so good.

But see what they are. And how do they affect your behavior to this day?

Are you more influenced by your good memories or your bad ones?

Can you hold two memory emotions at once? Maybe something happened, but you still have good feelings about the person, place or thing.

You cannot ignore something that happened or how you feel about it, you can even express it, but it does not have to infiltrate your life in a negative way.

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