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Forgetting not only means loss of functioning but also loss of identity. Memories can also be hurting and cause problems, as research on posttraumatic stress disorders (PTSD) has shown. This is true for individuals as well as social groups and even societies. Memories and especially negative memories can escape the control of the individual.

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Bad memories can underlie a number of problems, from post-traumatic stress disorder to phobias. When an unwanted memory intrudes on the mind, it is a natural human reaction to want to block it out....

Unwanted memories: How to forget them

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