

# What Causes my Brain to Retain all the Memories of Abuse and the Events and Feelings of Separation?

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## Abstract

The brain uses a number of mechanisms to decide which memories to retain. Emotional impact is one of the underlying principles why the brain classifies a memory as necessary for survival. Memories in your abusive relationship are not stored in one place. Rather, they are widely distributed in different neuronal groups.

**Keywords:** Brain • Memories • Trauma • Hormones • Stimuli

## Introduction

The genetic code for memories of the abuse experience is encoded in electrochemical impulses. Some of these memories are uniquely encoded. Some of them are group coded. For example, if I told you the word cat, your mind will conjure up a picture of a cat if you add black. Your brain will only change color if you add the word meowing. Your brain will use an auditory cue to evoke the sound. What happens in abuse is that memories are encoded in a way that makes them more solid, diffuse, and completely distributed in visual, auditory, sensory, olfactory and many others. Why would you be that strong? Because each memory is instinctively determined value to keep. If the memory is of no value, it will be deleted. But the memories of abuse and manipulation, it has an instinctive value for survival. This is why the mind will not delete it easily when the abuse continues for long periods and threatens life and stability.

## Literature Review

Synapses are in a strong connection and store memories as physical changes where the structure of the nerve cell is changed to be known as the process of long-term potentiation. Through a process that involves the creation of new proteins within the neuron cell body, and the electrochemical transfer of neuropeptides across synaptic gaps to receptors, the communicative power of specific parts of neurons in the brain is enhanced. With repeated use, the efficiency of these synaptic connections increases, facilitating the passage of nerve impulses along specific neural circuits, which may involve many connections to the visual cortex, auditory cortex, associative regions of the cortex, and so on. From a point of view, memory is the release of a neuropeptide that triggers associations from the sense organs to a long-term explicit or implicit memory. Everything your senses collect is encoded in an explicit

or implicit memory structure. Getting to it is a more complex story and will require a number of pages to present in an accessible manner to the readers. That is why the traumatologist in the treatment of emotional abuse uses all the senses to manage and decompress your trauma and rebalance and reshape your memory, hormones and nervous system [1-4].

## Shock

So why do trauma specialists advise not to interact and respond to the abuser? When responding to the abuse, your brain reacts by creating a neural pathway. It is stored in case you react and get angry. Where your mind considers your response angrily that you are in a situation that threatens your existence or your life. He works to save it in the form of an encrypted code with a unique chemical reaction associated with abuse or, for example, with a loud voice in those quarrels. This process is called the conditioned response to stimuli. Here is an example to illustrate the answer for example You interacted with an abusive person in a verbal or fist fight, to respond to that abuse. A few days later, I accompanied him in the car. He quarreled with someone, raised his voice and used his hands.

Guess what will happen? Your mind will trigger your past feelings that were stored in your mind. This chemical reaction will happen before your logical mind realizes that this fight is not yours in the first place. You get nervous and feel scared and anxious.. Here's how to set yourself free. Apathy frees you from creating this neural pathway and keep your emotions clean, without feelings of guilt, shame, tension, fear or anxiety. How do you reach the point of indifference?

- I develop awareness, so that I can identify the previous stimuli.
- I deliberately use indifference and develop a plan that helps me not to interact.
- To break the links of previous abuse, do the following.

Consciously rewrite the text of the events without interacting with the texts you wrote. This writing will be done directly.

## Paranoid atmosphere

The genetic code stored in your memory from being a memory that threatens your existence and your being. To a code with a different code in which this abusive person is considered disgusting and pathetic. Does the trauma of abuse make a person sick forever? The quick answer, "The trauma will live on forever if you don't work on resolving it properly". First, in order to regain control over the feelings of trauma, you must work to strengthen the neural bridges that connect parts of your brain. It is these bridges that modulate feelings of fear, loss and abuse, and solve problems. The people who were traumatized. Their nerve bridges are weak, but they are there if those bridges didn't exist, you wouldn't be able to grab your phone and read this article. Anyone who has a minimum of these weak bonds can begin to strengthen them. By working with a therapist to gain access to self-soothing skills, self-discovery skills, how, when, where, why, and who is responsible for traumatic events. This paranoid atmosphere in your brain because of the trauma made the rest of your mind falter. Also these terrified parts of the scary have to give up your sense [4-9].

## Discussion

It makes you feel pain in order to work on resolving and discovering the trauma. Be well. You think it works against you. But it actually works to protect you. It develops cognitive warning signs encoded in a unique code and triggers those warnings if your nervous system perceives any threat, stimulus or stimulus in the environment that surrounds you. Then

your brain takes this code and adds a new step, the anxiety response. Memories of abuse are the nervous system acting in a way as if the experience was still happening.

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