

Limbic System, Emotions & Memory

Anatomy:

- Memory and emotions are anatomically linked **limbic system**: emotional or "reptilian" brain. This part of the brain includes the **Hippocampus** and **Amygdala**.

Hippocampus:

- This part is implicated in the **transition** of memory items from short-term to long-term memory. Damage to this part of the brain can impair people from learning new items.

Amygdala:

- This part mediates the **basic emotions with each memory**. The amygdala works **hand in hand** with the hippocampus. As a result, **every memory** has an **emotional signature** to it.

The Evolution Game:

- We evolved an **inter-linked system of memory** and emotions in order to **survive** in the evolution game. For example, simply having a **pictorial memory** of what a snake looks like is not enough; we need to have **feelings** (i.e. fear) associated with it as well in order to survive (i.e. avoid it).