

# Four Different Types of Memory

## Explicit Memory

A conscious, intentional recollection of factual information, previous experiences and concepts.



### SEMANTIC MEMORY

The memory of general knowledge and facts.

### EPISODIC MEMORY

The autobiographical memory of an event or experience - including the who, what and where.

## Implicit Memory

A recollection acquired and used unconsciously that can affect thoughts and behaviours.



### PROCEDURAL MEMORY

The memory of how to perform a common task without actively thinking about it.

### EMOTIONAL MEMORY

The memory of the emotions you felt during an experience.

Source: National Institute of the Clinical Application of Behavioral Medicine