Four Different Types of Memory

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

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

**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.

**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