

Our brains sometimes create 'false memories' — but science suggests we could be better off this way

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Have you ever had an argument because you disagree about the way something happened? You were both there, you saw the same thing, but you remember it differently.

This happens quite a lot, because human memories are imperfect. As much as we all like to think we can trust our own minds, memories can be altered over time.

Elizabeth F. Loftus is a researcher and professor of cognitive psychology and human memory. She is well known in the field for her work on the creation and nature of false memories, and how people can be influenced by information after an event has happened, even consulting or providing expert witness testimony for hundreds of court cases.

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One theory for why our brains come up with false memories is called “fuzzy trace theory.” The term was [coined by researchers Charles Brainerd and Valerie F. Reyna](#), and was the first theory offered to explain the Deese–Roediger–McDermott (DRM) paradigm.