

IMPLICIT MEMORIES WORKSHEET

Developed by Relindis Diaz, L.M.F.T.



Pathways to
Permanence 2

Parenting
Children
WHO HAVE
Experienced
Trauma
AND LOSS

Session 5

Creating
Positive
Attachments
Part 2

Exercise
Worksheets

Implicit memories are those stored only as emotional or sensory memories without language attached. These memories can have significant impact on relationships and other situations. Both you and your children have memories embedded in emotional or sensory ways in the limbic system of your brains.

When instructed by the facilitator, use this sheet to write down some of your earliest memories of balloons, as the first part of this exercise. For the second part of the exercise, write down what you imagine your child's earliest emotional memories might be.

Parent's memories of balloons:

Child's imagined emotional memories: