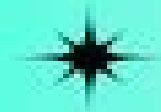


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Psychology Bundle: 10 Reading Comprehension on Sleep, Memory, and Conditioning

False Memories: How Our Minds Create Misinformation

Introduction to False Memories

False memories are recollections of events that didn't happen or that happened differently than how we remember them. Research shows that our memories aren't like photographs; instead, they're like a collage of information. Our brains fill in gaps, sometimes creating false memories. This process is influenced by factors like suggestion, social pressure, and our own desires. Understanding false memories is crucial for legal proceedings, eyewitness testimony, and personal relationships.

How Memory Distortion Happens

Memory distortion occurs when our recall of an event is influenced by factors like suggestion, external information, or our own desires. For instance, if someone suggests that you were wearing a blue shirt on your last birthday, you might start to believe this story, even if you were actually wearing a red one. This effect is known as suggestibility, where our memory can be shaped by external cues.

Real-World Examples: The Loftus Study on Car Accidents

For example, in a famous study by Elizabeth Loftus, participants watched a video of a car accident. Some were asked, "How fast was the car going when it crashed?" while others were asked, "How fast was the car going after it crashed?" The latter group reported higher speeds, showing how the phrasing of a question can influence memory.

The Misinformation Effect

The Misinformation Effect is a psychological phenomenon where exposure to

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