

Part 2: The Four Types of Memory in Action

1. SEMANTIC MEMORY



You remember what a bicycle is.

2. EPISODIC MEMORY



You remember the sights and sounds and how scary it was to hit the rock and fall.

3. PROCEDURAL MEMORY



You can ride a bicycle automatically, without having to stop and recall how it's done.

4. EMOTIONAL MEMORY



Next time you see your bike, you're flooded with embarrassment because people saw you at an awkward and vulnerable moment.