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Color \_\_\_\_\_

### Synonyms and Antonyms

Find a synonym and an antonym in the following lists to match the words in the first column.

**Synonyms:** needful eager terror sure courteous fasten lovely freedom power steady enquiry old delight hard harm splendid protect give serious

**Antonyms:** unnecessary good answer easy sadness rude slavery uncertain separate expose uninterested refuse irregular ugly humble modern unimportant bravery weakness

Word	Synonym (Similar meaning)	Antonym (Opposite meaning)
ancient		
beautiful		
certain		
difficult		
energy		
fear		
grand		
happiness		
important		
join		
keen		
liberty		
mischief		
necessary		
offer		
polite		
question		
regular		
shelter		

## How Trauma Impacts Four Different Types of Memory

#### EXPLICIT MEMORY

##### SEMANTIC MEMORY

**What It Is**  
The memory of general knowledge and facts.

**Example**  
You remember what a bicycle is.



**How Trauma Can Affect It**  
Trauma can prevent information (like words, images, sounds, etc.) from different parts of the brain from combining to make a semantic memory.

**Related Brain Area**  
The temporal lobe and inferior parietal cortex collect information from different brain areas to create semantic memory.



##### EPISODIC MEMORY

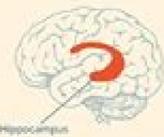
**What It Is**  
The autobiographical memory of an event or experience – including the who, what, and where.

**Example**  
You remember who was there and what street you were on when you fell off your bicycle in front of a crowd.



**How Trauma Can Affect It**  
Trauma can shutdown episodic memory and fragment the sequence of events.

**Related Brain Area**  
The hippocampus is responsible for creating and recalling episodic memory.



#### IMPLICIT MEMORY

##### EMOTIONAL MEMORY

**What It Is**  
The memory of the emotions you felt during an experience.

**Example**  
When a wave of shame or anxiety grabs you the next time you see your bicycle after the big fall.



**How Trauma Can Affect It**  
After trauma, a person may get triggered and experience painful emotions, often without context.

**Related Brain Area**  
The amygdala plays a key role in supporting memory for emotionally charged experiences.



##### PROCEDURAL MEMORY

**What It Is**  
The memory of how to perform a common task without actively thinking.

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



**How Trauma Can Affect It**  
Trauma can change patterns of procedural memory. For example, a person might tense up and unconsciously alter their posture, which could lead to pain or even numbness.

**Related Brain Area**  
The striatum is associated with producing procedural memory and creating new habits.





Help is just a click away with our memory games worksheets. Besides sharpening recall skills, our engaging, professionally illustrated memory games worksheets help little learners master their sight words, numbers, and shapes, while older students will find printables that make learning U.S. presidents and state capitals a breeze. These therapy worksheets could be used on their own, or during your journey through psychotherapy. These free therapy worksheets are inspired by approaches from cognitive behavioral therapy (CBT), narrative therapy, acceptance and commitment therapy (ACT), mindfulness, solution-focused therapy, and trauma-informed therapy, as well as my own ... When treating memory deficits, you're likely helping your patients to improve their memory skills and/or compensate for memory loss. In this article, you'll find memory strategies and functional memory tasks for adults that address both. We even include a ... A collection of English ESL Shopping worksheets for home learning, online practice, distance learning and English classes to teach about

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