

## Examples of Experiences that Contribute to Memory Networks

### Disruptive Experiences

### Positive Experiences

#### ***Big “T” Traumas***

Accidents  
Combat trauma  
Assault  
Natural disasters  
Childhood trauma or neglect  
Childhood attachment issues  
Parental mental illness

#### ***Big “R” (Resource***

Secure attachment  
Adequate self-esteem  
Skills Mastery  
Academic successes  
Relationships  
Career successes  
Spiritual resources

#### ***Small “t” events***

Humiliation  
Not feeling loved  
Not feeling wanted  
Not feeling valued

#### ***Small “r” (resource)***

Peer support  
Coaches/mentors  
Positive role models  
Pets

#### ***Mildly disruptive experiences***

Childhood parentification  
Frequent moves  
Religious/cultural rigidity

#### ***Mildly positive experiences***

Sports/activities  
Nature  
Compliments