Memories: The Keys to Understanding and Self-Improvement
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Argument
Personally reflecting on the mental spaces of our past memories and self-criticizing our failures allows us to understand the meaning of these lived experiences in space and time and to improve ourselves for the future, by learning from these mistakes.

Essay Progression
1. The narrator’s past memories of his parents’ tragic death in a mysteriously caused house fire
2. The narrator’s past memories of his lost romantic relationships and his abundant sexual encounters
3. The narrator’s past memories of his experiences, challenges, and failures in his professional career as a writer

Psychology, Philosophy, & Memory
- We observe and evaluate past events in our memory to define our flaws and to improve ourselves, through an interplay between past, present, and future emotions.
- We re-live the stress, anxiety, pain, grief, and suffering when we recall these past-present spaces of our memories, but it may not be the center of attention for our own psychological protection.
- Through constant, honest, authentic reflection, we can uncover the meaning of our past and present spaces for the future, as well as gain an understanding of our developing identity.
- Continuous and simultaneous narrative cycle in the space of our memory—between remembering the past and writing the future, while living in the present—has psychological benefits.

By recovering and remembering memories of our past experiences through intimate personal reflection, we can come to understand ourselves and learn from our errors to improve the future trajectory of our lives.

Reig, Rafael. Amor intempestivo, Tusquets Editores, 2020, Barcelona.