

Smartphones allow people to digitally record daily experiences. However, excessive recording may reduce direct engagement with real-life moments.

*Do*

*We record everything, but remember nothing.*

*Memories*

*Fade*

++++  
++++  
++++  
++++

*Away*

?

*Smartphones do not replace memory*

*they reshape it.*

### Digital Amnesia

People rely on smartphones and search engines to store information, so they are less likely to memorize it. Knowing it is always accessible reduces deep encoding into long-term memory.



### References

### Common Behaviors



Using GPS instead of remembering routes



Recording experiences through photos and videos



Searching for information rather than recalling it



Saving contacts instead of memorizing them

**/ Digital technology changes how memories are stored and experienced. /**

Experiences are increasingly recorded rather than fully lived.

*Do Memories Fade Away?*