
Memories of the Past Affect Our Present Emotional Well-Being

In our present world ruled and controlled by modern technology, the thinking and feelings of authorities cannot be maneuvered as well by machines. Let it be that humans take control of technology. Let us not lose the nature of our being humans such that the inherent qualities of our minds and character take full control of our machines. If we continue to allow technology to dominate our being, human society will be extinct soon.

We should, therefore, take care of our personhood with emotional well-being on top of the list. Responding to technology efficiently and effectively is dependent on a person's emotional well-being. Man's present emotional well-being is said to be a product of his growth and development. The experiences comprising this growth and development phase of his life are stored in what is called "memory banks" of the brain. Thus, memories of the past affect our present emotional well-being. How we have been formed in the childhood stages of our life is how we are going to be as adults. How we respond to societal problems that beset our modern technological world depends upon our emotional well-being. How we are going to go about raising our children emotionally healthy so as not to be swayed by violence and chaos they see and feel around them, courtesy of modern technology, depends upon how healthy their "memories" are.

In the psychology of man, new researches have yet to discover that emotions do not have a part in what drive human beings to action. Basic tendencies to detect and respond to significant events are present in the simplest single cell organism. Within vertebrates, the overall brain plan is highly conserved (LeDoux, 2012). Basic tendencies are certainly derived from the early years of man's growth and development. These are conserved in our being that defines who and what we are that in turn defines our actions.

Erick Erickson says there are eight stages of man. "Each stage is regarded as a "psychosocial crisis which arises and demands resolution before the next stage can be satisfactorily negotiated. These stages are conceived in an almost architectural sense: satisfactory learning and resolution of each crisis is necessary if the child is to manage the next and subsequent ones satisfactorily, just as the foundation of a house is essential to the first floor, which in turn must be structurally sound to support the second story, and so on" (Erickson, 1956)

One question arises at this point as to how all of the above that belongs to the past can surface in the present. The answer is "memory". We cannot escape from memory. It is part of our human nature. What we can do is to create healthy memories that will trigger healthy emotional outbursts. We have to start with our children as the means to adapt to this new world will come from their generation. We can start by raising them with the right environment to fulfill their potential to face up to this mammoth called "technology".