The Manufacture of Memory (pages to 228 to 230 text)

Our memory is selective. Not like a tape recorder video player. Recovering a memory is analogous to watching a few unconnected frames and then figuring out what the rest of the scene must have been like. Memory is a reconstructive process.

In reconstructing memory people draw upon many sources—direct recollection, stories, photographs, videos, others’ accounts.

One takes all these bits and pieces and builds an integrated account.

 If one cannot separate the original experience from what one added after the fact one experienced source amnesia (source misattribution).

Remembering is an active process one that involves dredging up stored information from many different sources to reconstruct the past.

Because memory is reconstructive it is subject to confabulation—confusing an event that happened to someone else with one that happened to you or coming to believe that you remember something not never happened.