



What Makes Some Dreams Impossible to Forget?

Psychology Today

An often overlooked finding of modern dream research is that dreams are generally forgotten. The human brain cycles through four or five phases of rapid eye movement (REM) sleep during an average night's slumber, and if REM sleep is a reliable trigger of dreaming, that means everyone is forgetting nearly all the dreams that pass through their minds each night. Not remembering most of our dreams seems to be a normal, natural feature of psychological functioning.

Why, then, do we remember any dreams at all? Part of the answer is that some dreams are simply impossible to forget. Setting aside personal interest, cultural influence, and other external factors, there seems to be an innate tendency within all people to experience highly intensified dreams that make a strong impact on waking awareness. Such dreams may be rare, and their impact may diminish over time, but they clearly demonstrate that some of the dreams that cross the memory threshold do so because of their vivid experiential qualities, what I and other researchers call carry-over effects.

Varieties of Carry-Over Effects

Carry-over effects are feelings, sensations, and bodily responses from dreaming that are still experienced even after awakening. It's like a part of the dream world manages to seep into the waking world. Different kinds of dreams have different kinds of carry-over effects. For example, an intense nightmare of being chased by a frightening stranger can have the carry-over effects of awakening in a full-body sweat, muscles trembling, with increased respiration and heart rate. Alternatively, a dream of a pleasant romantic encounter can lead to carry-over effects of strong genital arousal, occasionally leading to climax. Vivid dreams of flying and falling can both generate extremely realistic carry-over effects involving visceral sensations of gravity.

This variety of carry-over effects shows that dreaming is not just a complex mental process, but a complex bodily process, too. Many different physiological systems can be activated during REM sleep and dreaming, but instead of being directed outward, as they are in the waking state, these systems are directed inward, toward the creation of the imaginal world of the dream.

Possible Meanings of Carry-Over Effects

Perhaps carry-over effects are merely glitches of the sleeping brain, the accidental side-effects of a random surge of energy during REM sleep, like a cup that spills when filled with too much water. That is possible, but at least two other explanations suggest a more adaptive value for dreams with these highly memorable qualities.

First is that the wide variety of mental and physical systems stimulated in these dreams is itself the point. In our usual waking lives, we draw upon and actualize a mere fraction of our human potentials. To prevent the atrophy of those unused abilities and



to keep them in a condition of functional readiness, dreams create highly lifelike scenarios in which those latent capacities may be expressed, exercised, and developed. From an evolutionary perspective, this attribute of dreaming contributes to our adaptive flexibility and readiness to act effectively in survival-related situations we have never encountered in waking life. A simple analogy would be running a car engine for an hour a day during a cold winter. The car isn't actually going anywhere, but running the engine now will make it possible to drive the car in the future when the weather conditions change

A more therapeutically-focused explanation for dreams with carry-over effects is that they represent special calls for attention from the unconscious. They are signals of psychological importance and invitations to a dialogue with your dreaming self. With some dreams, the invitations may shade more into demands—you will pay attention to this, you will not forget it.

A helpful approach to the interpretation of dreams with carry-over effects starts with a focus on the emotional continuities between dreaming and waking. To discern the meanings of these dreams, a good question to ask is where else these same feelings can be found in current waking life, whether in a relationship or a work project or a health-related issue. Whatever the situation may be, the dream is doing everything possible to highlight its emotional importance and make it a priority for waking awareness.

Carry-over effects pose an intriguing oneiric paradox: the dream is not real, but it has real effects on our bodies and emotions in the waking world. The scary monster chasing you isn't real, but your beating heart and feelings of terror when you wake up are real. This paradox can quite naturally stimulate people's curiosity about religious and spiritual questions regarding identity, perception, and the nature of reality. It seems the universal experience of highly memorable dreams with vivid carry-over effects, occurring in cultures all over the world and throughout history, has in this way played an impactful role not only in the individual lives of the dreamers but also in the broader growth of religious and spiritual systems of belief.

EVENTS CORNER

Even Semester Course Plan and LMS Presentation



The Department of Psychology conducted the EVEN Semester Course Plan Presentation on December 5, 2025, with a primary focus on presenting and refining course plans for the upcoming Even Semester. Faculty members actively participated by sharing their course outlines and introducing innovative pedagogical strategies aimed at enhancing teaching and learning.

The session underscored the department's commitment to academic excellence and digital integration. Faculty members not only detailed their instructional plans but also engaged in constructive discussions that provided valuable feedback, enriching both pedagogy and assignment design.

UG VAC Sessions



On 9th December 2025, the Department of Psychology of Kristu Jayanti University, Bengaluru conducted Value Added Course sessions for I semester BSc. Psychology students. It was held in the M2 Auditorium of Main Block. Sessions on different significant topics were taken by the teachers of the Department.

Industrial Visit



The Department of Psychology successfully conducted an industrial visit to the All India Institute of Speech and Hearing (AIISH), Mysore, for IV semester MSc. Clinical Psychology students, providing students with valuable academic exposure and professional insight.



The House of Many Rooms

Akash Aniyeri - 24PSYA51

In a quiet house behind her eyes,
Lie many rooms, with different skies.
Each one painted with a different hue,
Each one held by a self she knew.

There's Grace who sings when the rain pours
down,
And Max who wears a soldier's frown.
There's little June who hides and shakes,
And Fire, who rises when something breaks.

They take turns holding the world outside,
While she walks through life with hands
untied.
You may see one smile, soft and bright,
Not knowing another cried all night.

She is not broken, not a mistake—
But a mosaic that had to remake.
Each self a story, a piece, a scar,
A universe behind each star.

Don't ask her,
"Who are you today?"
Just hold space and let her stay.
For healing is not to merge and bend—
It's to be seen, to love, to mend.

So here's to her—whole in her way,
Dancing in shadows, finding the day.
And though the world may not understand,
She holds herself with her own hand.

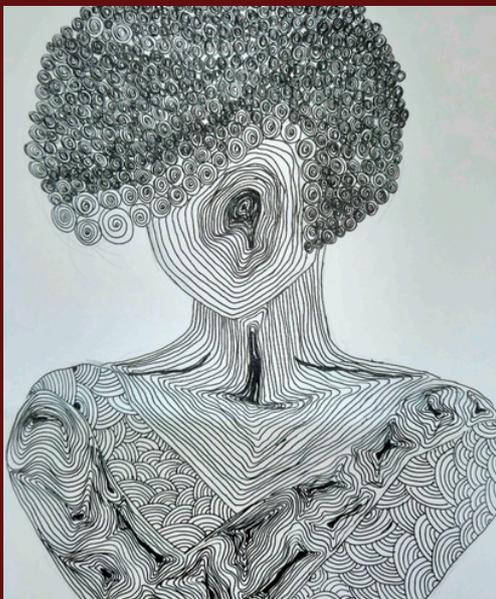
(A poem on Dissociative Identity Disorder)



"The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny."

Albert Ellis
American Psychologist

ARTWORKS



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PHOTOGRAPHS



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PSYCHOLOGY NEWS

- Fast depression relief? Nitrous oxide shows remarkable potential: Nitrous oxide may offer quick, short-term relief for people with major depression, especially those who haven't responded to standard medications. The meta-analysis found rapid improvements after a single dose and more sustained benefits after repeated treatments. Side effects were generally mild and brief, though researchers stress the need for larger, longer-term studies.
- Scientists find hidden brain nutrient drop that may fuel anxiety: Researchers found that people with anxiety disorders consistently show lower choline levels in key brain regions that regulate thinking and emotions. This biochemical difference may help explain why the brain reacts more intensely to stress in anxiety conditions. Scientists believe nutrition could play a role in restoring balance, though more research is needed. Many Americans already fall short of recommended choline intake, making diet a potential area of interest.
- Humans are built for nature not modern life: Human biology evolved for a world of movement, nature, and short bursts of stress—not the constant pressure of modern life. Industrial environments overstimulate our stress systems and erode both health and reproduction.

Source: www.sciencedaily.com

MOVIE REVIEW



"Shutter Island" explores the mind's defense mechanisms—especially denial, dissociation, and delusion—through the character of Teddy Daniels. The story centers on how the brain can create an alternate reality to protect a person from unbearable trauma. Teddy's investigation on the island is ultimately revealed as a psychological construct designed to help him confront repressed memories of his wife's mental illness and the tragic loss of his children. Themes include trauma, guilt, identity, and the ethical limits of psychiatric treatment.

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