

# Exposure: Integrating Cold and Hot Memory



## COLD memory

Space: Where did it happen?

Time: When did it happen?

Chronology: What happened?  
What happened next?

## HOT memory

Cognitive: What did you think?

Emotional: What did you feel?

Physiological: How did your body react?

Sensory: What did you see smell, taste, hear?

THEN

And

Now