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1 Practice taking an eidetic memory test. To test whether or not you have an eidetic (photographic) memory, you can take a pretty basic test. It involves looking at 2 images that are similar, and trying to superimpose them over one another. You can take the test online via the University of Iowa. If you like it, talk to your doctor about taking a certified
test.[1] If it turns out you don't have an eidetic memory, that's totally fine! This test is still a fun way to exercise your memory. 2 Use image associations. One way to help you remember something, whether it is the title of a book or where you left your keys, is to take a moment to visualize the item at hand. For example, if the
object is a book called "A Thousand Splendid Suns," take a moment to visualize what a thousand splendid suns would look like. Having the image imprinted in your mind can help you recall the title of the book later. Similarly, if you place your car keys down on the kitchen counter, try to imagine your keys doing something silly in the kitchen like
cooking or eating the fruit in the fruit bowl. When it comes time to look for your keys later, you'll be unlikely to forget that silly image you created in your head. Advertisement 3 Repeat names. Many people struggle to remember the names of people they have just met, even after only 30 seconds. This is likely because we tend to focus so much on
ourselves (how we look, whether we're being polite, etc) that we neglect to listen to the other person's name. This can be especially difficult if you are being introduced to several people at once.[2] One way to combat this is to repeat the person's name right after meeting them: "Nice to meet you, Sam." If you didn't hear the name properly or couldn't
catch how to pronounce it, be sure to clarify this right away to avoid having to ask again later. Another way to remember names is to associate the new name with somebody you already know by that name. If you don't already know by that name, then try to think of a character in a book or film with that name. Making this kind of association
can help you recall the name later. 4 Employ "chunking." Chunking is a psychological term for a memory retention technique that involves clumping numbers, words, or items in a list together in different categories like fruits, vegetables,
frozen items, condiments, meats, etc. Alternatively, divide grocery lists into potential meals; for example, you could group lettuce, tomato, cucumbers of numbers into smaller sections; this will come in handy when trying to remember your credit
card number, social security number, or a telephone number. For example, instead of trying to remember the following sequence: 77896526, you could break it up into 77-896-526. Repeating the number back to yourself will be a lot easier if you do it in smaller sections. 5 Minimize distractions. For many people, forgetfulness is not a memory issue,
but a result of being too distracted to effectively learn the information in the first place. When possible, try not to multi-task. Focus all of your attention on completing one activity at a time. Though it's tempting to take care of several things at once to save time, you will be more likely to retain the information if you do each one individually, saving you
time in the long run.[4] Advertisement 1 Read with purpose. If you want to retain information, it will help to clarify why you're reading.[5] For example, if you think to yourself, "I need to read this manual so that I know how to use my pressure cooker," that can help you retain the information. Any purpose is fine! It can be as simple as, "I need to
memorize the origins of the Civil War so I can pass my history test!" Having a purpose will help your brain remember why you're reading in the first place, and might help you retain information. 2 Use association to categorize what you read. As you read, try to relate what you're reading to other parts of the book, chapter, or article. It's helpful to
think about the general organization of the piece and mentally sort the information you're reading into the corresponding parts of the outline. For example, in a chapter that is analyzing the origins of the war. 3 Practice visualization to create a vivid memory
Creating a mental picture of what you're reading is a helpful way to memorize the information. If you're reading about them. Imagine the ingredients, the crust, the filling, and the finished product.[6] 4 Concentrate only on what you are reading. Avoid trying to multitask when you
are reading for information. It will increase the likelihood that you won't have picture perfect recall. Instead, focus intently on what you are reading something that you want to remember. Advertisement 1 Make relaxation a priority. There are many
ways to alleviate anxiety and stress. Spend more time doing activities that you enjoy, especially those that involve being outdoors. Take up activities that promote mindful awareness, like yoga or tai chi. Another way to help alleviate anxiety and depression is to socialize more often.[8] Reach out to friends, family members, and loved ones and avoid
spending too much time alone with your thoughts. 2 Play games and do puzzles to exercise your brain. Your brain is like the muscles of your body; the more exercise you give it, the better it will perform. Unfortunately, many people get so caught up in their daily routines that they can go days with their brains performing on "auto pilot." Try to
incorporate some of the following brain-stimulating activities into your week: [9] Do crossword puzzles to get a great mental workout. 3 Read something every day. Learning new information is a great way to keep your memory sharp. Even if you're not an avid reader, make a point to read a little bit each day. Choose a book that interests you and
commit to reading a chapter or even just 5 pages a day. It doesn't matter whether it is fiction or non-fiction. Read the newspaper to stay up to date on current events. This will also exercise your brain! 4 Learn something new to keep your brain! 4 Learn something new to keep your brain fresh. In addition to reading on your own, you can learn new skills to give your memory a workout. Maybe
you'd like to learn about a certain topic or try a new hobby or sport. Choose something that excites you! 5 Get more exercise. Physical activity increases blood flow to every part of your brain.[10] This can help get more oxygen and essential nutrients to your brain so that it will perform better. Aim to get at least 30 minutes of
aerobic exercise five days a week. It's important to spread out your exercises throughout the week so that you are regularly increasing blood flow to the brain. Even if you don't have time for a formal workout, you might have time to squeeze in at least a brisk 10 minute walk. Make small lifestyle changes to increase your mobility, like choosing the
stairs over the elevator. Advertisement 1 Eat plenty of Omega-3s. These fatty acids are great for overall brain health and have been shown to improve memory, in particular. Try eating fish a couple of times a week. Salmon, bluefin tuna, and sardines are great for overall brain health and have been shown to improve memory, in particular. Try eating fish a couple of times a week. Salmon, bluefin tuna, and sardines are great for overall brain health and have been shown to improve memory, in particular.
fish, talk to your doctor about trying fish oil supplements instead. 2 Enjoy multiple servings of veggies per day. A good guideline is to aim for about 3-5 servings of fresh veggies each day. Cruciferous veggies per day. A good guideline is to aim for about trying fish oil supplements instead. 2 Enjoy multiple servings of fresh veggies each day. Cruciferous veggies like broccoli and leafy greens like broccoli and leafy greens like broccoli and salmon stir fry.
your daily diet. These nuts might be able to boost your cognition. You can eat a handful of walnuts as an easy, on the go snack. You can also good for your heart and an excellent source of protein. 4 Eat berries and cherries regularly. Adding these fruits to your daily diet can
boost your memory. Add some blueberries to your morning oatmeal or have an evening snack of fresh cherries.[12] Frozen berries are also packed with nutrients, so keep those on hand. 5 Drink in moderation. Drinking excessive alcohol can block key receptors in the brain that are necessary for memory retention, and may release a steroid that
interferes with learning and memory.[13] There is some evidence, though, that drinking in moderation can actually protect your memory in the long run. It is probably okay to have 1-2 glasses of wine per day. Ask your doctor about what is right for you. Advertisement Add New Question Question How rare is a photographic memory? wikiHow Staff
Editor Staff Answer This answer was written by one of our trained team of researchers who validated it for accuracy and comprehensiveness. There's not a lot of scientific evidence to support the popular notion of "photographic memory," but eidetic memory occurs in about 2-10% of children. It's less common in adults. Question How do you know if
you have a photographic memory? wikiHow Staff Editor Staff Answer This answer was written by one of our trained team of researchers who validated it for accuracy and comprehensiveness. Look at a picture for 30 seconds, then turn it over or look away from it. If you can still "see" the image clearly in your mind's eye, with its original colors and
details, you may have eidetic memory. Question The article mentions to read book but not fiction. Which type of books are preferred? You could read autobiographies or any nonfiction you are interested in reading. See more answers Ask a Question Advertisement Thanks Th
readers like you. If you have a helpful tip you'd like to share on wikiHow, please submit it in the field below. If I'm already in bed about to go to sleep and I think of something I need to do tomorrow, I toss something from my bedside table (like a bookmark or a paperback) onto the floor near my slippers. In the morning, I see the item, which then
reminds me about the last thoughts I had the night before. It's similar to tying a string around your finger to remember stuff, not easier! So go easy on yourself and try not to push yourself to remember everything. Relax, and the
things you want to remember may come to you more easily. Write things down if you want to remember not just because the act of writing can help you remember not just because the more likely to remember not likely the more likely to remember not l
Broennimann is a licensed Clinical Psychologist with a private practice based in the San Francisco Bay Area providing psychotherapy and neuropsychology services. With over a decade of experience, Dr. Broennimann specializes in in-depth psychotherapy and neuropsychology services. With over a decade of experience, Dr. Broennimann specializes in in-depth psychotherapy and neuropsychology services. With over a decade of experience, Dr. Broennimann specializes in in-depth psychotherapy and neuropsychology services.
adjustment problems, traumatic stress, and phase-of-life transitions. And as part of her neuropsychology practice, she integrates depth psychotherapy and cognitive rehabilitation for those recovering after traumatic brain injury. Dr. Broennimann holds a BA in Psychology from the University of California, Santa Cruz, and an MS and Ph.D. in Clinical
Psychology from Palo Alto University. She is licensed by the California Board of Psychological Association. This article has been viewed 894,376 times. Co-authors: 25 Updated: March 28, 2025 Views: 894,376 Categories: Memorization Skills Print Send fan mail to authors Thanks to all authors for creating
a page that has been read 894,376 times. "I've always wanted to be able to recall every single moment of my life and every little information I receive. Even though I might not be able to do that specifically, this article gave me good tips so I can improve my memory somehow. It helped me a lot."..." more Share your story 1 Practice taking an eidetic
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meats, etc. Alternatively, divide grocery lists into potential meals; for example, you could group lettuce, tomato, cucumbers, goat cheese, and vinegar into one "chunk" called "salad items." The same can be done by dividing sets of numbers into smaller sections; this will come in handy when trying to remember your credit card number, social security
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or even just 5 pages a day. It doesn't matter whether it is fiction or non-fiction. Read the newspaper to stay up to date on current events. This will also exercise your brain! 4 Learn something new to keep your brain! 4 Learn something new to keep your brain fresh. In addition to reading on your own, you can learn new skills to give your memory a workout. Maybe you'd like to learn about a
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eidetic memory. Question The article mentions to read book but not fiction. Which type of books are preferred? You could read autobiographies or any nonfiction you are interested in reading. See more answers Ask a Question Advertisement Thanks Tha
have a helpful tip you'd like to share on wikiHow, please submit it in the field below. If I'm already in bed about to go to sleep and I think of something I need to do tomorrow, I toss something from my bedside table (like a bookmark or a paperback) onto the floor near my slippers. In the morning, I see the item, which then reminds me about the last
thoughts I had the night before. It's similar to tying a string around your finger to remember something. It can be frustrating to forget things, but getting stressed or angry can actually make it harder to remember something. It can be frustrating to forget things, but getting stressed or angry can actually make it harder to remember stuff, not easier! So go easy on yourself and try not to push yourself to remember everything. Relax, and the things you want to remember
may come to you more easily. Write things down if you want to remember on its own. Advertisement This article was reviewed by Allison Broennimann, PhD. Dr. Allison Broennimann is a licensed Clinical
Psychologist with a private practice based in the San Francisco Bay Area providing psychotherapy and neuropsychology services. With over a decade of experience, Dr. Broennimann specializes in in-depth psychotherapy to provide solution-focused treatments for anxiety, depression, relationship problems, grief, adjustment problems, traumatic stress
and phase-of-life transitions. And as part of her neuropsychology practice, she integrates depth psychology from the University of California, Santa Cruz, and an MS and Ph.D. in Clinical Psychology from Palo Alto University. She integrates depth psychology from the University of California, Santa Cruz, and an MS and Ph.D. in Clinical Psychology from Palo Alto University.
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"I've always wanted to be able to recall every single moment of my life and every little information I receive. Even though I might not be able to do that specifically, this article gave me good tips so I can improve my memory somehow. It helped me a lot."..." more Share your story It is unclear whether photographic memory is real, and while it may not
be attainable, mental exercises and lifestyle changes can improve a person's overall memory. Share on PinterestThe mind is adept at processing and storing important visual information. While most people are able to recount specific parts of the things they see, those with photographic memory claim to permanently remember entire scenes with great
detail. They may be able to do so after only seeing an image briefly. Memory and recollection are difficult to quantify in a scientific setting. Due to this, there is currently no conclusive evidence that photographic memory is real. People who believe themselves to have photographic memory say they can look at an image or scene, and remember it in its
entirety - like storing a complete mental picture. It is not clear whether this is due to a difference in memory capability or a case of enhanced visual learning. While we do know that the brain has a capacity for retaining visual, long-term memories, it is difficult to assess how good a person's visual memory is. Some people use the terms photographic
memory and eidetic memory interchangeably, but these two phenomena are different. People who believe they have photographic memories say they can recall visuals for very long periods of time, or permanently, without alterations in detail. Most other people are able to assess visual images and recall them once they look away. People refer to this
as eidetic memory. How long people can recall the image, and to what level of detail, will vary from person to person. People who claim to have a photographic memory can store large amounts of visual information almost indefinitely after small visual exposures. The exact reason for this is unclear. Research has found that the brain can process images
and store them in its long-term memory systems after only brief exposure. Long-term image memory rates also increase when a person sees the same object, or scene, multiple times. Those with photographic memory systems after only brief exposure. Long-term memory systems after only brief exposure. Long-term image memory rates also increase when a person sees the same object, or scene, multiple times. Those with photographic memory systems after only brief exposure.
example, visual working memory is integral to our daily lives. The mind can store information from visual amounts of visual data, but only for a small amount of time. For example, and allowing us to tale relevant action. However, our visual data, but only for a small amount of time. For example, and allowing us to tale relevant action.
person may be able to look at a painting and recall its composition immediately after looking away, but forget details as time passes. This is the case with eidetic memory. There's no scientific evidence that you can train your memory to become photographic. However, there are lifestyle and dietary changes that can improve your overall working
memory. Regular exercise can improve working memory, as well as provide multiple other health benefits. A 2021 review found that performing 45-60 minutes of moderate exercise, 3 times a week, for more than 6 months can effectively improve the working memory of older adults. For example, a 2021 study of college students found that certain
meditation techniques can improve short-term memory function and attention. Omega-3 fatty acids play an important role in brain function, including memory. A 2022 randomized clinical trial found that Supplementation of Omega-3 fatty acids play an improve working memory in older adults. A 2016 trial found that Omega-3
supplementation alone can improve overall memory function in older healthy adults. Learn more about Omega-3's effect on the brain here. Keeping your brain active is the best way to boost your memory. Mnemonics use patterns of associations, letters, images, or ideas to help you remember something. A simple mnemonic system might be to rhyme
the name of a person you just met with a word you can easily recall. You would then remember the word when you wish to call up the person's name. Some mnemonic systems include: The loci method: This memory-boosting strategy dates back to the days of the Roman Empire and is also referred to as the memory palace. To try it, follow these steps:
Think of the thing you want to remember and create a visual image of it. Create an association with the thing you wish to remember. For example, if you want to remember and dress, visualize the written address, visualize the written address, visualize the written address on a front door that you wish to remember and create an association with the thing you wish to remember and create an association with the thing you wish to remember.
the actual address, visualize the front door and the address should pop into your mind. Some people find that this system works best if the imagery they conjure up is extreme, irrational, bizarre, silly, or funny. The peg system: This system works by creating are
association or a reminder. To do it: Generate a mental image of a peg with a letter or number on it. Then hang what you want to remember on it. Other tips to boost your memory include: learning a new languagedoing puzzlesgetting enough sleepreading books, newspapers, and magazine articles — the more challenging the betteradding at least one
vocabulary word to your repertoire each dayDiscover 14 natural ways to boost your memory here. Science hasn't been able to prove the existence of actual photographic memory, but this hasn't been conclusively proven. While it may not be
possible to train your brain to have a photographic memory, you can improve your memory through mnemonics and other techniques. Simple things like sleep and exercise also help boost memory. Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We have a photographic memory through mnemonics and relies on peer-reviewed studies, academic research institutions, and medical journals and associations.
only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial policy. Barasch A, et al. (2017). Photographic memory: The effects of volitional photo taking on memory for visual and auditory aspects of an experience. KW, et al. (2016).
Mindfulness enhances episodic memory performance: Evidence from a multimethod investigation. A, et al. (2016). Briefly flashed scenes can be stored in long-term memory functions in healthy older adults [abstract]. R, et al. (2022). Omega-3 fatty acid, carotenoid and
vitamin E supplementation improves working memory in older adults: A randomised clinical trial. SU, et al. (2021). Effects of combining meditation techniques on short-term memory, attention, and affect in healthy college students. MS. (2018). Iconic memories die a sudden death. A, et al. (2014). The method of loci as a mnemonic device to facilitate
learning in endocrinology leads to improvement in student performance as measured by assessments. HJ, et al. (2021). Effects of physical exercise on working
memory in older adults: a systematic and meta-analytic review. December 16, 2018 • By The GoodTherapy Team Infographic memory? No. Despite what pop culture suggests, humans cannot create perfect replicas of images in their heads. There is a similar phenomenon called eidetic memory
that occurs in 2-10% of children. These kids can look at an image for 30 seconds and then continue "seeing" it after the physical picture is taken away. However, eidetic memories only last for a few minutes at most. While developing a photographic memory is impossible, you can train yourself to improve the memory you do have. You are more likely
to benefit from training exercises that constantly challenge you (such as learning a new language) than from playing card games on your phone. References: Improving memory. (n.d.). Is there such a thing as a photographic memory? And if so, can it be learned? Scientific American.
Retrieved from © Copyright 2018 GoodTherapy.org. All rights reserved. The preceding article was solely written by the author named above. Any views and opinions expressed are not necessarily shared by GoodTherapy.org. Questions or concerns about the preceding article can be directed to the author or posted as a comment below. GoodTherapy.org.
uses cookies to personalize content and ads to provide better services for our users and to analyze our traffic. By continuing to use this site you consent to our cookies. Photo by Anne Nygård on UnsplashAt the latest after watching the movie "Limitless", (by the way, I hereby give a clear recommendation for this movie) I dreamed of having a
photographic memory. Eddie Morra, the main character in the movie, managed it only with the help of a new wonderful drug, but he was able to remember everything that once came under his eyes. And that's what I want, too. Just imagine reading a book and being able to remember everything, every single fact and
everything that's important. And the short answer is - yes, you can train yourself to have a photographic memory. If you want to read more posts like this one free of advertising. While it is possible, it still involves a learning process
for a 'normal' person. "The Zettelkasten Technique of the German scholar Niklas Luhmann. With the help of this technique he was able to write about 70 books and over 400 scientific articles and that only because he had all the knowledge in his head, more precisely in his "note box". This method helps you to categorically store what
you have learned, or even things you have read, and remember them in the long term. The most important thing about your notes is that if they have a reference, such as a link to a previously recorded thought or a quote from a book, that they also record what is being linked to, so you must then, for example, name the line and the book title or refer to
a previously written card. First of all, you need to know how memory works in order to be able to remember something efficiently, you have to make a personal reference to it and associate something, usually visual, i.e. a picture, with it. So you take a card, I prefer to
use A6 cards, and write at the top what you want to remember, so to speak the headline. Then you write on the left side, a short explanation, preferably as personal as possible and not a quote from a Wikipedia article. Then at the bottom right you write your personal reference, an example or something funny about it, an absurdity. By the way, this is
also a technique used by Elon Musk, who is certainly known for his brilliant memory. On top of it you draw a small picture, which describes the thing you have to remember in a way that is understandable for you personal to you
and preferably as absurd as possible, but just so that you can link this image well and thus remember it. Photo by Jukebox Print on UnsplashIf you now have a few such cards, you can put them on your desk, for example, so that it becomes your routine when you are bored to take the stack with your cards and go through them, so you remember them
in any case sooner or later. Then if you do want to be a little more active, you can go through the cards with some learning techniques like Space Repetition or Active Recall. I think it's important that you have the cards on paper and write them yourself, a Japanese study showed that when you learn with things written on paper you learn up to 37%
more than when you save them on your phone or iPad.Of course, for people who prefer to work digitally, there are also many apps that are good for learning, I can recommend Anki. Finally, let's summarize the steps once again: read and record the informationstructure what you have written down, i.e. if it is a longer text, summarize it in bullet
pointswrite on an index cardheadingshort description/explanation (left side) personal reference, example or absurdity (bottom right) visual anchor/small picture that you can easily connect with what you have learned (top right) 4. review and learnIf you follow all these steps, you will remember everything you want to remember and for a long time. This
may not be a photographic memory like you see in movies, but it will help you a lot in learning. Write in the comments if it helped you learn. I wish you a lot of success in learning. I have recently written a book about this which I will be publishing soon. In the book, the topics here are discussed in much more detail and I give lots of extra tips and
techniques. If you're interested, sign up for my newsletter by October 1st 2024 and you'll get the book for free. You can go further now, or take your chance. Do you take this and in much more detail, then subscribe to my completely free newsletter now. You
can expect high quality posts like this one free of advertising. Click here for my Newsletter I have always been fascinated by Sheldon Cooper's confidence every time he claimed to have a perfect memory by quoting scientific theories word
by word, recalling dates, conversations and events as if he was reading off of a page. Then there is Shaun Murphy from The Good Doctor, who stuns his colleagues by diagnosing complex cases using mental images of human anatomy. In Grey's Anatomy, there was Lexie Grey, or "Lexipedia" as everybody used to call her because she could instantly
remember every medical information. And of course, Mike Ross from Suits, a college dropout out with a great memory who passed the bar exam and practised law just because he remembered every single page he had ever read. I could not help but think while watching these shows, is this for real? Can someone actually be like them in real life? Or
is it just some clever trick writers use to make their character seem more impressive? This idea of never forgetting anything, reading a book once and remembering it for the rest of our lives, sounds like the ultimate superpower. Just imagine what it would be like during exams or presentations or just in life in general. My curiosity led me to do some
research and what I found surprised me. What science really says about photographic memory From my research, I have found out that the kind of permanent memory we see in TV shows and in movies is extremely rare. Scientists, after decades of research, have found that while some people do have extraordinary recall abilities, true photographic memory we see in TV shows and in movies is extremely rare. Scientists, after decades of research, have found that while some people do have extraordinary recall abilities, true photographic memory we see in TV shows and in movies is extremely rare.
memory, or the ability to remember visual information in perfect detail, does not exist in adults. One of the most famous and controversial cases comes from the 1970s. A psychologist named Charles Stromeyer studied a woman named Elizabeth who claimed she could memorise complex dot patterns with much precision. She also claimed to
remember poems written in foreign languages she did not understand years after seeing them once. While she reportedly passed the tests, the methods used were questionable. Especially given that Stromeyer later married Elizabeth, and she consistently refused to repeat the tests, Journalist Joshua Foer, who explored the case in Slate and in his
book Moonwalking with Einstein, concluded that no one claiming to have photographic memory, which is more common in children. It is the ability to retain an image in the mind's eye for a few seconds or minutes after
seeing it. Almost like a photograph. But even this type of memory fades quickly and rarely appears in adults. It does not allow someone to recall pages of text or complex information long-term. Now you might think, how can people recite thousands of digits of pi or memorise entire decks of cards in minutes? Interestingly, they do not possess
photographic memory either. They rely on memory techniques like the method of Loci, otherwise known as memory palace. Here they link information to vivid mental images and familiar spatial locations. These skills are trained and not innate. There is also a rare condition called Hyperthymesia. In which individuals can remember nearly everyday of
their lives in astonishing detail. But even this is focused on personal experiences and not the kind of encyclopaedic knowledge we see in fictional characters. So why are we so drawn to the idea of photographic memory? I have come to the realisation that the fascination with photographic memory is related to our desire to possess special qualities. It
is only real because we want it to be real. It represents control, power, and genius. All things we admire in characters like Mike Ross, Sheldon Cooper or Shaun Murphy. However, in the end, what matters is not whether we can remember everything but whether we are remembering the right things. December 16, 2018 • By The GoodTherapy Team
Infographic Text: Can you train yourself to develop a photographic memory? No. Despite what pop culture suggests, humans cannot create perfect replicas of images in their heads. There is a similar phenomenon called eidetic memory that occurs in 2-10% of children. These kids can look at an image for 30 seconds and then continue "seeing" it after
the physical picture is taken away. However, eidetic memory you do have. You are more likely to benefit from training exercises that constantly challenge you (such as learning a new language) than from playing
card games on your phone. References: Improving memory. (n.d.). Harvard Health Publishing. Retrieved from © Copyright 2018 GoodTherapy.org. All rights reserved. The preceding article was solely written by the
continuing to use this site you consent to our cookies. By William Lee Adams published March 1, 2006 - last reviewed on June 9, 2016 59-year-old Akira Haraguchi recited from memory, right? Not so. According to mounting
evidence, it's impossible to recall images with near perfect accuracy. Certainly, some people do have phenomenal memories tend to be adept at one specific
task—i.e., a person who memorizes cards may be inept at recognizing faces. Alan Searleman, a professor of psychology at St. Lawrence University in New York, says eidetic imagery comes closest to being photographic. When shown an unfamiliar image for 30 seconds, so-called "eidetikers" can vividly describe the image—for example, how many
petals are on a flower in a garden scene. They report "seeing" the image, and their eyes appear to scan across the image as they describe it. Still, their reports sometimes contain errors, and their eyes appear to scan across the image as they describe it. Still, their reports sometimes contain errors, and their eyes appear to scan across the image as they describe it.
can improve their recall through tricks and practice, eidetikers are born, not made, says Searleman. The ability isn't linked to other traits, such as high intelligence. Children are more likely to possess eidetic memory than adults, though they begin losing the ability after age six as they learn to process information more abstractly. Although
psychologists don't know why children lose the ability, the loss of this skill may be functional: Were humans to remember every single image, it would be difficult to make it through the day. 1 Practice taking an eidetic memory test. To test whether or not you have an eidetic (photographic) memory, you can take a pretty basic test. It involves looking at
2 images that are similar, and trying to superimpose them over one another. You can take the test online via the University of Iowa. If you like it, talk to your door't have an eidetic memory, that's totally fine! This test is still a fun way to exercise your brain and improve your memory. 2 Use image
associations. One way to help you remember something, whether it is the title of a book or where you left your keys, is to take a moment to visualize what a thousand splendid suns would look like. Having the image imprinted in your
mind can help you recall the title of the book later. Similarly, if you place your car keys down on the kitchen counter, try to imagine your keys later, you'll be unlikely to forget that silly image you created in your head.
Advertisement 3 Repeat names. Many people struggle to remember the names of people they have just met, even after only 30 seconds. This is likely because we tend to focus so much on ourselves (how we look, whether we're being polite, etc) that we neglect to listen to the other person's name. This can be especially difficult if you are being
introduced to several people at once.[2] One way to combat this is to repeat the person's name right after meeting them: "Nice to meet you, Sam." If you didn't hear the name properly or couldn't catch how to pronounce it, be sure to clarify this right away to avoid having to ask again later. Another way to remember names is to associate the new
name with somebody you already know by that name. If you don't already know anybody by that name, then try to think of a character in a book or film with that name. Making this kind of association can help you recall the name later. 4 Employ "chunking." Chunking is a psychological term for a memory retention technique that involves clumping
numbers, words, or items in a list together to help remember them.[3] If you are trying to remember items on a grocery list, then try clumping them together in different categories like fruits, vegetables, frozen items, condiments, meats, etc. Alternatively, divide grocery lists into potential meals; for example, you could group lettuce, tomato,
cucumbers, goat cheese, and vinegar into one "chunk" called "salad items." The same can be done by dividing sets of number, or a telephone number. For example, instead of trying to remember the following sequence: 77896526
you could break it up into 77-896-526. Repeating the number back to yourself will be a lot easier if you do it in smaller sections. 5 Minimize distracted to effectively learn the information in the first place. When possible, try not to multi-task. Focus all of your
attention on completing one activity at a time. Though it's tempting to take care of several things at once to save time, you will be more likely to retain the information, it will help to clarify why you're reading.[5] For
example, if you think to yourself, "I need to read this manual so that I know how to use my pressure cooker," that can help you retain the information. Any purpose is fine! It can be as simple as, "I need to memorize the origins of the Civil War so I can pass my history test!" Having a purpose will help your brain remember why you're reading in the
first place, and might help you retain information. 2 Use association to categorize what you're reading to other parts of the book, chapter, or article. It's helpful to think about the general organization of the piece and mentally sort the information you're reading into the corresponding parts of the outline. For
example, in a chapter on the Civil War, as you read about slavery you can associate that with the part of the chapter that is analyzing the origins of the war. 3 Practice visualization to create a vivid memory. Creating a mental picture of what you're reading is a helpful way to memorize the information. If you're reading about how to bake a pie, picture
each of the different parts as you read about them. Imagine the ingredients, the crust, the filling, and the finished product.[6] 4 Concentrate only on what you are reading for information. It will increase the likelihood that you won't have picture perfect recall. Instead, focus intently on what you are
reading and tune everything else out.[7] Don't try to watch TV or have a conversation when you are reading something that you want to remember. Advertisement 1 Make relaxation a priority. There are many ways to alleviate anxiety and stress. Spend more time doing activities that you enjoy, especially those that involve being outdoors. Take up
activities that promote mindful awareness, like yoga or tai chi. Another way to help alleviate anxiety and depression is to socialize more often.[8] Reach out to friends, family members, and loved ones and avoid spending too much time alone with your thoughts. 2 Play games and do puzzles to exercise your brain. Your brain is like the muscles of your
body; the more exercise you give it, the better it will perform. Unfortunately, many people get so caught up in their daily routines that they can go days with their brains performing on "auto pilot." Try to incorporate some of the following brain-stimulating activities into your week:[9] Do crossword puzzles to get a great mental workout. 3 Read
something every day. Learning new information is a great way to keep your memory sharp. Even if you're not an avid reader, make a point to read a little bit each day. It doesn't matter whether it is fiction or non-fiction. Read the newspaper to stay up to date
on current events. This will also exercise your brain! 4 Learn something new to keep your brain fresh. In addition to reading on your own, you can learn new skills to give your brain! 4 Learn something that excites you! 5 Get more exercise. Physical activity
increases blood flow to every part of your body, including your brain. [10] This can help get more oxygen and essential nutrients to your brain so that it will perform better. Aim to get at least 30 minutes of aerobic exercise five days a week. It's important to spread out your exercises throughout the week so that you are regularly increasing blood flow
to the brain. Even if you don't have time for a formal workout, you might have time to squeeze in at least a brisk 10 minute walk. Make small lifestyle changes to increase your mobility, like choosing the stairs over the elevator. Advertisement 1 Eat plenty of Omega-3s. These fatty acids are great for overall brain health and have been shown to improve
memory, in particular. Try eating fish a couple of times a week. Salmon, bluefin tuna, and sardines are great choices. Try grilling or baking the fish to get the most nutritional value.[11] If you don't like fish, talk to your doctor about 3-5
servings of fresh veggies each day. Cruciferous veggies like broccoli and leafy greens like kale are especially helpful. Try eating a kale salad or whip up a broccoli and salmon stir fry . 3 Add walnuts to your daily diet. These nuts might be able to boost your cognition. You can eat a handful of walnuts as an easy, on the go snack. You can also add
walnuts to your yogurt or salads for a satisfying crunch! Walnuts are also good for your heart and an excellent source of protein. 4 Eat berries and cherries regularly. Adding these fruits to your memory. Add some blueberries to your memory. Add some blueberries to your memory.
packed with nutrients, so keep those on hand. 5 Drink in moderation. Drinking excessive alcohol can block key receptors in the brain that are necessary for memory retention, and may release a steroid that interferes with learning and memory.[13] There is some evidence, though, that drinking in moderation can actually protect your memory in the
long run. It is probably okay to have 1-2 glasses of wine per day. Ask your doctor about what is right for you. Advertisement Add New Question How rare is a photographic memory? wikiHow Staff Editor Staff Answer This answer was written by one of our trained team of researchers who validated it for accuracy and comprehensiveness.
There's not a lot of scientific evidence to support the popular notion of "photographic memory," but eidetic memory occurs in about 2-10% of children. It's less common in adults. Ouestion How do you know if you have a photographic memory? wikiHow Staff Editor Staff Answer This answer was written by one of our trained team of researchers who
validated it for accuracy and comprehensiveness. Look at a picture for 30 seconds, then turn it over or look away from it. If you can still "see" the image clearly in your mind's eye, with its original colors and details, you may have eidetic memory. Question The article mentions to read book but not fiction. Which type of books are preferred? You could
read autobiographies or any nonfiction you are interested in reading. See more answers Ask a Question Advertisement Thanks Thank
sleep and I think of something I need to do tomorrow, I toss something from my bedside table (like a bookmark or a paperback) onto the floor near my slippers. In the morning, I see the item, which then reminds me about the last thoughts I had the night before. It's similar to tying a string around your finger to remember something. It can be
frustrating to forget things, but getting stressed or angry can actually make it harder to remember stuff, not easier! So go easy on yourself and try not to push yourself to remember them. You'll be more likely to
remember not just because you literally have it written down, but because the act of writing can help you remember on its own. Advertisement This article was reviewed by Allison Broennimann, PhD. Dr. Allison Broennimann is a licensed Clinical Psychologist with a private practice based in the San Francisco Bay Area providing psychotherapy and
neuropsychology services. With over a decade of experience, Dr. Broennimann specializes in in-depth psychotherapy to provide solution-focused treatments for anxiety, depression, relationship problems, grief, adjustment problems, traumatic stress, and phase-of-life transitions. And as part of her neuropsychology practice, she integrates depth
psychotherapy and cognitive rehabilitation for those recovering after traumatic brain injury. Dr. Broennimann holds a BA in Psychology from the University. She is licensed by the California Board of Psychology and is a member of the American
Psychological Association. This article has been viewed 894,376 times. Co-authors: 25 Updated: March 28, 2025 Views: 894,376 times. "I've always wanted to be able to recall every single moment of my life and every
little information I receive. Even though I might not be able to do that specifically, this article gave me good tips so I can improve my memory somehow. It helped me a lot."..." more Share your story OK, let's start with some tough love: When it comes to photographic memory, you're technically either born with it or you're not. And even a lot of folks
out there who claim to have "photographic memory" don't actually have it. (The scientific consensus is that roughly 1 percent of the U.S. population has it.) But here's the good news! If you're interested in boosting your recollection skills, there are a ton of great measures you can take—foods to indulge, great brain exercises to take up—that will help
your ability to recall things in much more vivid detail. Here they are! And for more ways to augment your cognitive function, don't miss the 8 Cutting-Edge Video Games That Are Proven to Make You Smarter. ShutterstockIt's an adage as old as time (or at least Malcolm Gladwell): Practice makes perfect. And yes, this applies to your noodle, too. One
way to practice is to take an eidetic memory—that's scientific lingua franca for "photographic memory"—test. The test requires looking at two separate, yet wildly similar, images, and then trying to visually superimpose them on each other. To check out a practice test, the University of Iowa has you covered. Then, if that piques your interest, ask your
doctor about taking a real, specialist-certified one. ShutterstockYou're likely well aware by now of the outsize benefits of the oils in fatty fish—like salmon or sardines. (Omega-3s are widely known to reduce both inflammation and blood pressure.) But did you know that those smelly oils can help your brain, too? According to a new study out of Harvard
Medical School, omega-3s have been proven to reverse the decline of memory. As it so happens, salmon is one of the 50 Best Brain Foods of All Time. Ivan Kruk / ShutterstockWhen it comes to digesting binders of information for future recollection, it's tempting to mentally wolf the material down as expediently as possible. If this sounds like you (and
college kids, in particular: ears up) we have two words for you: Slow. Down. According to research out of the UCLA, if you're trying to memorize several days—and to repeatedly go over the material. For example: If you're learning French, instead of attempting to memorize several days—and to repeatedly go over the material. For example: If you're learning French, instead of attempting to memorize several days—and to repeatedly go over the material.
by the end of the week, pick ten, and dedicate time to go over them on, say, Monday, Wednesday, and Saturday. But as it turns out, your cardio-obsessed coworker might be onto something more than just perfect running form. According to a study in Current Biology, if you learn something new and then exercise within four hours—at an intensity of
about 80 percent—your hippocampus, the part of your brain responsible for remembering things, will experience more activity. Good news: You're likely already doing this one. According to research from the Radiological Society of North America, a mere two cups of coffee per day will boost your short-term memory function. So if you're not getting
your daily 16 ounces Joe each day, now's the time to start. And for more on why coffee might be the most magical liquid of them all, check out the 75 Amazing Health Benefits of Coffee. Hey, busy bees: You're in luck. According to a study in the Frontiers in Aging Neuroscience, individuals with very little down time—the people who are so busy they
can't finish all of their tasks in a given day, per the report—have higher brain function when it comes to episodic memory. For the curious: That's the type of memory involved in recalling times and places. (So, everything.) Shutterstock holine (take heed: not chlorine) is a nutrient that, according to several studies, will instantly boost short-term
memory. (In one experiment, college students who ingested choline outperformed those who didn't in a subsequent memory test.) To get enough choline in your diet, turn toward some good old-fashioned eggs. Each yolk contains 115mg of the stuff. ShutterstockWe all know the feeling: Too much alcohol, and then... Ugh, what happened last night? But
if you strike a healthy balance, wine, the ever-magical libation, can have the opposite affect. In fact, according to Nature, the resveratrol in red wine can reverse the effects of age-based memory loss. That "healthy balance?" You'll be hopefully pleased to hear it's about two glasses. ShutterstockGym rats, rejoice: All that protein you've been downing is
strengthening more than just your sinew. According to research in Physiology & Behavior, a high-protein diet—because of the amino acids tyrosine and phenylalanine—is directly correlated with an ironclad memory. ShutterstockNew research indicates that the substance luteolin will fight brain inflammation as you age—and, in turn, help keep your
memory sharp as a tack. You'll find luteolin in celery. Sorry about that. For more advice on living your best life, follow us on Facebook now!
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