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Debate “Memories” Essay

Memories from the past that cause emotional distress and pain should not be in society, they provoke feelings that are not necessary for a functional community. Not only do bad memories affect actions, but they can cause people to react in a distressful way. These reactions that people will have due to the bad memories can quickly escalate into serious challenges not only for themselves, but for the community they live in. Therefore, bad memories should not be part of a near-perfect community because of the effects they will have on a person’s mental health.

To begin with, bad memories can affect our mental health, having had a traumatic past leaves you to cope with those bad memories your whole life. This can affect your present-day mental health and relationships with friends or family. Bad memories stay with you forever. You can have good memories but a bad one will always overpower that good memory. When someone recalls a memory from their past that triggers despairing feelings, they are most likely to react deeply. They are likely to act in a way that will affect them within and might cause them to put themselves and others in danger. An example is in chapter 5 page 35, Jonas tells everybody his dream in which he had dreamt of him and Fiona together alone in the bathing room at the house of old, he had imagined some weird stuff and had been thinking about it all day long. Therefore, the kids receive pills for such thoughts or dreams. Another example of a bad memory is when the previous receiver's memories went elsewhere, and people were filled with depressing thoughts, and the whole community went through pain. The community suffered the painful memories that the receiver held inside herself, and the people couldn’t bear the painful thought. Therefore, bad memories shouldn’t be in society because they have negative effects and lasting scars.

Furthermore, people who support the idea of bad memories in society say that negative memories can help build a stronger community that learns from mistakes in the past. Yes, while experience can grow a stronger community, it also causes trauma which leads to anxiety in your position in society and a worry for your well-being. Once people are introduced to a form of society, It can be difficult to lead a better community with bad memories. Withholding negative memories can lead to negative thoughts, which can wreak havoc on society. Having negative memories gives room for bad decisions to happen again. If people know no evil, how will they commit an evil action? Bad memories have no place in society.

In essence of the point made, bad memories should not be part of a community. They will gravely affect a person’s mental health and eventually lead to affecting others. Bad memories can provoke deep emotions, and bad actions. These deep emotions cause challenging reactions for the person’s inner-self, and their mental health battle. As a result, bad emotions are a mental health hazard for the citizens of a perfect community.