**![C:\Users\catherine.molyneux\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\KA9OE396\thinking-man[1].png]()Explanations of Forgetting**

|  |  |  |
| --- | --- | --- |
| **Scenario** | **Proactive or Retroactive Interference?** | **Justification** |
| Calling your new girlfriend by your old girlfriend’s name? | **Proactive** | **Old information preventing new information from being retrieved.** |
| Your new mobile number preventing you from being able to remember your old mobile number. | **Retroactive** | **Newly stored information prevents old information from being retrieved.** |
| An inability to remember your old postcode because you have remembered the one belonging to your new house. | **Retroactive** | **Newly stored information prevents old information from being retrieved.** |
| A teacher has an inability to remember the names of the students that he used to teach last because he has remembered a new class of names. | **Retroactive** | **Newly stored information prevents old information from being retrieved.** |
| Remembering items on a shopping list from last week but not being able to remember the items on a shopping list for this week. | **Proactive** | **Old information preventing new information from being retrieved.** |

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