

Forgetting journal

Psychology



Forgetting Journal November 28, I had spent much of the day driving my mom around town as we needed to replenish the pantry which was going dry in terms of supplies. I had parked at the other end of the parking lot where there were a few parking spots left. I hurriedly got our grocery bags from the back of the car and headed in to do some shopping. It was not until we got to the frozen foods section that I realized I had forgotten to bring the insulated bag along. I had left it in the car. I was so mad at myself because I had to walk back to the car in the heat of the sun just to get the bags.

November 29, 2012

I swear I need to get my room fixed. I was late to class today because I could not find my car keys, which I swore I had placed on my dresser drawer the night before. I searched the house from top to bottom and kept reminding myself about how stupid this was getting to be. I was like “ Damn girl! You gotta get your head on straight. Where the heck did you put those keys???” So you can imagine how I swore like a sailor when my mom called me from outside and told me that I had left the keys in the ignition overnight! Luckily, nobody tried to steal my clunker during the night.

November 30, 2012

How much bad luck can one person have in a week? So far I have forgotten an insulated bag in the car, misplaced my car keys and now, I thought I had lost my dog. I swear I need to get my brain checked for Alzheimers ! I kept calling out for my dog inside and outside the house to no avail. I even enlisted our neighbors help in the matter and we were already considering printing out lost dog posters when one of them had to go to the bathroom. The dog leaped out of the bathroom the minute the door cracked open. Although I was very happy and relieved to see my dog, I cant help but

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wonder if these little signs mean something deeper.

December 1, 2012

Okay, I swear I need to get one of those big boxes that fit on the coffee table top and houses the remote controls. Either that or I need to get a universal remote for all my entertainment center. I had upturned the furniture looking for the remote control while constantly scolding myself for being such a disorganized person. No matter what I did, I just could not find the cable box remote control. Then out of exasperation, I plopped down on my recliner and immediately had the remote stick me in the back. Turns out it had slipped into the crack of the recliner and I had not bothered to check there.

December 2, 2012

I cant believe I was dumb enough to leave my hair net at home! I got my pay docked for the day at my part time job because I was wearing an incomplete uniform. Normally I place the hairnet in the front breast pocket of my uniform so I dont forget to wear it. I cannot for the life of me figure out why I forgot to put it in there last night. Maybe it is because of the long sleepless nights I have been having lately cause I am cramming for exams. Whatever it is, I hope it stops soon before i misplace myself!

December 3, 2012

Mental note, always leave a few dollars in the car glove compartment for emergency gas money. Ever since I stopped using my credit cards I seem to always be running low on spending cash. This time, I forgot to go to the atm to get gas money before I headed to the gas station. That was embarrassing. Luckily my friend agreed to spot me the cash for the time being. Why am I becoming so forgetful? I dont think I am getting that old.

December 4, 2012

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Big test day! Big fail day for me as well! I studied all week for this test but somehow, my mind went blank when I saw the test paper. I really dont do well with math, but this is the first time I ever turned in a blank paper. The formulas just seemed to have flown out of my head. I could not recall a single thing! This exam was 60 percent of my grade. I could just kick myself! How could I personally have pulled down my grade point average in this class that way? I am getting scared now.