

Forgetting (PART 2)

Causes of forgetting

There are many causes of forgetting. They are-

- * **Brain injuries:** If some part of the brain has been badly injured, then the individual becomes forgetful.
- * **Lack of practice:** Lack of practice is a common cause of forgetting. If there is no review or physical repetition then there is chance of forgetting.
- * **Fatigue:** Physical and mental fatigue is another causes of forgetting.
- * **Stress:** Stress is our silent killer for both physical and mental force.
- * **Use of Drugs:** The use of drugs disturbs and affects our nervous system. Hence, it leads to forgetting.
- * **Lack of interest:** Lack of interest also leads to forgetting.
- * **Emotional condition:** Emotional disturbance and excitements can also lead to forgetting.

***Mental disease:** Mental diseases have an adverse effect on nervous system.

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