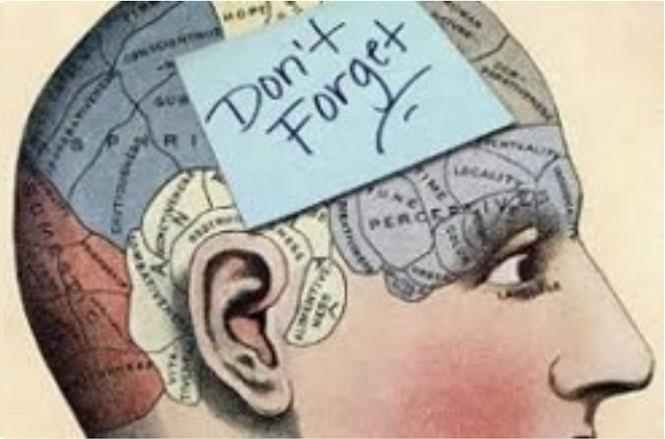


# CONFÉRENCE MSHS

Mercredi 27  
Avril 2022  
12:30-13:30



## Why are we not flooded by involuntary thoughts about the past and future?

To test the cognitive inhibition hypothesis, **Krystian Barzykowski** (*Adjunct at Applied Memory Research Laboratory, Institute of Psychology, Jagiellonian University*) will present results of studies addressing the question of why we are not constantly flooded by involuntary future thoughts (IFTs) and involuntary autobiographical memories (IAMs) given that they are often triggered by incidental cues while performing undemanding activities. In particular, we investigated the possible basic mechanisms of both IAMs and IFTs; namely the extent to which IAMs and IFTs depend on cognitive inhibition on one hand, and cognitive load, on the other. More precisely, since it was argued that the key mechanism of IAMs and IFTs may be the ability to inhibit and suppress memories that are irrelevant to or inconsistent with current self-goal (e.g. Conway & Pleydell-Pearce, 2000; Hasher, Zacks, & May, 1999), we might expect that the stronger inhibitory mechanism participants have, the fewer IAMs and IFTs they experience. In addition, this relationship may be modified by the cognitive load of the ongoing tasks. To address these important questions, we launched a systematic investigation using novel laboratory method of studying IAMs and IFTs and applying individual differences approach to research on involuntary mental time travel. A series of three experiments were conducted, each of which teased apart cognitive inhibition mechanism from different angle and contribute to a more complete and comprehensive understanding of this topic.

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