

Faisal Tai MD of PsychPlus Quoted on Memories in The Huffington Post



Do you feel like you have amnesia or depression now that your Taylor Swift concert is over? Read this.



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Here's possibly the most important question for fans: Will the memories come back? According to Dr. Faisal Tai, a board-certified psychiatrist and the CEO of PsychPlus, the answer is maybe.

"It's certainly possible that select memories from such an experience will come back to people over time, especially if they discuss the concert with others who were there, relive the experience in their minds or watch a video of the concert to jog their memories," he said.

But in general, you probably don't need to be concerned that something is wrong.

"In a state such as this, people usually remember snippets of an experience, as opposed to hours of very specific memory," Tai said. "This is a natural way for the memory to work and certainly no cause for alarm."