It is normal to get stuck for the occasional word to use in conversation, particularly if it is a word you don’t use often, but not normal to get stuck for so many words that you have difficulty expressing yourself.

It is normal to forget to do something that, as a consequence, is frustrating or inconvenient, such as forgetting to buy something you need. It is not normal to forget to do things that have serious consequences, such as forgetting to pick up your grandkids from school or forgetting to file your taxes.

It is normal to forget details from everyday events that happened a few days, weeks or years ago, but not normal to forget major or important things that happened during that time, such as having a large family gathering or hearing about a tragedy.

It is normal to get stuck for an acquaintance’s name, but not normal to get stuck more than momentarily for the name of a loved one.

It is normal to get lost in unfamiliar places, but not normal to get lost in a place that you go to frequently.

It is normal to get home from the store and realize that you forgot to buy an item or two, but not normal to get home and forget that you even went to the store.

It is normal not to know the exact date (to be off by a day or two), but not normal to be completely disoriented in time (e.g. think it is 1944).

It is normal to repeat the same story, question or joke, on different occasions, but not normal to repeat it within a single conversation.

It is normal to miss some of the details when telling someone something (e.g. forgetting all the actors you saw in a movie), but not normal to forget the main gist or idea (e.g. what the movie was about).