

Idea- Talk about the relationship between past and present. How my memories from the past influence my behavior in the present. Incorporate the way Bromden's view on past/present and how that has enhanced your understanding of the way you think in your own mind.

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### Past vs Present

There's times in my life where I'm always thinking about what's happened in the past but it's not usually bad memories, they tend to be the good ones. They help me remember what it was like to have no worries and to just live as a kid. Always hanging around my childhood friends, being able to play until the street lights go off, going on wild adventures, those were the good old days. As you get older you have more responsibilities to take care of such as younger siblings, your grades especially if you want to get into a good college, money starts to become a factor since you don't want to be asking your parents for money all the time. That's where a job comes into play and all these responsibilities take away from being a kid and enjoying life with nothing to worry about. Then there's another side of me that thinks back on the past to reflect on things that I do in the present. Like for instance if I made a bad decision in the past and that same kind of situation comes back around in the present day then I think back on that past mistake and remember what to do correctly instead of making that same kind of mistake. I remember this time last year I had a big issue with my anger on the basketball court. Always getting mad if a play goes wrong or if I mess up myself. I had to reflect on that this year and learn how to channel my anger towards the game not in an aggressive way but to basically let it fuel me to go harder and to not say everything that's on my mind. I essentially told myself to calm down. I couldn't let myself continuously fall into this bad habit that was going on for the past few years. I knew the only way to better myself and to grow as a person was to consider the past and learn from it. They tend to say that it's not good to think about your past because it brings up bad memories but for me everything is a learning experience. If I don't think about what I've done before, how am I supposed to gain new knowledge for the present or even the future? Considering the past helps me for future events even in the slightest bit. When I think of Bromden he would've kind of done the same thing as me, think about the moments from his childhood bringing him back when life was free and he didn't have to worry or even think about how he was going to get under oppressive forces. He talked a lot about nature and his cultural pride for his native American heritage. But then there's times where his past brings up bad memories that haunt him in the present day such as the government taking over his tribe's land and a lot more. Bromden's view of the past has made me believe that reflecting back on our own childhoods is what brings us comfort in the darkest of times even when we may feel like the world has turned its back on us. The only thing that can help is the good memories. Now when Bromden thinks of the present all he can really think about is the oppressive system that he's in and

how they manipulate individuals. He looks at the present as something that's not good, not for him or anyone really. It holds him back from being able to function properly; he sees lots of fog in his memory ever since the combine took over. I found this quote from one of my annotations that says " I can remember way back, way back clear to when I was a kid... we had this really nice fishing boat, and my dad used to take me out to the Columbia River to fish.. That was before the combine got to them and changed everything." You can see that bromden finds joy when the thought of that real nice boat and his dad taking him to the columbia. It took him away from reality for a moment and brought him to a peaceful place in his mind. These parts of bromden's thinking has really helped me to understand that every good moment that you live should really be cherished because those memories don't come around so often. They also provide a sense of peace when things in your life aren't going so well.