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How The Mind Thinks Through Different Perspectives:

Throughout reading this book, *The One that flew over the cuckoo's nest*, Chief Bromden is such an integral part of this book as he has the perception where things that he sees and describes is not all of the way true.

In a way, it is hard to believe Chief Bromden, although he said himself in the book, “ But it is the truth even if it didn’t happen”. The way that he says certain things are not true connects back to my own experiences. Since I was about twelve years old have experienced a sort of similar thing to Bromden, where I have experienced this thing called auditory hallucinations. It is basically when you hear a voice telling you what to do or say bad things. I have been dealing with this for a while, and it runs me crazy. My own mind and landscape are crazy because throughout it all, I was scared to get help because I did not know if I could ever get help and be sort of cured from it. Like Bromden uses throughout the book, it seems like he cannot really describe or comprehend what is going on around him sometimes. That is how I feel about

dealing with the auditory hallucinations. I actually did not know what was going on with me until it got to a point where last year, I just could not take it anymore and got help for it.

They diagnosed me with ocd, which I was actually surprised by, and they said my ocd was causing me to hear this voice, which can happen in rare cases. It sort of alters your mind. Like when Bromden says “ She’s swelling up until her back splits open and she’s let her arms out to wrap them three for or five or six times”(11). This shows that his mind was not all the way there. I know from experience, being both on and off medication, that your mind can have you sort of playing tricks on you, and you can exaggerate things. Sticking with that moment that I just mentioned can make you go through it all. As I have dealt with ocd and this voice that I have been hearing for years made me question what is true and not true. I can recount one time that I was just sort of under the control of the voice, like it always made me think that something was going to happen if I did not comply with this voice. When I eventually got help and started seeing a therapist and all that, they referred me to a psychiatrist, and they prescribed medication to essentially quiet the voice and make it go away. This relates to the complex landscape of my mind because Bromden made it seem like he would see and hear things that weren't there, and I have had the experience where this voice had made me sort of seem like I am doing the same thing.

The way that the mind reacts and thinks is so interesting to me, as he seems to make it seem like everything is not true, but it can be. Which relates to the quote that I talked about in the beginning, because I'm thinking that this voice is right with me and is a real thing when it is really not. When I was on the medication, it made all of that sort of go away. From time to time,

they would come back, but it is something that I still struggle with. The way this book has sort of challenged these ideas and my understanding of it is that it has shown me the perspective of what is really going on in my life and how these things were different in another time period. To me, it is interesting how back then they did not even view mental health as a real thing; now they do and take it more seriously.

It has enriched me by sort of getting a better understanding of it from another character's point of view, and it also connects back to the delusions and hallucinations that I have had. It seems like it is such an interesting view on mental health and how our minds work. This concludes what I talked about with how Bromden perceives things and how they can be both true and not true, and how we all seem to have different ways of thinking that our minds work, and it is super interesting to me, but this has given me a better understanding of how these things work from Chief Bromden's perspective in this book and how people experience things and what that really means and how that can be perceived to people and how everyone thinks about it and what they can really do about it when it comes to how true things are.