CCOT Practice

Consider when you were born. What did you look like? What was your temperament? What was important to you?

Now think about when you were 8 years old. What did you look like? What was your temperament? What was important to you?

Now think about when you were 16 years old. What did you look like? What was your temperament? What was important to you?

Now ask yourself the big questions:  
What changed over those years, and what stayed the same about you? Finally, why did those specific aspects about you change, and why did the other elements about you stay the same?

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A large rock is thrown into a still pond.

What is the water like before the rock is thrown into the water? What happens to the water when the rock hits it? What happens to the surface of the water five minutes after the rock is thrown?

What stays the same about the water throughout the event? What accounts for the changes, and what accounts for the continuities in the water?