

**Examining the Impact of Violence on the Lives of Women in Colleen
Hoover's *It Ends With Us***

Submitted in partial fulfillment of the requirements for the award of
Bachelor of Arts degree in English Literature

by

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DEPARTMENT OF ENGLISH

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SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

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BONAFIDE CERTIFICATE

This is to certify that this Project Report is the Bonafide work of **T.Dharani (40010005)** who carried out the project entitled "**Examining the Impact of Violence on the Lives of women in Colleen Hoover's *It Ends With Us***" under my/our supervision from **November 2022 to May 2023**



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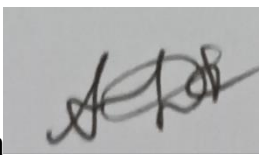


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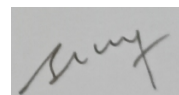
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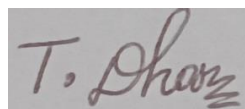
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DECLARATION

I **Dharani.T** (40010005), hereby declare that the project report entitled “**Examining the Impact of Violence on the Lives of Women in Colleen Hoover’s *It Ends With Us***” done by me, under the guidance of **Dr. J AMUTHA MONICA** , M.A., M.Phil., Ph.D at **Sathyabama Institute of Science and Technology** is submitted in partial fulfillment of the requirements for the award of Bachelor of Arts degree in English Literature.



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ABSTRACT

It Ends With Us is a gripping and emotionally charged novel that delves into the complexities of love, abuse, and the choices we make to break the cycle. Written by Colleen Hoover, the story follows the life of Lily, a young woman who has overcome a tumultuous childhood to build a successful life for herself in Boston. Lily Bloom is the protagonist of the and her mother, Jenny Bloom is the victim of domestic violence. The purpose of this study about the impacts of domestic violence and the female main character Lily Bloom. In this research, descriptive analysis method is used in studying the intrinsic theories, and extrinsic theories such as gender and feminism for supporting elements. Its all about the story of a woman's struggle to break the abuse cycle.

KEY WORDS :

Domestic violence, Jealousy, Emotional abuse, Gender discrimination, Freedom

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ABBRIVATION:

- IEWU - It Ends With Us

CHAPTER - 1

INTRODUCTION

1.1 About the Author & Book:

Colleen Hoover is a bestselling American author known for her contemporary romance and young adult novels. She was born on December 11, 1979, in Sulphur Springs, Texas, and currently resides in Texas with her family. Some of her most notable works include *Hopeless*, *It Ends with Us*, *Confess*, *Ugly Love*, and *Verity*. Her books often deal with emotional and heavy themes such as love, loss, trauma, mental health, and self-discovery. Hoover's writing is known for its emotional depth, relatable characters, and gripping plotlines that keep readers engaged. Her novels have received numerous awards and accolades, and she has a dedicated fan following. Her books have been translated into multiple languages and have been published in over 30 countries. In addition to her success as an author, Hoover is also known for her philanthropic work. She co-founded The Bookworm Box, a subscription service that donates a portion of its proceeds to charity. She has also been involved in various charitable initiatives supporting education and literacy.

It Ends With Us is a novel written by Colleen Hoover, a bestselling contemporary romance author. The novel was published in 2016 and has gained widespread acclaim for its thought-provoking exploration of complex issues such as love, family, abuse, and personal growth. The story is narrated from the perspective of Lily Bloom, a young woman who is determined to escape the cycle of domestic violence that has plagued her family for generations. The story begins with Lily as a high school student who meets a boy named Atlas Corrigan. They form a deep connection, but their lives take different paths. Years later, Lily becomes a successful business woman and meets Ryle Kincaid, a neurosurgeon. They start a relationship, but Lily's past with Atlas still haunts her. However, Lily soon discovers that Ryle has a dark side and struggles with his own demons. As Lily's relationship with Ryle becomes increasingly complicated, she finds herself torn between her love for him and her desire to break free from the cycle of abuse. Along the way, she also reconnects with her first love, Atlas Corrigan, adding another layer of emotional

complexity to her journey. As the story unfolds, Lily faces a series of emotionally charged events that force her to confront her feelings, her fears, and her own sense of self-worth. She grapples with issues of domestic violence, family dynamics, and personal sacrifice. *It Ends With Us* delves into the complexities of relationships, the effects of domestic violence, and the choices we make when faced with difficult situations. It portrays the raw emotions, struggles, and strength of its characters as they navigate love, heartbreak, and self-discovery. The novel has been praised for its honest and realistic portrayal of the complexities of abuse and the importance of self-worth and empowerment. The research on *It Ends with Us* novel by Colleen Hoover is limited, as it is primarily a work of fiction rather than a scientific study. However, the novel has been widely discussed and analyzed in literary and cultural contexts, and its themes have been the subject of discussion and analysis in various forums and media outlets. Many critics have noted that the novel sheds light on the complexities and consequences of abusive relationships, and has helped to raise awareness about the importance of recognizing and ending these patterns. The novel's exploration of trauma and its effects on mental health has also received significant attention, with many literary reviews praising the author's ability to handle this sensitive subject matter with sensitivity and nuance. The themes of family dynamics, self-discovery, and healing have also been widely discussed in the context of the novel, with many reviewers noting their importance and resonance with readers.

1.2 Analysis:

One of the central themes of *It Ends With Us* is domestic abuse. The novel portrays the cyclical nature of abuse, as Lily witnesses her mother suffer at the hands of her abusive father, and later experiences her own abusive relationship with Ryle. The novel delves into the complexities of abusive relationships, exploring the reasons why victims may stay, the emotional turmoil they experience, and the challenges they face in breaking the cycle of abuse. Another important theme in the novel is the concept of self-empowerment. As Lily grapples with her past and present relationships, she learns to find her own voice and take control of her life. She undergoes a journey of self-discovery, learning to set boundaries, make tough decisions, and prioritize her own well-being. The novel emphasizes the importance

of self-respect, self-love, and the courage to stand up for oneself. The characters in *It Ends With Us* are multi-dimensional and undergo significant character development throughout the story. Lily is a relatable and flawed protagonist who struggles with her conflicting emotions, making difficult choices as she tries to reconcile her feelings for Ryle and Atlas. Ryle is a complex character who initially appears to be charming and successful, but later reveals a darker side as the novel delves into the complexities of abusive relationships. Atlas, on the other hand, is portrayed as a caring and supportive character who provides an alternative to Lily's toxic relationship with Ryle. The novel is written in first person from Lily's perspective, which allows readers to deeply empathize with her thoughts, emotions, and struggles. The prose is engaging, emotional, and at times heart-wrenching, drawing readers into the story and making them feel connected to the characters. *It Ends With Us* also challenges societal norms and expectations around relationships and addresses important social issues, such as victim blaming, the impact of childhood trauma, and the complexities of forgiveness. The novel prompts readers to question societal attitudes towards abuse and encourages discussions about healthy relationships and the need to break the cycle of abuse. Overall, *It Ends With Us* is a powerful and emotionally charged novel that addresses important themes of love, relationships, abuse, and self-empowerment.

1.3 Literature Review:

Research on violence, "The multi country study on women's health and domestic violence against women" is the first of its type carried out by the World Health Organization (WHO) and shows that the most common type of violence against women is that which is carried out by their partner. This type of violence is far more common than attacks or rapes carried out by strangers or other people that the victims may know. In a report issued by the center for Communications programs, at Johns Hopkins, it was shown that 10-69% of women worldwide, and 18-58% of women in Europe, reported having suffered physical abuse by their partners at some point in their life.

It Ends With Us by Colleen Hoover is the story of a woman's struggle to break the cycle of abuse and rise above to create a safe life not only for herself but for her child. A Tearjerker, this book is not only inspiring but also one of those books that leave an indelible mark on a reader's heart.

1.4 Research Methodology:

In this research, descriptive analysis method is used in studying the intrinsic theories, extrinsic theories such as gender and feminism for supporting elements. The findings of this research points that Lily experiences several forms of gender-based violence such as child abuse, physical attacks, domestic violence, pornography violence, and act of rape. Both internal and external factors are in support of her measure and live a better life.

CHAPTER - 2

Domestic violence

Domestic violence is a serious issue that affects millions of women around the world. It is a form of abuse that can have lasting physical, emotional, and psychological effects on victims. In this research, we will explore the impact of domestic violence on the lives of women, including the various forms of abuse, the signs and symptoms, and the long-term consequences. Domestic violence against women is a serious and pervasive issue that has significant and long-lasting impacts on their lives. Here are some ways in which domestic violence can affect women's lives:

2.1 Physical health:

Women who experience domestic violence may suffer from a wide range of physical health problems, including bruises, broken bones, internal injuries, and other traumatic injuries inflicted by their abusers. These physical injuries can have lasting effects on women's overall health and well-being, and may require medical treatment and ongoing care.

2.2 Mental health:

Domestic violence can have severe and lasting impacts on women's mental health. Many women who experience domestic violence suffer from anxiety, depression, post-traumatic stress disorder (PTSD), and other mental health disorders as a result of the trauma they have experienced. The emotional and psychological toll of domestic violence can be significant and may require counseling, therapy, or other forms of mental health support.

2.3 Emotional well-being:

Women who experience domestic violence may suffer from low self-esteem, feelings of guilt or shame, and a loss of confidence and self-worth. Abusers often use emotional manipulation and psychological abuse to control their victims, which can leave women feeling emotionally drained and psychologically scarred.

2.4 Economic and financial stability:

Domestic violence can disrupt women's economic and financial stability. Many women who experience domestic violence may be forced to leave their jobs or have limited access to financial resources due to their abusers' control. This can result in financial dependence, poverty, and economic instability, making it difficult for women to rebuild their lives after leaving an abusive relationship.

2.5 Social relationships:

Domestic violence can strain or sever women's relationships with family, friends, and community. Abusers often isolate their victims, control their social interactions, and create barriers to their support systems. This can leave women feeling isolated, disconnected, and vulnerable, and can impact their ability to seek help and support. From the novel of Colleen Hoover's *It Ends with Us*, the main character Lily Bloom grows up in an abusive household that her father abuses her mother repeatedly. The story of Lily Bloom, a young woman who struggles with her past and present relationships, and ultimately finds the strength to break the cycle of abuse Lily's childhood goes through that traumatic events so she gets suffered in her teens. She desires to become a florist someday. This joyful woman has a traumatic past and a vulnerable side. When in plethora, in her teens she had witnessed her dad abusing her mom and then he would spend the following weeks doing things to neutralize his actions. Lily felt guilty because she not able to helping her mother. But she would wonder why her mom couldn't leave her dad. She haven't enough mature to understand her mother's situation. She found a guy in Atlas Corrigan, a homeless guy who also had experiences of growing up in an abusive household just like her. Atlas was her first love, she felt comfortable with him. But soon he left Boston her making promise.

“When my life is good enough for you to be a part of it, I will come find you. But I don't want you to wait around for me, because that might never happen” IEWU(p.213).

Becoming wiser, Lily tries to narrate her stories by writing them down on paper and pretending to write them to Ellen De Generous because she doesn't talk to anyone about her situation. In Boston, Lily begins reading a series of journals she

wrote as a teenager to Ellen DeGeneres, the TV host who she admired, where she mentioned her relationship with the homeless guy, Atlas Corrigan who was a senior in high school. After her father's funeral, she met Ryle Kincaid, a neurosurgeon. She started developing feelings for him despite it being hard not to fall for him. The series of what her dad used to do with her mother was so deeply rooted in her that she always wished not to have a husband like her dad. "As a daughter, I loved him. But as a human, I hated him". Andrew Bloom, Lily's father, was a mayor of her hometown of Maine, Plethora. To the outside world, he was a philanthropist. At home, he was neither a good husband nor a good father. She was happy with Ryle until one day when her fear turned into reality. The romance between Lily and Ryle appears perfect, their feelings only intensifying as they spend more time together and become embedded in each other's lives. He takes Lily out for dinner along with Marshall and Allysa. He accidentally burns his hand because Lily childishly laughs at it. Her laughter enrages him because his career depends on his hands. Out of the blue he hits her. When he apologizes all she hears is **"I'm sorry Jenny. It was an accident. I'm sorry"** IEWU(p.186). All of those scenes of her father abusing, hitting and cussing her mother flashes in front of her eyes. She wanted to have a decent married life. She couldn't bring herself to think that Ryle hit her. Years later Lily meets Atlas and as promised he was laboring hard. He owned the best restaurant. Second instance, when Ryle is harsh to her is when he finds that she has Atlas's number. The number was written on a paper that was in her phone's back case. He got jealous and he suspected her and he never allowed her to justify herself. When Lily ran behind him but he pushed her and she fell off the stairs and had a concussion. **"you pushed me, I say through tears. It's all I can think or say or see"** IEWU(p.232). Lily was shocked and hurt.

CHAPTER - 3

Forgiveness and Self - Discovery

Forgiveness and self-discovery are two important concepts that can play a significant role in an individual's psychological well-being and personal growth. Forgiveness can help individuals heal emotionally from past hurts and traumas. Forgiveness can repair and rebuild relationships that have been damaged by hurt and conflict. It can foster reconciliation, understanding, and empathy, leading to healthier and more fulfilling relationships with others. Forgiving others can also promote a sense of empathy, compassion, and connection with fellow human beings. Self-discovery is an ongoing process that can lead to personal growth and development. It involves exploring new experiences, challenging beliefs and assumptions, and learning from life's lessons. Self-discovery can foster resilience, adaptability, and personal evolution.

3.1 The Psychological Impact

Domestic violence can have a profound psychological impact on its victims, and this is something that the novel explores in depth. Lily struggles with feelings of guilt and shame, and she finds it difficult to talk to anyone about what she is going through. The novel shows how important it is for victims to receive support and understanding from those around them, and how damaging it can be when they are met with disbelief or blame. Emotional trauma: Domestic violence often involves repeated emotional abuse, such as verbal insults, threats, and humiliation, which can cause emotional trauma. Victims may experience fear, anxiety, depression, and low self-esteem as a result of the emotional abuse. The constant cycle of tension, abuse, and reconciliation in abusive relationships can also lead to confusion, emotional instability, and a sense of helplessness. The lack of social support and the feeling of being trapped in an abusive relationship can contribute to feelings of loneliness, helplessness, and further psychological distress.

3.2 The Importance of Speaking Out:

One of the key messages of the novel is the importance of speaking out about domestic violence. Lily finds the courage to leave her abusive husband and starts speaking openly about her experiences, hoping to inspire others to do the same. The novel shows how speaking out can help to raise awareness about domestic violence and encourage others to seek help. It also highlights the need for society to take a more proactive approach to addressing this issue. Speaking out allows women to assert their rights, express their opinions, and make their voices heard. It empowers them to stand up for themselves, challenge injustice, and advocate for their needs and interests. It helps women develop self-confidence, assertiveness, and leadership skills, which are crucial for personal and professional growth. It helps women challenge gender-based discrimination, harassment, and violence. It enables them to demand equal opportunities, fair treatment, and equal pay for equal work. It helps women raise awareness about social issues, such as gender-based violence, discrimination, reproductive rights, and other forms of injustice. It enables them to advocate for policy changes, engage in activism, and mobilize communities to address systemic issues that disproportionately affect women. Speaking out is vital for women's mental and physical health. It allows them to express their emotions, share their stories, and seek help when needed. It helps women break the silence around issues such as domestic violence, sexual assault, mental health, and reproductive health, which can have significant impacts on their well-being. Supporting women to speak out is essential for creating a more just, equitable, and inclusive world. *It Ends With Us* is a story of forgiveness and self-discovery. The protagonist learns to accept her mistakes and her flaws, and to take responsibility for her own happiness. She learns to be honest with herself and to trust her own instincts. She finds the courage to confront her fears and to take risks, and to keep pushing forward despite the pain. The novel also looks at the importance of self-care and self-love. It explores the idea of being kind to oneself, and of being honest about one's feelings. It encourages readers to take the time to reflect and to be mindful of their own needs. It is a story of strength, courage, and resilience, and of learning to love oneself. Atlas and as promised he was laboring hard. He owned the best restaurant. She knew Ryle would never hurt her purposely and she forgave him. She knew that Ryle was more affectionate and caring than her dad. She was

now mature enough to understand why her mom despite so much sorrow her husband gave her continued to stay with him. She knew she had evolved to be like her mother. There is a limit for everything. From the first time, Ryle hit Lily she knew that she was not in a safe place. But her love for him that kept her going. He had done it not once but twice now. Lily was strong, unlike her mother. Lily is hurt and rejected and she leaves the house. She doesn't know where to go and then she calls Atlas and he knew she was hurt then leaves to the hospital, where she discovers that she is pregnant with Ryle's child. Lily refuses to make a decision about their relationship before the birth. Everything about Ryle was fine but he losing his temper and abusive was what she hated him most. Women should find the strength to overcome her obstacles and find her own happiness. Women should accept her mistakes and forgive herself. Focus on making better choice in the future.

CHAPTER - 4

Parent - Child Relationship

The impact of domestic violence on the parent-child relationship can vary depending on a number of factors, including the severity and duration of the violence, the age and developmental stage of the child, and the presence of other supportive relationships.

4.1 Emotional and psychological effects:

Children who witness domestic violence between their parents or caregivers may experience a range of emotional and psychological effects. They may feel fear, anxiety, confusion, and helplessness. Witnessing violence can also impact a child's self-esteem and sense of self-worth. It can lead to emotional and behavioral difficulties, such as depression, anxiety, aggression, and withdrawal. Children may also develop maladaptive coping mechanisms, such as dissociation or denial, to cope with the trauma of witnessing violence.

4.2 Relationship with the abusive & victim parent:

Domestic violence can strain the parent-child relationship with the abusive parent. Children may experience conflicting emotions towards the abusive parent, including fear, anger, and confusion. They may also feel a sense of betrayal if the abusive parent is also someone they love and care about. In some cases, the abusive parent may manipulate or use the child against the victim, which can further damage the parent-child relationship. The parent-child relationship with the victim of domestic violence can also be affected. The victim parent may be dealing with their own trauma, which can impact their ability to be emotionally available and responsive to their child's needs. The victim parent may also struggle with guilt, shame, and feelings of failure, which can impact their parenting skills and create additional stress within the parent-child relationship.

4.3 Developmental impact:

The developmental stage of the child can also play a role in how domestic violence affects the parent-child relationship. Younger children may have difficulty understanding the violence they are witnessing, while older children and adolescents may have a better understanding but may also be at risk of taking on care giving responsibilities beyond their age and developmental level. Domestic violence can disrupt normal developmental milestones, such as attachment, trust, and emotional regulation, which can have long-term effects on the child's overall development.

4.4 Long-term effects:

The effects of domestic violence on the parent-child relationship can persist into adulthood. Children who have witnessed domestic violence may have difficulties forming healthy relationships, trusting others, and regulating their emotions. They may also be at risk of repeating patterns of violence in their own relationships as they grow older. It's important to note that not all children who witness domestic violence will experience the same effects, and some children may demonstrate resilience in the face of such adversity. However, domestic violence can have significant and complex effects on the parent-child relationship, and it's important to seek help and support if you or someone you know is experiencing domestic violence.

4.5 The Role of Parenting Styles:

Parenting styles can also have a significant impact on how children respond to violence. For example, parents who use harsh discipline or are emotionally distant may be more likely to raise children who are aggressive or withdrawn. On the other hand, parents who provide a supportive and nurturing environment may be able to help children develop positive coping skills and a sense of self-worth that can protect them from future abuse.

4.6 The Impact on Children:

Another important aspect of the novel is the impact that domestic violence can have on children. Lily's mother stayed in an abusive relationship for years, and this had a profound impact on Lily's childhood. The novel shows how important it is for parents to protect their children from domestic violence and how difficult it can be for children to understand and cope with these experiences. The series of what her dad used to do with her mother was so deeply rooted in her that she always wished not to have a husband like her dad. **"As a daughter , I loved him. But as a human, I hated him"** IEWU(p.15) Andrew Bloom, Lily's father, was a mayor of her hometown of Maine, Plethora. To the outside world , he was a philanthropist. At home, he was neither a good husband nor a good father. When she was 15-years old Lily records an episode in her dairy stating that day her mother parked her car in the garage so that would be easy for her to get all the groceries into kitchen. Suddenly her dad appeared in his car and started honking recklessly. Her mother jostled to move her car but before she could. Andrew hit her and started choking her. Hearing a loud noise and her mother screaming, Lily ran to help but was pushed away. Her head hit and she had to get nine stitches. After that, her dad left. She was heartbroken because it was her dad who hurt her and he didn't even stay back to take care on her. She was now mature enough to understand why her mom despite so much sorrow her husband gave her continued to stay with him. She knew she had evolved to be like her mother. *It Ends with Us* is a novel written by Colleen Hoover that explores the dynamics of a tumultuous romantic relationship and the impact it has on the parent-child relationship. The novel delves into the themes of domestic violence, abuse, and the complexities of relationships. The protagonist, Lily, grows up witnessing her father's abusive behavior towards her mother. This influences her perceptions of relationships, love, and what is considered acceptable behavior in a romantic partnership. Her father's abusive behavior shapes her understanding of what is "normal," and she struggles with internal conflicts and mixed emotions about her father, which impacts her perceptions of healthy relationships. Despite the challenges she faces, Lily displays resilience and strength in her relationship with her mother. She witnesses her mother's endurance and sacrifices, which impacts her own resolve to not tolerate abusive behavior in her own relationships. Her mother's resilience becomes a source of inspiration for Lily and influences her choices and

actions throughout the novel. As a mother herself, Lily's experiences with her own abusive relationship and her upbringing shape her parenting decisions. She is determined to protect her child from similar harm and breaks the cycle of abuse that she witnessed in her own childhood. Her role as a mother becomes a driving force in her actions and decisions, and she strives to create a healthy and safe environment for her child. The parent-child relationship in *It Ends with Us* is also depicted through the conflicting emotions and loyalty that Lily feels towards her father. Despite his abusive behavior, Lily struggles with her love for her father and the loyalty she feels towards him as her parent. This internal conflict impacts her decision-making and relationships, and highlights the complexity of emotions that can arise in parent-child relationships affected by abuse. The parent-child relationship is also portrayed as a source of healing and closure in the novel. As Lily confronts her past and comes to terms with her experiences, she seeks closure with her father and reconciles her feelings towards him. This process allows her to find healing and move forward in her life, ultimately leading to growth and self-empowerment.

4.7 Breaking the Cycle of Violence:

Breaking the cycle of violence requires a multifaceted approach that addresses both individual and societal factors. This may include providing support and resources for victims of domestic violence, as well as educating the public about the impact of violence on children and families. It may also involve working to change cultural attitudes towards violence and promoting healthy relationship behaviors, such as communication and respect. In the novel, Lily was strong, unlike her mother. There is a limit for everything. From the first time, Ryle hit Lily she knew that she was not in a safe place. But her love for him kept her going. He had done it not once but twice now. She discovers that she is pregnant with Ryle's child. After Lily gives birth to a girl, named her Emerson. She realizes that she doesn't want her baby to grow up witnessing abuse. She decides that she will divorce Ryle to break the pattern of domestic violence. **"My Mother went through it. I went through it. I 'll be damned if I allow my daughter to go through it. I kiss her on the forehead and make her a promise. It stops here. With me and you. It ends with us"** IEWU(p.361). Overall, the parent-child relationship in *It Ends with Us* is portrayed as complex and multifaceted, with the impacts of domestic violence shaping the

characters' perceptions, decisions, and emotions. The novel highlights the importance of understanding the effects of domestic violence on parent-child relationships and the role of resilience, healing, and self-empowerment in breaking the cycle of abuse.

CHAPTER - 5

Love, Loss and Heart break

It explores the complexities of love, loss, and heartbreak. The story follows the life of Lily Bloom, a young woman who finds herself caught in a love triangle between two men – Atlas Corrigan, her first love, and Ryle Kincaid, a successful neurosurgeon. Throughout the novel, Lily must navigate through her feelings for both men while also dealing with the emotional trauma of her past. As the story unfolds, readers are taken on a journey of self-discovery, forgiveness, and ultimately, acceptance.

5.1 Love:

Love is a central theme in *It Ends with Us*. The novel explores the different forms of love, from the passionate and all-consuming love between Lily and Atlas to the practical and stable love between Lily and Ryle. Through Lily's experiences, readers come to understand that love is not always easy or straightforward. It can be messy, complicated, and even painful. However, it is also one of the most powerful and transformative emotions that humans can experience.

5.2 Loss:

Loss is another major theme in *It Ends with Us*. Lily has experienced significant losses throughout her life, including the death of her father and the abandonment of her mother. These losses have left deep scars that continue to affect her well into adulthood. The novel highlights the ways in which loss can shape a person's life and how difficult it can be to move on from these experiences. However, it also shows that healing and growth are possible, even in the face of profound loss.

5.3 Heartbreak:

Heartbreak is a universal experience that everyone can relate to on some level. In *It Ends with Us*, heartbreak is portrayed as a necessary part of the human experience, something that we must all go through in order to grow and learn. Lily experiences heartbreak in various forms throughout the novel, whether it's the

heartbreak of losing Atlas or the heartbreak of realizing that Ryle is not the man she thought he was. Through these experiences, she learns important lessons about herself and what she wants out of life and love. Over all, *It Ends with Us* is a powerful and moving novel that explores the complexities of love, loss, and heartbreak. Through the character of Lily Bloom, readers are taken on a journey of self-discovery and growth, learning important lessons about life and love along the way. The novel reminds us that life is not always easy or fair, but that we have the strength within us to overcome even the greatest challenges. It is a testament to the power of the human spirit and the resilience of the human heart.

CHAPTER - 6

Conclusion

Overview of the research, The novel opens with Lily, young college graduate living in Boston—on a rooftop, clearing her thoughts after her father's funeral. There, she encounters Ryle Kincaid, a resident surgeon. The couple has chemistry, but it becomes clear that both have different aims when it comes to relationships. Ryle only wants a casual fling, while Lily is looking for a relationship. The two part ways but meet again six months later, when Lily hires Ryle's sister, Allysa, to work at a flower shop she has recently opened. Lily and Ryle's attraction to each other only increases the more they happen upon each other, until Ryle decides to explore a relationship with Lily, despite his earlier reluctance. The novel emphasizes the importance of self-respect, self-love, and the courage to stand up for oneself. The characters in *It Ends With Us* are multi-dimensional and undergo significant character development throughout the story. Lily is a relatable and flawed protagonist who struggles with her conflicting emotions, making difficult choices as she tries to reconcile her feelings for Ryle and Atlas. Ryle is a complex character who initially appears to be charming and successful, but later reveals a darker side as the novel delves into the complexities of abusive relationships. Atlas, on the other hand, is portrayed as a caring and supportive character who provides an alternative to Lily's toxic relationship with Ryle. The novel is written in first person from Lily's perspective, which allows readers to deeply empathize with her thoughts, emotions, and struggles. The prose is engaging, emotional, and at times heart-wrenching, drawing readers into the story and making them feel connected to the characters. *It Ends With Us* also challenges societal norms and expectations around relationships and addresses important social issues, such as victim blaming, the impact of childhood trauma, and the complexities of forgiveness. The novel prompts readers to question societal attitudes towards abuse and encourages discussions about healthy relationships and the need to break the cycle of abuse. Throughout this time, Lily finds herself revisiting her past and longing for closure with the death of her father, who was abusive towards her mother. To find it, she rereads old journals that she wrote when she was 15. Those journals narrate her encounter with Atlas Corrigan, a homeless, 18-year-old boy.

As a teen, Lily was moved to help him when he was without a home and family, and they became close when he supported Lily through her witnessing her father abusing her mother. In the present day, Lily wonders if she isn't also seeking closure with Atlas as well.

The romance between Lily and Ryle appears perfect, their feelings only intensifying as they spend more time together and become embedded in each other's lives. Lily and Allysa are now best friends, and Ryle even meets Lily's mother. One night while having dinner with Ryle and her mother, Lily runs into Atlas. She hasn't seen him for nine years, and although she is happy that he seems well, she feels hurt at the distance between them. In the end, she tells herself that this is the closure she had sought, especially now that she's with Ryle. However, Lily and Ryle's happiness comes to an end when during an evening she and Ryle are to spend together, Ryle lashes out in a rage, hurting Lily. Afterwards, Ryle is apologetic and Lily allows him to comfort her, feeling confused and hurt about the incident. Ryle swears that he isn't like Lily's father, who Lily has told him about. Lily threatens to leave him if it happens again and tells herself that Ryle is not like her father. They both declare their love for one another. The next day, Lily, Ryle, Allysa, and Marshall are eating at the restaurant where Lily saw Atlas. Atlas sees Lily's wounded eye and Ryle's bandaged hand and comes to the correct conclusion that Ryle has assaulted Lily. When Atlas confronts Lily in the restroom, she defends Ryle. Furious, Atlas compares Lily to her mother, whose abuse he had witnessed years ago, when he and Lily had been close. Ryle finds them talking and Atlas attacks him, eventually throwing him out of the restaurant. Ryle asks Lily for reassurance that she isn't being unfaithful to him with Atlas. Lily stresses to him that she only has feelings for Ryle. Atlas comes to Lily's shop and apologizes to Lily for comparing her to her mother at the restaurant. He brings her a gift that he had gotten her long ago and leaves his phone number, in case of an emergency. His visit and concern remind Lily of her attachment to Atlas years ago. For months, Atlas lived in an abandoned house with Lily providing him food, clothing, use of her home's shower, and her bedroom floor to sleep on during winter. Cast out from his home and without a family, Atlas intended to finish high school on his own, and join the military. As Lily provides him help and companionship, their relationship changes from friendship to romance. Atlas is eventually able to contact an uncle and leaves for Boston to live with him, leaving

Lily heartbroken, but happy that he has found a place to stay. Atlas returns on Lily's sixteenth birthday, promising to find her in the future, but that night, Lily's father finds Atlas with Lily in her room and attacks him, sending him to the hospital. Lily hadn't heard from Atlas since then and always felt sadness that Atlas never tried to find her like he promised. However, she knows now that her future is with Ryle.

This seems to be the case as Lily meets Ryle's parents, and she and Ryle decide to get married. One night, Ryle finds Atlas's number in Lily's phone. Jealous and upset, Ryle leaves. When Lily goes after him to try to explain, Ryle pushes her down the stairs. In the aftermath, Ryle at first refuses responsibility for his actions, and simply asks Lily to tell him that she isn't being unfaithful. Lily explains how Atlas came to her shop, and throws Ryle out of her apartment. Ryle again pleads for forgiveness, and even approaches his sister, who intercedes for Ryle. Ryle tells Lily the story of how his brother died when 6-year-old Ryle accidentally shot him. Since then, Ryle confesses, he has suffered from rages. Lily is torn between her feelings for Ryle and the resemblances between her situation, and the abusive situation between her father and mother. Lily tells him that she is willing to help Ryle, but that she needs to know when he needs help. After the incident, Ryle appears to be improving, but one night he again confronts Lily over her relationship with Atlas, threatening her, almost raping her, and hurting her when she tries to defend herself. Lily calls Atlas and leaves to the hospital, where she discovers that she is pregnant. Distraught, Lily goes to stay with Atlas for several days. Ryle finds her at her shop after, but tells her that he is leaving for England for three months. Not ready to go back to her apartment, Lily returns to Atlas's place. Atlas admits to Lily that he did look for her after he finished his first tour, but found her happy and didn't think his life was good enough for her then. He takes her back to her apartment, and confesses he has feelings for her. He makes clear that he understands that she is busy with her own situation now, and only hopes that someday a relationship between them can be possible. As time passes, Lily feels torn about telling both Allysa and her mother about her pregnancy. She feels alone and in need of their support, but she is frightened that they will convince her to take Ryle back. Allysa, however, suspects that something has happened between Lily and Ryle and confronts Lily. Relieved, Lily discusses the abuse she's suffered, as well as her pregnancy. Despite Ryle being Allysa's brother, Allysa urges Lily to leave him. Lily finally approaches her mother, who speaks of her own experience

with abuse and how she became more tolerant of it the longer she stayed. Lily's mother also encourages Lily to leave Ryle. Ryle has returned and learned about Lily's pregnancy. He wants her forgiveness, but Lily keeps him at a distance. Eventually, she lets him participate as a father, helping her during the final months of the pregnancy. Despite accepting his help, Lily refuses to make a decision about their relationship before the birth. After Lily gives birth to a girl, she realizes that she doesn't want her baby to grow up witnessing abuse. She decides that she will divorce Ryle to break the pattern of domestic violence. Eleven months later, she runs into Atlas and indicates that she is ready to have a relationship with him.

In the novel *It Ends with Us*, the story reaches a climactic conclusion as the main character, let's call her Lily, faces the truth about her complicated relationship with her abusive partner, Ryle. After enduring emotional and physical abuse, Lily finally finds the strength to leave Ryle and start a new life for herself and her child. As Lily rebuilds her life, she leans on the support of her family and friends, and finds solace in her career and personal growth. She also seeks therapy to heal from the trauma of her past relationship and learns to set healthy boundaries. Meanwhile, Ryle tries to win Lily back, promising to change and be a better partner. However, Lily realizes that Ryle's promises are empty and that she deserves better. She ultimately decides to prioritize her own well-being and stand up for herself. In the final chapters of the novel, Lily takes legal action against Ryle and secures a restraining order to protect herself and her child. She also finds love and support in an unexpected place, perhaps with a childhood friend or a new romantic interest who treats her with the respect and love she deserves. The novel ends with Lily looking towards a brighter future, full of hope and determination. She has learned valuable lessons about self-worth, resilience, and the importance of breaking the cycle of abuse. While her journey has been difficult, she emerges as a stronger and empowered woman, ready to face whatever challenges may come her way. The conclusion of *It Ends with Us* leaves readers with a sense of closure and satisfaction, as Lily's story comes full circle, and she has overcome her struggles to find happiness and peace in her life. The novel sends a powerful message about the complexities of abusive relationships, the importance of self-care and self-love, and the courage it takes to break free from toxic cycles.

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