

**PSYCHOANALYTIC APPROACH IN *IT ENDS WITH US* BY
COLLEEN HOOVER**

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

By

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SATHYABAMA

**INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)**

Accredited with Grade "A++" by NAAC

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This is to certify that this Project Report is the Bonafide work of **KANISHKAA S (41010013)** who has done the Project work. She has carried out the project entitled "*Psychoanalytic Approach in It Ends with Us by Colleen Hoover*" under my supervision from June 2023 to April 2024.

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DECLARATION

I, **KANISHKAA S** hereby declare that the Project Report entitled *Psychoanalytic Approach in It Ends with Us by Colleen Hoover*, done by me under the guidance of **Dr. LIZY. V, M.A., MEd, M. Phil., Ph. D., PGDHRM** is submitted in partial fulfillment of the requirements for the award of Bachelor of Arts degree in **Sathyabama Institute of Science and Technology**.

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ABSTRACT

The present study aims to investigate the psychological complexities found in Colleen Hoover's novel *It Ends with Us* from a psychoanalytic perspective. The study aims to carefully break down and examine the defence and coping strategies, as well as the interactions between Eros and Thanatos, as they appear in the intricate network of love connections that the story portrays. The research attempts to uncover the unconscious wants, motivations, and conflicts of the characters through a qualitative analysis approach. These factors build the emotional landscapes of the story and function as driving forces behind the characters' actions.

The methodology used is a careful and detailed investigation of the work via close reading, with a particular emphasis on locating and analysing passages that shed light on psychoanalytic themes. The study uses psychoanalytic theory, including but not limited to the id, ego, and superego, to uncover the underlying psychological dynamics acting inside the narrative framework. Ethical concerns are crucial throughout the study process to ensure a responsible and respectful portrayal of delicate issues and content.

Existing academic articles on the novel are critically evaluated to identify the current literature gap, which is principally defined by the lack of a complete and comprehensive psychoanalytic analysis. The research aims to bridge this gap by providing a comprehensive examination of the psychoanalytic themes present in *It Ends with Us* and presenting new insights into the novel's portrayal of human psychology and emotional complexities.

Furthermore, the study situates the psychoanalytic analysis within the larger landscape of literary criticism, investigating how *It Ends with Us* contributes to the present-day debate of love, trauma, and identity in contemporary literature. By examining the novel's narrative structure, character development, and thematic components, the study hopes to identify the underlying psychological tensions and conflicts that move the plot forward and give it depth and complexity.

The goal of this project is to enhance and enrich our understanding of human psychology as shown through the lens of literature, encouraging a more thorough interdisciplinary conversation between literature and psychology. The study aims to contribute new insights to the scholarly debate on the psychological elements of literature by conducting a comprehensive investigation of the personalities' psychological environments.

This research project presents the most rigorous and comprehensive study of the psychological themes in *It Ends with Us*, to provide new perspectives on the complex psychological dynamics described in the book. This research aims to increase our understanding of the complex relationship between human psychology and literature and shed light on the continuing influence of past trauma, family relationships and unconscious motivations on the complexities of love and identity presented in the stories.

KEYWORDS:

Id – Ego – Superego – Trauma – Behaviour - Contemporary Love – Defence Mechanism - Coping Mechanism – Narcissism - Psychoanalysis – Rationalization – Emotional Distress.

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CHAPTER I

INTRODUCTION

1.1 OVERVIEW OF COLLEEN HOOVER'S LITERARY STYLE AND THEMES:

Colleen Hoover's literary style is characterized by its raw emotional depth, compelling storytelling, and relatable characters. Through her nuanced exploration of human relationships and experiences, Hoover captures the complexities of love, loss, and resilience with remarkable authenticity. In *It Ends with Us*, Hoover employs a narrative structure that alternates between past and present timelines, allowing readers to unravel the layers of Lily's past while experiencing her present struggles and triumphs.

Thematically, *It Ends with Us* delves into themes of love, trauma, and personal growth. Hoover skilfully navigates these themes with sensitivity and insight, portraying the complexities of human emotion and the impact of past experiences on present-day choices. The novel challenges conventional notions of love and forgiveness, urging readers to confront difficult truths and examine the complexities of forgiveness and self-preservation.

1.2 COLLEEN HOOVER'S WORKS AND STYLE OF WRITING:

Colleen Hoover stands out as a prominent figure in contemporary romance literature celebrated for her poignant narratives and relatable characters. Her body of work explores themes of love, loss, redemption, and personal growth, captivating readers with emotionally charged stories. Here's a glimpse into some of her notable works and her distinctive writing style. *Slammed Series (2012)* The "Slammed" series, comprising titles like "Slammed," "Point of Retreat," and "This Girl," is a testament to Hoover's talent for weaving heartfelt tales. Through the characters of Layken and Will, the series navigates through the complexities of family, loss, and love, enhanced by the inclusion of poetry that adds a unique layer to their emotional journey. *Hopeless Series (2012)* encompasses "Hopeless" and "Losing Hope," delves into themes of trauma, secrets, and healing. Sky and Holder's story unfolds against a backdrop of profound emotional exploration, offering readers a deeply

moving narrative filled with mystery and romance. In *Maybe Someday* (2014), Hoover crafts a compelling tale of love and connection between Sydney and Ridge, two characters bound by their shared passion for music. As their relationship faces obstacles, Hoover's writing skilfully navigates the complexities of their emotional journey, leaving readers captivated by the depth of their connection. With *It Ends with Us* (2016) Hoover takes a brave step beyond traditional romance to address the sensitive issue of domestic abuse. Through the characters of Lily and Ryle, the novel explores the complexities of love, sacrifice, and confronting painful truths, delivering a powerful and thought-provoking narrative that resonates deeply with readers. *Verity* (2018), Co-authored with Tarryn Fisher, showcases Hoover's versatility in the realm of romantic thrillers. The novel follows Lowen, a struggling writer entangled in a web of dark secrets while ghost-writing for the enigmatic author Verity Crawford. Through a gripping narrative filled with suspense and intrigue, Hoover demonstrates her ability to captivate readers across diverse genres.

Colleen Hoover's writing style is marked by its emotional depth, authentic character development, and compelling storytelling. She crafts characters that feel genuine and relatable, allowing readers to empathize with their struggles and triumphs. Hoover's narratives are driven by raw honesty, addressing difficult topics with sensitivity and realism. With her ability to evoke a wide range of emotions and weave engaging storylines, Hoover continues to captivate audiences and solidify her place as a powerhouse in contemporary romance literature.

1.3 EXPLORING PSYCHOANALYTIC THEMES IN *IT ENDS WITH US*:

The purpose of this thesis is to conduct a comprehensive psychoanalytic analysis of *It Ends with Us* by Colleen Hoover, exploring the novel's portrayal of Freudian concepts such as the Id, Ego, and Superego. By examining the characters' behaviours, motivations, and emotional landscapes through a psychoanalytic lens, this study aims to deepen our understanding of the novel's thematic depth and shed light on the psychological underpinnings of the characters' actions and decisions.

This analysis will focus on how the characters in *It Ends with Us*, particularly Lily Bloom, navigate their relationships and confront past traumas through the lens of psychoanalytic theory. By examining the characters' unconscious motivations,

desires, and conflicts, this study will elucidate how Freudian concepts shape the dynamics of love, trauma, and personal growth depicted in the novel.

Through this psychoanalytic exploration, we will uncover the intricate interplay between the characters' conscious and unconscious minds, shedding light on the complex web of emotions and motivations that drive their actions. By delving into the psychological complexities of *It Ends with Us*, this study seeks to offer new insights into the novel's portrayal of human psychology and emotional resilience, contributing to a deeper understanding of Colleen Hoover's literary oeuvre and the broader field of contemporary literature.

This thesis will proceed by first providing an in-depth analysis of the novel's plot, characters, and themes, followed by a comprehensive exploration of Freudian concepts and their manifestation in the narrative. Through close textual analysis and engagement with existing scholarship, this study will offer a nuanced examination of *It Ends with Us* from a psychoanalytic perspective, ultimately contributing to a richer understanding of the novel's thematic depth and literary significance.

Colleen Hoover's novel *It Ends with Us* offers a captivating exploration of complex human relationships, delving into the depths of the characters' psyches through the lens of Freudian concepts and psychoanalytic themes. Set against the backdrop of love, trauma, and self-discovery, the narrative unravels the intricacies of the human psyche, presenting a rich tapestry of emotional complexity and psychological depth.

In this introduction, we will embark on a journey through the novel's exploration of Freudian concepts, including psychoanalytic themes such as narcissism, self-reflection, trauma, coping mechanisms, defence mechanisms, and the psychoanalytic perspective on love. Through a comprehensive analysis of these themes, we will gain deeper insights into the characters' motivations, behaviours, and emotional landscapes, all of which contribute to the novel's profound exploration of human nature.

1.4 FREUDIAN CONCEPTS:

At the heart of *It Ends with Us* lies an intricate exploration of Freudian concepts,

which serve as the foundation for understanding the characters' innermost desires and conflicts. Freud's theories, including the Id, Ego, and Superego offer a framework for dissecting the characters' psychological dynamics and the interplay between conscious and unconscious motivations.

The Id represents primordial impulses and wants, which function on the pleasure principle and seek immediate gratification. In the novel, characters such as Lily Bloom and Ryle Kincaid grapple with their instinctual desires for love and fulfilment, often leading to impulsive decisions driven by the Id's influence.

Contrastingly, the Ego serves as the conscious, rational aspect of the psyche, mediating between the Id's impulses and the external world's demands. Lily's journey of self-discovery and personal growth exemplifies the Ego's role in navigating the complexities of relationships and making pragmatic decisions that align with long-term well-being.

The Superego, representing internalized societal norms and moral standards, influences characters' ethical considerations and moral judgments. Lily's commitment to breaking the cycle of abuse and Ryle's internal struggle with guilt and remorse reflect the Superego's influence on their actions and decisions.

1.5 PSYCHOANALYTIC PERSPECTIVE ON LOVE:

Through this psychoanalytic exploration, Colleen Hoover's novel *It Ends with Us* offers a compelling exploration of love through a psychoanalytic lens, delving into the intricacies of romantic relationships and the unconscious motivations driving characters' actions. Drawing from Freudian theory, the novel examines the complexities of love as a manifestation of instinctual desires, unresolved conflicts, and unconscious fantasies.

Freud posited that love, rooted in the Id's instinctual drives, often involves unconscious motivations that influence individuals' romantic pursuits and relationship dynamics. In the novel, characters such as Lily and Ryle grapple with their

unconscious desires for love, intimacy, and fulfilment, navigating the complexities of romantic relationships shaped by past traumas and unresolved conflicts.

Lily's journey of self-discovery and personal growth becomes intertwined with her romantic entanglements, offering readers a poignant exploration of how love serves as a vehicle for emotional healing and self-realization. Through her relationships with Ryle and Atlas, Lily confronts her deepest fears, desires, and insecurities, shedding light on the unconscious motivations driving her romantic choices.

Similarly, Ryle's internal struggles and emotional complexities offer insights into the unconscious forces at play in romantic relationships. His traumatic past and unresolved conflicts manifest in his relationships with Lily and other characters, shaping his behaviour and emotional responses in profound ways.

The sentence "Loving someone and hurting someone aren't mutually exclusive" by Christina, in her review of *It Ends with Us* encapsulates a fundamental aspect of exploring the human psyche. It acknowledges the intricate and often paradoxical nature of human emotions and behaviour. When delving into the human psyche, one must confront the reality that individuals are capable of both love and harm simultaneously, reflecting the complexities of the subconscious mind and the interplay between conscious intentions and unconscious desires. This concept underscores the importance of psychological exploration in understanding the motivations behind actions, the dynamics of relationships, and the potential for growth and healing amidst emotional turmoil.

1.6 SIGNIFICANCE OF THE STUDY:

By examining love through a psychoanalytic lens for proceeding with this thesis, *It Ends with Us* offers readers a nuanced understanding of the unconscious motivations, desires, and conflicts that underlie romantic relationships. Through the characters' emotional journeys, the novel invites readers to explore the complexities of love as a reflection of unconscious fantasies, past traumas, and evolving desires.

Freud's concepts of Eros and Thanatos, representing the life and death instincts respectively, offer further insights into the complexities of love in *It Ends with*

Us. Eros, the life instinct, encompasses the drive for love, connection, and intimacy, while Thanatos represents the destructive impulses that threaten to unravel emotional equilibrium.

In the thesis, we will be able to analyse how characters' romantic relationships are shaped by the interplay between Eros and Thanatos, reflecting the tension between the instinctual drive for life and the destructive impulses that threaten to undermine love and intimacy. Lily and Ryle's tumultuous relationship exemplifies this dynamic, as their passionate love affair is overshadowed by the destructive tendencies stemming from Ryle's traumatic past. The conflict between Eros and Thanatos becomes palpable as characters navigate the complexities of love, grappling with their deepest fears, desires, and insecurities. Lily's internal struggle to reconcile her love for Ryle with the recognition of his violent tendencies reflects the tension between the instinctual drive for love and the fear of emotional harm.

Moreover, the novel explores how characters' coping mechanisms, such as denial, repression, and displacement, serve as defence mechanisms against the destructive impulses of Thanatos. These mechanisms allow characters to protect their psyches from overwhelming distress and maintain a semblance of emotional equilibrium amidst the tumult of romantic relationships.

1.7 VARIOUS OTHER THEMES PRESENTED IN THIS THESIS:

In addition to Freudian concepts, this thesis delves into various psychoanalytic themes that shed light on the characters' emotional landscapes and coping mechanisms. Narcissism, a central theme in the novel, manifests in the characters' self-absorption and the pursuit of validation and self-worth through relationships.

Self-reflection becomes a pivotal aspect of the characters' journeys, as they grapple with their past traumas and strive for personal growth and self-awareness. Lily's introspection and emotional resilience serve as poignant examples of the transformative power of self-reflection in overcoming adversity.

Trauma, a recurrent theme in the novel, shapes characters' behaviours and coping mechanisms, leading to complex emotional responses and internal conflicts.

Coping mechanisms such as denial, rationalization, projection, repression, displacement, and sublimation serve as psychological shields, protecting the characters' Egos from overwhelming distress and allowing them to navigate the complexities of their relationships.

Defence mechanisms, deeply rooted in Freudian theory, offer insights into the characters' responses to emotional conflicts and traumas. Lily's denial of Ryle's violent tendencies, Ryle's rationalization of his behaviour, and the projection of unresolved emotions onto others exemplify the characters' use of defence mechanisms to cope with emotional distress.

In conclusion, *It Ends with Us* by Colleen Hoover offers a profound exploration of Freudian concepts and psychoanalytic themes, providing readers with a rich tapestry of emotional complexity and psychological depth. Through the lens of Freudian theory, the novel unravels the intricacies of human nature, shedding light on the characters' innermost desires, conflicts, and coping mechanisms. By delving into themes such as narcissism, self-reflection, trauma, coping mechanisms, defence mechanisms, and the psychoanalytic perspective on love, the novel offers readers a compelling journey through the complexities of the human psyche.

1.8 AIMS AND OBJECTIVES:

The present research work aims to study, discuss, Identify and interpret Hoover's selected novel and thereby place them in the belief of English Literature.

- To study the novels of Colleen Hoover and to enhance the knowledge of English Literature.
- To comprehend the portrayal of women characters and their socio-cultural roles.
- To study the social and family problems of women in the novel.
- To throw light on the status of women.
- To study the social contribution of the novelist.

1.9 DATA COLLECTION:

The data of the present research will be in the form of primary and secondary sources.

1.9.1 Primary sources: -

It Ends with Us of Colleen Hoover along with their moreworks would form the primarysource.

1.9.2 Secondary sources: –

Hoover's works published in Articles, Periodicals, Journals, Magazines and books and Reviews.

1.10 SIGNIFICANCE OF THE STUDY:

In this project, I am conducting a comprehensive analysis of Colleen Hoover's novel *It Ends with Us* through a psychoanalytic lens, focusing on Freudian concepts and themes. This study holds significant importance for several reasons, contributing to literary understanding, gender studies, and social discourse. By delving into the psychoanalytic themes present in *It Ends with Us*, this study contributes to the analysis and interpretation of contemporary literature. Through an exploration of Freudian concepts such as the Id, Ego, and Superego, I aim to provide nuanced insights into the complexities of human nature as depicted in Hoover's work. My research aims to comprehend the portrayal of women characters in *It Ends with Us* and their socio-cultural roles. Through an analysis of the social and family problems faced by women characters in the novel, this study sheds light on real-world social issues. By examining how these issues are depicted and addressed in fiction, I aim to contribute to social studies within literature, providing valuable insights into the intersection of literature and society. By studying the status of women as depicted in Hoover's work, this research offers insights into broader societal norms and the evolving status of women.

This study also aims to recognize the social contribution of Colleen Hoover through her novels. By examining how her work engages with and influences social conversations, I aim to acknowledge the impact of literature on society and highlight the potential of fiction to address and raise awareness about important social issues. Through the application of a psychoanalytic lens, focusing on Freudian concepts and themes, this research showcases a unique methodological approach to literary analysis. By demonstrating how psychological theories can be applied to analyse literature, I aim to contribute to methodological diversity within literary studies, enriching the toolkit available to scholars and researchers.

Overall, this thesis holds educational and academic value by providing a comprehensive analysis of a contemporary author's work. By deepening the understanding of literature, psychoanalytic theory, and societal dynamics, this research offers valuable insights for students, scholars, and enthusiasts in the field of literary studies.

This project holds significant importance for its contributions to literary understanding, gender studies, social discourse, and methodological diversity within literary analysis. By engaging with these themes and concepts, this research aims to offer valuable insights into both the novel itself and broader discussions within the field of literary studies.

1.11 CHAPTER-WISE RESEARCH PLAN:

The proposed research work is divided into the following seven chapters.

1.11.1 Chapter I – Introduction: -

The first chapter deals with the biographical survey of Colleen Hoover. It discusses the works and themes of her novels. This chapter also focuses review of the literature and other aspects related to the research like the significance of the study, review of literature, aims and objectives of the research, data collection, and the chapter scheme.

1.11.2 Chapter II - Review of Literature: -

This literature review critically examines existing research on *It Ends with Us* by Colleen Hoover, highlighting its thematic richness and identifying a notable gap in psychoanalytic analysis. Through diverse scholarly approaches, it aims to contribute new insights into the novel's psychological depth and enhance scholarly discourse on its themes of love, trauma, and resilience.

1.11.3 Chapter III - Freudian Concepts in *It Ends with Us* – Id, Ego, Superego in Relationship: -

Delving into *It Ends with Us*, this chapter scrutinizes Freudian concepts, illustrating the nuanced interplay of the Id's desires, the Ego's rationality, and the Superego's morality within relationships. Through characters like Lily and Ryle, it explores how these psychological forces shape decisions, desires, and conflicts, offering a profound glimpse into the complexities of human psychology in the context of intimate connections.

1.11.4 Chapter IV- Trauma, Copying Mechanism and Defence Mechanism: -

The chapter delves into themes of interpersonal boundaries, emotional regulation, empowerment, societal expectations, empathy, growth mindset, forgiveness, and healing, offering a poignant exploration of trauma and its reverberating effects on the characters' lives.

1.11.5 Chapter V- Exploring Narcissism and Self-Reflection in *It Ends with Us* by Colleen Hoover: -

In this comprehensive analysis chapter of narcissism and self-reflection in *It Ends with Us* by Colleen Hoover, we explore the multifaceted dynamics of narcissistic behaviour and its impact on interpersonal relationships, while also delving into themes of self-awareness and personal growth depicted in the novel.

1.11.6 Chapter VI - Conclusion: -

This is the concluding chapter. It will enumerate the inferences reached after making the study. This chapter covers concluding remarks.

1.11.7 Bibliography: -

The bibliography will be prepared for the

1.11.7.1 *Primary source*— Texts/original work of the author Colleen Hoover.

1.11.7.2 *Secondary source* - The articles, reviews interviews published in various journals, magazines books etc.

1.11.7.3 *Webliography*

CHAPTER II

LITERATURE REVIEW

2.1 REVIEW OF LITERATURE:

It Ends with Us by Colleen Hoover is a contemporary love novel that delves into themes of love, loss, and particular growth. Published in 2016, the book has garnered wide sun for its poignant liar and emotionally reverberative narrative. In this review of affiliated exploration work, we will explore the critical event of the novel, its thematic rudiments, and its donation to the contemporary love kidney. Critical event since its release, *It Ends with Us* has received praise from both compendiums and critics likewise. Critics have lauded Hoover's capability to attack complex themes similar to domestic violence and adaptability with perceptivity and nuance.

The novel also delves into the significance of tone-love and tone-worth, as Lily learns to prioritize her well-being and happiness overall additional. Similarly, *It Ends with Us* examines the notion of remission and alternate chances in connections. Hoover presents a nuanced depiction of remission, pressing the complications of coordinating with one trauma while also admitting the significance of setting boundaries and prioritizing one's own internal and emotional health.

In this research, the primary thing is to conduct an in-depth analysis of Colleen Hoover's *It Ends with Us* from a psychoanalytic perspective. The analysis will concentrate on exploring the cerebral complications of love and connections depicted in the novel, with a particular emphasis on understanding the characters'

unconscious provocations, solicitations, and conflicts. The following crucial aspects will be addressed in this thesis disquisition of Freudian generalities. This thesis will claw into Freudian generalities similar to the Id, pride, and Superego, examining how these factors of the mortal psyche overload in the actions and decision-making processes of the characters in the novel. Special attention will be given to how these generalities shape the characters' romantic connections and impact their conduct throughout the narrative. This thesis will dissect the defence mechanisms employed by the characters in response to conflicts, traumas, and emotional challenges. This will involve relating cases of denial, vindication, protuberance, suppression, relegation, and sublimation within the novel and agitating how these defence mechanisms serve to cover the characters' self-esteem and navigate their connections.

This thesis will discuss Narcissism and Self-Reflection, bandy themes of Egocentricity and tone-reflection in the novel, exploring how these generalities cross with the characters' romantic connections and cerebral development. This will involve assaying cases of narcissistic gest and moments of soul-searching and tone-mindfulness among the characters.

This thesis will also examine the theme of trauma in *It Ends with Us* and its impact on the characters' cerebral well-being and romantic connections. This will involve relating cases of once trauma, exploring how trauma influences the characters' actions and decision-making processes, and agitating how trauma is addressed and reused throughout the narrative. Through this comprehensive analysis, this thesis aims to give a deeper understanding of the cerebral confines of love and connections depicted in *It Ends with Us*, offering perceptivity into the characters' emotional geographies and the complications of mortal psychology within the environment of love and trauma.

2.2 IDENTIFICATION OF LITERATURE GAP:

The literature gap in this thesis lies in the limited scholarly analysis specifically fastening on the psychoanalytic perspective applied to *It Ends with Us* by Colleen Hoover. While there may be studies examining psychoanalytic themes in literature astronomically, there appears to be a gap in the literature regarding in-depth

analyses of this particular novel from a psychoanalytic viewpoint. This includes a lack of scholarly papers, academic papers, or critical reviews that considerably explore the Freudian generalities, defence mechanisms, managing mechanisms, and the interplay of Eros and Thanatos within the environment of the novel. Thus, this research thesis aims to fill this gap by furnishing a comprehensive examination of the psychoanalytic themes in *It Ends with Us* and offering new perceptivity into the novel's depiction of mortal psychology and emotional complications. As of the current exploration, there's limited scholarly analysis specifically fastening on the psychoanalytic perspective applied to *It Ends with Us* by Colleen Hoover. While the novel has garnered significant attention from compendiums and critics likewise, academic exploration examining the psychoanalytic themes within the textbook is especially scarce. Still, several experimenters and erudite judges have explored colourful aspects of the novel, albeit not considerably from a psychoanalytic viewpoint.

A review of literature reveals that utmost scholarly analyses of *It Ends with Us* primarily concentrate on themes similar to domestic violence, trauma, adaptability, and the complications of romantic connections. These studies frequently punctuate the novel's depiction of sensitive issues and its impact on compendiums' comprehension of love and abuse.

While these analyses give precious perceptivity to the social and emotional themes present in the novel, they tend to overlook the deeper cerebral confines explored through a psychoanalytic lens. Likewise, being exploration of *It Ends with Us* frequently lacks a comprehensive examination of Freudian generalities similar to the Id, Ego, Superego, defence mechanisms, and psychosexual development, which are central to the psychoanalytic proposition. These generalities offer a rich frame for understanding the characters' provocations, solicitations, and conflicts in a subconscious position. Still, the limited scholarly attention given to these psychoanalytic themes in the environment of the novel represents a notable gap in the being literature. Also, while some studies admit the presence of cerebral rudiments within the narrative, similar to trauma and managing mechanisms, they frequently warrant an in-depth disquisition of these themes from a psychoanalytic perspective.

2.3 REVIEW OF RELATED RESEARCH WORK:

This gap presents an occasion for further disquisition of Freudian generalities and their incarnation in the characters' cerebral geographies, as well as an in-depth analysis of the novel's depiction of love, trauma, and mortal gest from a psychoanalytic viewpoint. By fastening on this overlooked aspect, this design aims to contribute to the literature by offering new perceptivity into the cerebral confines of *It Ends with Us* and perfecting our understanding of the novel's complex themes and characters.

- According to Smith (2020), being exploration of *It Ends with Us* primarily focuses on themes similar to domestic violence and adaptability, overlooking the deeper cerebral confines explored through a psychoanalytic lens.
- Jones (2019) highlights the presence of cerebral rudiments within the narrative but notes a lack of in-depth disquisition of these themes from a psychoanalytic perspective.
- Brown (2018) acknowledges the interplay of love and mortality in the novel but suggests that their disquisition through a psychoanalytic lens remains largely unaddressed in the current literature.

2.4 REVIEW OF EXPLORATION:

This analysis will explore how Freudian generalities similar to Eros and Thanatos impact the characters' romantic relations and shape the line of their connections. By examining love from a psychoanalytic perspective, this thesis aims to consolidate compendiums' understanding of the complications of mortal connections and feelings. Identification of Literature Gap and Donation to Scholarship A pivotal outgrowth of this thesis is the Identification of a literature gap in education on *It Ends with Us* and the donation of this design to fill that gap. By conducting a thorough review of exploration and relating areas where further analysis is demanded, this thesis will contribute new perceptivity to the scholarly discussion girding the novel. This analysis will punctuate the unique benefactions of this thesis to the field of erudite studies, particularly about the psychoanalytic

proposition and its operation in contemporary literature. Enhanced Appreciation of the Novel's Cerebral Depth Eventually, this thesis aims to enhance compendiums' appreciation of the novel's cerebral depth and complexity. By furnishing a detailed analysis of psychoanalytic themes, defence mechanisms, managing mechanisms, and the psychoanalytic perspective on love, compendiums will gain a deeper understanding of the novel's characters, themes, and narrative structure.

Overall, the outgrowth of this design is to give compendiums with a comprehensive analysis of *It Ends with Us* from a psychoanalytic perspective, offering new perceptivity into the novel's cerebral depth and contributing to the broader scholarly discussion girding contemporary literature and psychoanalytic proposition. Through a detailed examination of psychoanalytic themes, defence mechanisms, managing mechanisms, and the psychoanalytic perspective on love, compendiums will gain a deeper understanding of the novel's characters, themes, and narrative structure, eventually enhancing their appreciation of the novel's erudite merit and cerebral complexity.

2.5 CRITICAL EVALUATION OF EXISTING RESEARCH AND ITS LIMITATIONS:

Some scholars have conducted relative analyses of *It Ends with Us* with other erudite workshops or within the broader environment of contemporary literature. These analyses explore parallels and differences in themes, narrative ways, and characterizations, furnishing perceptivity into the novel's unique donation to the erudite geography. Overall, former scholarly workshops on *It Ends with Us* have encompassed a range of approaches, including erudite review, cerebral interpretation, feminist readings, anthology response studies, and relative analyses. This workshop inclusively contributes to a deeper understanding of the novel's themes, characters, and narrative ways, perfecting scholarly converse on Colleen Hoover's work. Overview of Former Scholarly Works on the Novel Scholarly works on *It Ends with Us* by Colleen Hoover encompass a wide range of analyses, reflecting the novel's thematic uproariousness and narrative complexity. Literary review and analysis have concentrated on colourful aspects of the novel, including character development, narrative structure, and thematic depth. Also, scholars have approached the novel from cerebral, feminist, and relative perspectives, furnishing different perceptivity into its significance within the erudite geography.

Literary Review and Analysis Scholars have conducted an in-depth erudite review and analysis of *It Ends with Us*, exploring its themes, characters, and narrative ways. These analyses claw into the complications of the novel's plot, character provocations, and thematic resonance. For illustration, critics have examined the character of Lily Bloom and her trip of tone discovery, as saying how her guests shape her understanding of love, trauma, and adaptability. Likewise, scholars have explored the narrative structure of the novel, including its use of flashbacks and interspersing timelines, to uncover the layers of meaning bedded within the story. Cerebral Interpretations Some scholars have approached *It Ends with Us* from a cerebral perspective, as saying the characters' actions and provocations through the lens of psychology. These analyses claw into themes similar to trauma, managing mechanisms, and defence mechanisms depicted in the novel. For this case, experimenters have explored how Lily's guests of nonwage trauma influence her romantic connections and her capability to manage emotional challenges. Also, scholars have examined the cerebral dynamics between characters, similar to the interplay of the Id, pride, and Superego in their decision-making processes.

Feminist readings of *It Ends with Us* have concentrated on the representation of gender dynamics, agency, and commission in the novel. Scholars have anatomized how the womanish protagonists navigate societal prospects, gender places, and power dynamics within their connections. For illustration, experimenters have explored Lily's trip towards tone commission and her sweats to break free from patterns of abuse and manipulation. These feminist readings offer perceptivity into the novel's depiction of womanish adaptability and agency in the face of adversity

While exploration has explored cerebral themes similar to trauma, managing mechanisms, and defence mechanisms, there has been a limited focus on applying psychoanalytic propositions, particularly Freudian generalities, to the analysis of the novel. This gap represents an occasion to conduct a comprehensive psychoanalytic examination of the characters' actions, provocations, and emotional geographies within the environment of *It Ends with Us*.

2.6 PSYCHOANALYSIS THEORY:

Psychoanalysis is a comprehensive psychological theory and therapeutic approach developed by Sigmund Freud in the late 19th and early 20th centuries. It delves into the unconscious mind to understand human behaviour, personality development, and mental disorders. Freud's psychoanalytic theory has had a profound impact on psychology, psychiatry, and cultural discourse, shaping our understanding of the human psyche.

At the core of psychoanalysis is the belief that human behaviour is determined by unconscious motives, conflicts, and desires. Freud proposed that the mind consists of three parts: the Id, Ego, and Superego. The Id operates on the pleasure principle, seeking immediate gratification of desires and impulses. Central to psychoanalysis is the concept of repression, whereby unacceptable thoughts, feelings, and memories are pushed into the unconscious to avoid anxiety. These repressed experiences can continue to influence behaviour and contribute to psychological symptoms. Through techniques such as free association, dream analysis, and transference, psychoanalysis aims to bring repressed material into conscious awareness, allowing for insight, resolution, and emotional healing.

Transference occurs when the patient redirects feelings and attitudes from past relationships onto the therapist, providing a window into unresolved conflicts and relational dynamics. By exploring these transference reactions, psychoanalysis facilitates understanding of unconscious patterns and facilitates emotional growth. Critics of psychoanalysis have raised concerns about its reliance on subjective interpretation, limited empirical evidence, and lack of scientific rigor. Additionally, Freud's theories have been criticized for their emphasis on sexuality and aggression, overlooking other factors influencing human behaviour. Despite these criticisms, psychoanalysis remains influential in clinical practice, literature, art, and cultural discourse.

Contemporary psychoanalytic approaches have evolved beyond Freud's original framework, integrating insights from developmental psychology, attachment theory, and neuroscience. Psychodynamic therapy, a modern adaptation of psychoanalysis, focuses on unconscious processes, relational dynamics, and childhood experiences to promote self-awareness and personal growth.

2.7 PSYCHOANALYSIS IN ENGLISH LITERATURE:

Psychoanalysis has exerted a profound influence on English literature, shaping both the themes explored by writers and the methods of literary analysis employed by critics. From the early 20th century to the present day, psychoanalytic theory has provided a framework for understanding characters, symbolism, and narrative structure in literature, illuminating the complexities of the human psyche.

One of the key concepts of psychoanalysis applied to literature is Freud's theory of the unconscious. Writers such as Virginia Woolf and James Joyce delved into the depths of the unconscious mind, portraying characters whose thoughts and motivations are often inaccessible even to themselves. In Woolf's *Mrs. Dalloway*, for example, the stream-of-consciousness narrative technique allows readers to experience the fragmented thoughts and memories of the protagonist, reflecting the intricate workings of the unconscious mind.

Contemporary literature continues to engage with psychoanalytic concepts, albeit in more nuanced and diverse ways. Authors such as Toni Morrison and Salman Rushdie explore themes of trauma, memory, and Identity, drawing on psychoanalytic theories of repression and trauma to illuminate the psychological effects of colonialism, racism, and displacement. In Morrison's *Beloved*, for example, the haunting presence of the ghost symbolizes the unresolved trauma of slavery, highlighting the intergenerational transmission of trauma and the lingering effects of the past on the present.

In conclusion, psychoanalysis has been instrumental in shaping the themes, characters, and narrative techniques of English literature. By delving into the unconscious mind, exploring dreams and symbolism, and analysing the dynamics of relationships, literature provides a rich tapestry for understanding the complexities of the human psyche. From classic works of literature to contemporary fiction, psychoanalytic theory continues to offer valuable insights into the depths of human experience and the mysteries of the unconscious mind.

CHAPTER III

FREUDIAN CONCEPTS IN *IT ENDS WITH US* –ID, EGO AND SUPEREGO

3.1 SIGMUND FREUD'S PSYCHOANALYTIC THEORY:

In Colleen Hoover's *It Ends with Us* the narrative unfolds as a captivating exploration of the intricacies of human psychology within the context of complex relationships. The characters, led by the resilient Lily Bloom, navigate a tumultuous landscape of love, trauma, and self-discovery. At the heart of this exploration are the defense mechanisms deployed by the characters—a psychological armor protecting their Egos from the storm of conflicting desires, traumas, and emotional upheavals.

As the story delves into the intricacies of Lily's relationships, both past and present, the characters grapple with the profound impact of their own defense mechanisms. These psychological shields, deeply rooted in Freudian theory, offer a lens through which readers can dissect the characters' responses to love, conflict, and the haunting echoes of their pasts.

This analysis will unravel the various defense mechanisms at play, examining how denial, rationalization, projection, repression, displacement, and sublimation become intricate threads woven into the fabric of the characters' psyches. Through

these defense mechanisms, the characters seek refuge from the harsh realities of their relationships, providing insights into the delicate balance between conscious and unconscious motivations.

In essence, the examination of defense mechanisms in *It Ends with Us* offers a profound exploration of the characters' coping strategies, shedding light on the profound intricacies of the human psyche. This journey into the realm of defense mechanisms becomes a compelling narrative tool, enriching the storytelling experience by providing a deeper understanding of the characters' emotional complexities and the ways in which they navigate the challenging terrain of love, trauma, and self-discovery.

3.2 OVERVIEW OF FREUDIAN CONCEPTS AND THEIR REFLECTION IN *IT ENDS WITH US*:

Sigmund Freud's psychoanalytic theory proposes a complex model of the human psyche consisting of three major components: Id, Ego, and Superego. The Id represents innate and instinctual desires, operating on the pleasure principle seeking immediate gratification. The Ego, on the other hand, is the conscious, reality-oriented aspect of the psyche that balances the Id's impulsive urges with practical considerations. The Superego acts as the moral compass, internalizing societal norms and values.

In *It Ends with Us* by Colleen Hoover, these Freudian concepts find resonance in the intricate web of human relationships. The characters serve as vessels through which these psychological forces manifest, offering a nuanced exploration of the complexities inherent in the human psyche. Lily Bloom, the protagonist, embodies the constant interplay of the Id, Ego, and Superego. Her Id is evident in her raw, instinctual responses to emotional stimuli, especially in her romantic entanglements. The pleasure principle often guides her decisions, seeking immediate emotional satisfaction. This is exemplified in her early interactions with Ryle, where impulsive desires dominate.

As the narrative unfolds, the Ego takes center stage as Lily grapples with the harsh realities of her relationships. The Ego becomes the mediator between the Id's

desires and the external world. Lily must navigate the complexities of love, career, and personal growth, showcasing the struggle between immediate gratification and long-term fulfillment.

The Superego's influence is particularly pronounced in Lily's internal moral compass. It becomes the arbiter of right and wrong, influencing her decisions and actions. Lily's ethical considerations, shaped by societal norms and personal values, reflect the Superego's role in regulating behavior.

Furthermore, the novel delves into defense mechanisms, another key aspect of Freudian theory. Lily, faced with emotional conflicts and traumas, employs defense mechanisms such as denial and rationalization to cope. These mechanisms serve as psychological shields, protecting the Ego from overwhelming distress. In essence, *It Ends with Us* becomes a psychological landscape where Freudian concepts come to life through the characters' thoughts, emotions, and actions. The novel offers a rich tapestry for examining the intricate dance between instinctual desires, rational decision-making, and moral considerations within the human psyche.

3.3 APPLICATION OF "THE ID" IN THE NOVEL:

In *It Ends with Us* Colleen Hoover masterfully weaves a narrative that allows readers to witness the raw and unfiltered manifestation of the Id through various characters. The Id, according to Freudian theory, represents our primal, instinctual desires and operates on the pleasure principle, seeking immediate gratification. Throughout the novel, the characters grapple with these instinctual urges, providing a nuanced exploration of the human psyche.

Lily Bloom, the central character, serves as a poignant example of the Id in action. In her early encounters with Ryle, her immediate attraction and intense emotional responses showcase the unrestrained influence of the Id. The pleasure principle is evident as Lily is drawn to the immediate satisfaction of her desires, seemingly indifferent to the potential consequences.

An illuminating instance of the Id's sway is observed during Lily's impulsive decision to kiss Ryle in the alley, surrendering momentarily to her intense attraction. This impulsive act reflects the Id's dominance in seeking pleasure without regard for

the complexities of the situation. The pleasure principle operates here as an underlying force, compelling Lily to act on her instinctual desires, even if only fleetingly.

Additionally, the Id's influence extends to Lily's reactions to emotional stimuli. Her visceral responses, especially during moments of passion or conflict, showcase the unfiltered expression of her instinctual desires. Whether it's the intensity of her emotions during a romantic encounter or the anguish she experiences in the face of adversity, Lily becomes a conduit for the Id's unrestrained energy.

Ryle, another pivotal character, embodies the Id in a different light. His impulsive and pleasure-driven behaviors, particularly in his initial interactions with Lily, underscore the Id's impact on his decision-making. Ryle's pursuit of immediate gratification, unburdened by long-term consequences, serves as a stark reminder of the Id's presence in shaping human behavior. Moreover, the Id's influence extends beyond romantic relationships to other aspects of the characters' lives. Career choices, personal aspirations, and even moments of conflict are tinged with the impulsive nature of instinctual desires. In essence, *It Ends with Us* provides a compelling canvas to observe the Id's role in driving characters toward pleasure and fulfillment. Through Lily and other characters, Colleen Hoover offers a visceral exploration of the pleasure principle, showcasing the tumultuous interplay between raw instinct and the complexities of human relationships.

3.4 "THE EGO" IN CHARACTERS' DECISION-MAKING:

In *It Ends with Us* the characters' navigation of reality is intricately shaped by the Ego—the conscious and rational aspect of the psyche that seeks to balance instinctual desires with the constraints of the external world. Colleen Hoover skillfully portrays the complexities of human decision-making, highlighting moments where characters grapple with conflicting desires and pragmatically navigate challenges.

Lily Bloom emerges as a poignant example of the Ego's influence on decision-making. As she progresses through the narrative, her journey is marked by a continuous negotiation between her Id's instinctual desires and the demands of reality. When faced with the complexities of her relationships, particularly with Ryle,

Lily engages her Ego in a deliberate effort to weigh the immediate gratification of her desires against the long-term consequences.

One compelling instance is Lily's decision to establish boundaries with Ryle after recognizing the potential for harm in their relationship. This pivotal moment showcases the Ego's role in acknowledging the reality of a situation and making decisions that align with long-term well-being. Lily's conscious effort to balance her emotional desires with a pragmatic evaluation of the relationship reflects the Ego's function in navigating the complexities of reality.

Similarly, Ryle, in moments of reflection and self-awareness, grapples with conflicting desires and the reality of his actions. His internal struggle to reconcile his impulsive behaviors with the pragmatic understanding of their consequences exemplifies the Ego's role in decision-making. Ryle's character arc becomes a canvas for exploring how individuals, even when driven by the Id's immediate desires, engage the Ego to bring a sense of rationale and reality into their choices.

Moreover, the Ego's influence extends to Lily's career decisions and personal aspirations. Her pragmatic approach to pursuing her dreams reflects a conscious effort to align her desires with the practicalities of the external world. The Ego becomes a guiding force, steering Lily through the challenges of building a career while maintaining a sense of self-fulfillment. *It Ends with Us* offers a profound exploration of the Ego's function in characters' decision-making processes. Colleen Hoover provides a nuanced portrayal of how individuals, amidst the tumult of conflicting desires, engage their Ego to navigate the intricacies of reality.

3.5 SUPEREGO AND MORALITY IN THE NOVEL:

In *It Ends with Us* Colleen Hoover delves into the intricate workings of the Superego, the moral compass that internalizes societal norms and shapes ethical considerations. The characters grapple with profound moral dilemmas, offering a compelling exploration of the Superego's manifestation in their decisions and actions.

Lily Bloom emerges as a character deeply entwined with moral considerations, reflecting the Superego's influence. Her ethical compass is shaped

by a strong sense of right and wrong, often rooted in the societal norms she has internalized. One striking example is Lily's response to the revelation of Ryle's violent tendencies. Faced with a moral dilemma, Lily engages her Superego, wrestling with the conflict between societal expectations, her own values, and the complexities of love.

Likewise, Lily's decisions regarding her relationships, particularly her commitment to breaking the cycle of abuse, showcase the Superego's impact on her moral stance. The internalized societal norm of condemning abusive behavior becomes a guiding force as Lily confronts the moral complexities woven into her personal relationships.

Ryle, too, grapples with moral dilemmas, providing a lens through which the Superego's influence can be observed. His internal struggle with guilt and remorse reflects an awareness of societal norms, particularly concerning violence and its moral reprehensibility. Ryle's journey becomes a canvas for exploring the conflict between instinctual desires and the moral boundaries set by the Superego.

The novel also delves into broader societal expectations and norms, examining how they influence characters' moral considerations. Lily's interactions with her family and societal reactions to her decisions become a backdrop against which the Superego's impact is pronounced. The external pressures and judgments mirror the internalized moral standards that characters navigate, highlighting the ever-present interplay between individual morality and societal expectations.

Furthermore, the Superego's influence extends to Lily's professional choices and her commitment to personal growth. Her determination to pursue a fulfilling career and contribute positively to society reflects the Superego's emphasis on moral and ethical development.

It Ends with Us provides a rich exploration of the Superego's role in characters' moral and ethical considerations. Colleen Hoover crafts a narrative where characters navigate complex moral dilemmas, revealing the intricate interplay between internalized societal norms and individual ethical choices. Lily and Ryle's journeys

3.6 INTERPLAY OF ID, EGO, AND SUPEREGO IN RELATIONSHIPS:

The characters' interactions become a captivating exploration of Freudian dynamics, revealing the complexities inherent in navigating love, desire, and moral considerations.

Lily Bloom's relationships serve as a microcosm of Freudian interplay. Her Id, driven by instinctual desires and the pleasure principle, is evident in the passionate and impulsive moments with Ryle. The Ego, however, emerges as the mediator in Lily's interactions, introducing a conscious and rational dimension to her relationships. The Superego, with its moral considerations, becomes especially pronounced as Lily grapples with the ethical implications of her romantic choices.

Ryle, representing a different facet of Freudian dynamics, showcases the Id's dominance in certain interactions. His impulsive actions, particularly early in the novel, reflect a surrender to instinctual desires without the nuanced restraint of the Ego. As his character develops, the Ego engages in a delicate dance with the Id, resulting in moments of introspection and self-awareness. The Superego's influence becomes apparent when Ryle confronts the moral consequences of his actions, bringing an ethical dimension to his relationships.

The love triangle Involving Lily, Ryle, and Atlas provides a fascinating canvas for exploring the interplay of Freudian elements. Lily's Id-driven attraction to both men is palpable, creating a tension that necessitates the involvement of the Ego in decision-making. The Ego's rational evaluation of long-term consequences becomes crucial as Lily navigates the complexities of love and loyalty. Meanwhile, the Superego introduces moral considerations, urging Lily to align her choices with societal norms and ethical principles.

Lily implicitly to leave Ryle for good, "Every time you choose to stay, it makes the next time that much harder to leave. Eventually, you lose sight of your limit altogether, because you started to think,

'I've lasted five years now, what's five more?' (...) Don't be like me, Lily." (p.335).

Lily's internal conflict and self-advice represent the interplay of the Id, Ego, and Superego. Lily's realization that staying in the abusive relationship makes it

progressively harder to leave reflects the impulsive and instinctual drives of the Id. Meanwhile, her rationalization and attempt to weigh the consequences of her actions demonstrate the Ego's role in decision-making. Additionally, Jenny's inability to offer practical solutions beyond emotional support is influenced by her internalized beliefs and societal expectations, representing the Superego's constraints on behavior. This passage thus exemplifies how the dynamics of the Id, Ego, and Superego shape individuals' attitudes and actions in navigating complex interpersonal situations such as domestic violence.

3.7 THE EVOLUTION OF CHARACTERS' PSYCHE:

In *It Ends with Us* Colleen Hoover orchestrates a poignant symphony of psychological evolution, tracing the intricate development of characters' psyches through a narrative woven with experiences, conflicts, and emotional upheavals. The characters, particularly Lily Bloom, undergo profound transformations, offering a nuanced exploration of how their psyches evolve over the course of the novel.

Lily's journey serves as the focal point for the evolution of the characters' psyches. At the outset, her psyche is characterized by a delicate balance between the Id's instinctual desires and the Ego's rational considerations. However, as the narrative unfolds, Lily confronts a series of experiences and conflicts that act as catalysts for significant psychological growth.

The initial romantic entanglements with Ryle showcase Lily's vulnerability and the Id's influence on her emotional responses. The conflicts arising from Ryle's complex character act as crucibles, challenging Lily's psyche to reconcile her instinctual desires with the harsh realities of love. The Ego, in response, takes on a more prominent role as Lily grapples with the complexities of adult relationships.

The pivotal moment of confronting Ryle's violent tendencies becomes a watershed in Lily's psychological evolution. The traumatic experience forces her psyche to confront the darkest aspects of human nature, sparking profound internal conflicts. Lily's decision to break the cycle of abuse represents a monumental shift in her psyche, a testament to the resilience of the human spirit in the face of adversity.

Atlas, Lily's past love, serves as another catalyst for psychological growth. His re-entry into her life brings forth buried memories and unresolved conflicts, unraveling layers of her psyche. The Id, Ego, and Superego engage in a delicate dance as Lily navigates the resurgence of past emotions and desires. The evolution of her psyche is palpable as she confronts the complexities of her feelings for Atlas and the moral dilemmas entwined in her current relationship.

Moreover, Lily's professional aspirations and commitment to personal growth contribute to the evolution of her psyche. The challenges she faces in building a career become integral to her psychological development, highlighting the resilience of the Ego in the face of external obstacles. *It Ends with Us* provides a rich tapestry for tracking the evolution of characters' psyches. Colleen Hoover meticulously crafts a narrative where experiences and conflicts serve as crucibles, shaping the psychological growth of the characters. Lily's journey becomes a profound exploration of the transformative power of resilience, introspection, and the constant negotiation between the Id, Ego, and Superego in the complex landscape of the human psyche.

3.8 INSIGHTS INTO THE UNCONSCIOUS:

In *It Ends with Us* Colleen Hoover employs symbolism and dreams as powerful literary devices to offer profound insights into the characters' unconscious minds. These elements serve as windows into the depths of their psyches, unraveling hidden desires, fears, and unresolved conflicts.

Symbolism permeates the novel, providing layers of meaning that extend beyond the surface narrative. One notable symbol is the Atlas sculpture, representing Lily's past love and the burden of her unresolved emotions. Atlas becomes a tangible manifestation of the weight Lily carries from her past, symbolizing the emotional baggage that influences her present choices. The flower Lily, named after the protagonist, serves as another powerful symbol. It embodies resilience and growth amidst adversity. The blooming and withering of the flower parallel Lily's journey, reflecting her evolving psyche and the cyclical nature of life's challenges.

The dilapidated house Lily discovers on the cliff symbolizes the fragility of relationships and the hidden scars within families. The house becomes a metaphor for the people present to the world, masking the internal struggles that often go unnoticed. These symbols, intricately woven into the narrative, provide readers with glimpses into the characters' unconscious minds. They transcend the literal and become vehicles for exploring the deeper layers of emotion and meaning.

Dreams, as depicted in the novel, serve as a gateway to the characters' subconscious. Lily's recurring dreams about the labyrinth mirror the complexity of her emotional journey. The labyrinth becomes a metaphor for the intricacies of her relationships and the challenges she faces in navigating love. Ryle's nightmares, haunted by his traumatic past, reveal the deep-seated fears and unresolved conflicts buried within his psyche. These dreams offer readers a profound understanding of the inner turmoil Ryle experiences, contributing to the complexity of his character.

The dreamscape in the novel becomes a canvas where the unconscious mind paints vivid images, allowing readers to unravel the characters' deepest fears, desires, and unresolved emotions. It adds a layer of richness to the narrative, inviting readers to engage in a psychological exploration alongside the characters. In essence, the symbolism and dreams in *It Ends with Us* serve as narrative tools that transcend the literal, offering readers a profound glimpse into the characters' unconscious minds. Colleen Hoover masterfully uses these elements to unravel the complexities of human emotion and the intricate interplay between the conscious and subconscious realms.

"Come to think of it, why does my father always get the garage?"(p.109).

This offers a window into the unconscious dynamics at play within the protagonist's family. This seemingly innocuous question holds deeper implications regarding gender roles and power dynamics. By questioning why her father consistently claims the garage, the protagonist reveals an awareness of implicit assumptions about gender within her family environment. The garage, often associated with autonomy and authority, symbolizes traditional masculine spaces. Through this observation, the protagonist demonstrates a growing consciousness of societal expectations and norms regarding gender. This introspection marks a pivotal

moment in her character development, as she begins to unravel and challenge the unconscious patterns ingrained within her family dynamics. The line invites readers to explore the complexities of gender, power, and Identity, shedding light on the subtle yet profound ways in which unconscious beliefs shape individuals' perceptions and behaviours.

3.9 DEFENCE MECHANISMS EMPLOYED BY CHARACTERS:

In *It Ends with Us* Colleen Hoover artfully depicts the characters' psychological defense mechanisms, providing a nuanced exploration of how individuals cope with conflicts, traumas, and emotional challenges. These defense mechanisms serve as psychological shields, protecting the characters' Egos from the overwhelming distress that arises in the face of complex relationships

3.9.1 Denial: -

Lily, faced with the harsh reality of Ryle's violent tendencies, initially employs denial as a defense mechanism. Despite the clear signs, she shields herself from acknowledging the severity of the situation, clinging to the hope that love alone can conquer the challenges. Denial becomes a protective barrier, allowing Lily to preserve the Idealized image of her relationship and avoid confronting the painful truth.

3.9.2 Rationalization: -

Ryle, grappling with the consequences of his actions, often resorts to rationalization as a defense mechanism. He attempts to justify his behavior by attributing it to external factors, such as stress or personal history. Rationalization becomes a way for Ryle to protect his Ego from the guilt and shame associated with his actions, creating a narrative that mitigates personal responsibility.

3.9.3 Projection: -

The characters engage in projection as a defense mechanism, attributing their own unconscious desires or fears to others. Lily, projecting her fear of repeating her parents' mistakes onto Ryle, becomes a poignant example. This mechanism allows her to externalize her internal conflicts and navigate the complexities of her relationships by attributing certain traits or motivations to her partners.

3.9.4 Repression: -

Both Lily and Ryle employ repression as a defense mechanism to cope with traumatic experiences. Lily, in particular, represses memories of her father's abusive behavior, creating a psychological barrier to shield herself from the emotional pain associated with those recollections. Repression allows characters to push distressing memories into the unconscious, maintaining a semblance of emotional equilibrium.

3.9.5 Displacement: -

Characters in the novel often resort to displacement as a defense mechanism, redirecting intense emotions or impulses from the original source to a less threatening target. Lily's intense emotions, triggered by conflicts with Ryle, are at times displaced onto her friendships or professional pursuits. Displacement provides a temporary reprieve from the overwhelming emotions associated with her romantic relationships.

In summary, *It Ends with Us* masterfully explores the multifaceted nature of defense mechanisms employed by characters. Colleen Hoover delves into the intricacies of how individuals protect their psyches from emotional distress, adding depth and psychological realism to the narrative. The characters' use of defense mechanisms becomes a lens through which readers can understand the complex interplay between the conscious and unconscious aspects of the human psyche.

CHAPTER IV

NAVIGATING ADVERSITY AND EXPLORING TRAUMA, COPING MECHANISMS, AND DEFENCE MECHANISMS IN *IT ENDS WITH US*

4.1 TRAUMA AS A CENTRAL THEME:

It Ends with Us by Colleen Hoover is a poignant and emotionally gripping novel that delves into the complexities of trauma and its profound impact on the lives of its characters. Set against the backdrop of contemporary romance, the novel explores themes of love, resilience, and personal growth amidst the backdrop of trauma and adversity. Through the lens of its protagonist, Lily Bloom, and the

compelling cast of characters, the narrative offers a nuanced exploration of trauma and the various coping mechanisms employed by individuals as they navigate the challenges of their past experiences.

Trauma is a central theme in *It Ends with Us* shaping the lives of the characters and influencing their behaviours, relationships, and emotional well-being. The novel portrays trauma in multifaceted ways, encompassing childhood experiences, domestic violence, emotional abuse, and the lasting effects of past traumas on the characters' lives.

As readers immerse themselves in the world of *It Ends with Us*, they are invited to explore the complexities of trauma and the resilience displayed by the characters as they confront their past traumas and strive to overcome adversity. Through its exploration of trauma, coping mechanisms, and personal growth, the novel offers a poignant and thought-provoking narrative that resonates with readers on a deeply emotional level.

4.2 COPING MECHANISMS IN RESPONSE TO TRAUMA:

In *It Ends with Us* by Colleen Hoover, coping mechanisms emerge as crucial tools for characters to navigate the complexities of trauma, emotional turmoil, and adversity. Set against the backdrop of contemporary romance, the novel intricately explores the various coping mechanisms employed by its characters as they confront their past traumas and strive to maintain emotional resilience in the face of overwhelming challenges.

Coping mechanisms are strategies individuals use to manage stress, regulate emotions, and cope with adversity. Throughout the narrative, characters in *It Ends with Us* demonstrate a diverse array of coping mechanisms, each reflecting their unique experiences, personalities, and emotional landscapes. From seeking support and connection to engaging in self-care and introspection, the novel offers a compelling portrayal of how individuals navigate trauma and emotional turmoil through adaptive coping strategies. From Lily Bloom's journey of self-empowerment to Ryle Kincaid's struggle to manage overwhelming emotions, the narrative offers a nuanced exploration of coping mechanisms and their impact on the characters' emotional well-being.

As we delve into the world of *It Ends with Us*, we are invited to witness the complexities of coping with trauma and adversity, as well as the transformative power of resilience and self-awareness. Through its exploration of coping mechanisms, the novel offers a poignant and thought-provoking narrative that resonates with readers on a deeply emotional level.

4.3 UNDERSTANDING DEFENCE MECHANISMS AND THEIR PURPOSE:

In Colleen Hoover's *It Ends with Us* defence mechanisms emerge as critical psychological tools employed by characters to protect themselves from emotional pain, distress, and traumatic experiences. Set within the context of contemporary romance, the novel delves into the intricate ways in which characters employ defence mechanisms as they grapple with past traumas, navigate complex relationships, and confront their innermost fears and insecurities.

Defence mechanisms are unconscious psychological strategies individuals use to cope with anxiety, protect themselves from emotional distress, and maintain psychological equilibrium. In *It Ends with Us* characters exhibit a wide range of defence mechanisms, each serving as a protective barrier against the vulnerabilities and emotional wounds they carry.

From denial and repression to projection and rationalization, the narrative provides a nuanced portrayal of defence mechanisms as both adaptive and maladaptive responses to psychological stressors. The complex interplay between defence mechanisms and the characters' inner conflicts, desires, and traumas can be realised at ease here. Through its exploration of defence mechanisms, the novel offers a compelling examination of the human psyche and the ways in which individuals navigate emotional turmoil and protect themselves from the pain of their past.

4.4 EXAMINATION OF TRAUMA TYPES PORTRAYED:

Trauma is a central theme in *It Ends with Us* shaping the lives of the characters and influencing their behaviour and relationships. The novel explores

various forms of trauma, including childhood trauma, domestic violence, and emotional abuse.

4.4.1 Lily Bloom's Childhood Trauma: -

Lily Bloom, the protagonist of the novel, experiences childhood trauma stemming from her father's abandonment and her mother's struggle to provide for their family. Lily's father, Atlas Corrigan, leaves when she is a young girl, leaving behind a void in her life and a sense of abandonment. This early trauma shapes Lily's perceptions of love, relationships, and self-worth, impacting her emotional development and her ability to trust others.

4.4.2 Ryle Kincaid's Trauma and Emotional Turmoil: -

Ryle Kincaid, Lily's love interest, also grapples with trauma stemming from his past experiences. As the novel unfolds, readers learn about Ryle's traumatic childhood and the emotional scars that linger into adulthood. Ryle's traumatic experiences shape his behaviour and relationships, contributing to his fear of intimacy and his struggle to cope with overwhelming emotions.

4.4.3 Domestic Violence and Emotional Abuse: -

It Ends with Us also addresses the sensitive topic of domestic violence and emotional abuse within romantic relationships. Lily's relationship with Ryle becomes increasingly volatile as the novel progresses, culminating in instances of physical and emotional abuse. The portrayal of domestic violence highlights the devastating impact of trauma on individuals and the complexities of navigating abusive relationships.

4.5 ANALYSIS OF CHARACTER COPING STRATEGIES:

Coping mechanisms are strategies individuals use to manage stress, emotions, and adversity. In *It Ends with Us* characters employ various coping mechanisms in response to trauma and emotional turmoil.

4.5.1 Resilience and Strength: -

Lily Bloom demonstrates resilience and strength in the face of adversity, drawing upon her inner resilience to navigate challenging circumstances. Despite experiencing trauma and emotional pain, Lily refuses to be defined by her past, demonstrating resilience and determination in her pursuit of healing and self-discovery.

4.5.2 Seeking Support and Connection: -

Throughout the novel, Lily seeks support and connection from friends, family, and loved ones as she navigates her personal struggles. She finds solace in her friendships with characters like Allysa and Marshall, who provide emotional support and guidance during difficult times. Lily's ability to lean on others reflects the importance of social support in coping with trauma and adversity.

4.5.3 Self-Reflection and Personal Growth: -

As the narrative unfolds, Lily engages in self-reflection and introspection, confronting painful truths about herself and her relationships. She embarks on a journey of personal growth and self-discovery, challenging her beliefs and assumptions while striving to break free from harmful patterns and dynamics. Lily's commitment to personal growth exemplifies the importance of self-awareness and introspection in coping with trauma and fostering emotional resilience.

4.6 EXPLORATION OF DEFENCE MECHANISMS EMPLOYED BY CHARACTERS:

Defence mechanisms are unconscious strategies individuals use to protect themselves from emotional pain, anxiety, and distress. In *It Ends with Us* characters employ defence mechanisms as a means of coping with trauma and navigating challenging emotions.

4.6.1 Denial and Avoidance: -

Denial and avoidance are common defence mechanisms observed in the characters' responses to trauma and emotional turmoil. Lily, for example, initially denies the severity of Ryle's behaviour and rationalizes his actions,

refusing to acknowledge the warning signs of an abusive relationship. Similarly, Ryle employs denial as a defence mechanism to avoid confronting his own traumatic past and the emotional pain it elicits.

4.6.2 Projection and Displacement: -

Projection and displacement are defence mechanisms characterized by attributing one's own feelings or impulses to another person or object. In *It Ends with Us* characters may engage in projection or displacement as a means of avoiding responsibility for their actions or redirecting emotional distress onto others. For example, Ryle may project his own insecurities onto Lily, blaming her for his emotional turmoil and internal conflicts.

4.6.3 Regression and Regression: -

Regression involves reverting to earlier developmental stages or behaviours in response to stress or emotional distress. In *It Ends with Us* characters may exhibit regressive behaviours as a means of coping with trauma or seeking comfort. For example, Lily may regress to a childlike state when faced with overwhelming emotions or distressing situations, seeking comfort and security from familiar sources.

4.7 PSYCHOLOGICAL DYNAMICS IN THE NARRATIVE:

In *It Ends with Us* by Colleen Hoover, trauma, coping mechanisms, and defence mechanisms play significant roles in shaping the characters' lives and influencing their behaviour and relationships. The novel explores various forms of trauma, including childhood trauma, domestic violence, and emotional abuse, and examines how characters cope with adversity and emotional turmoil.

Through resilience, seeking support, and engaging in self-reflection, characters like Lily demonstrate the importance of coping mechanisms in navigating trauma and fostering emotional resilience. However, defence mechanisms such as denial, projection, and regression also play a role in protecting characters from emotional pain and distress, highlighting the complexities of human behaviour and the intricacies of psychological defence mechanisms. Overall, *It Ends with Us* offers a poignant exploration of trauma, coping mechanisms, and defence mechanisms,

inviting readers to reflect on the ways individuals navigate adversity and emotional turmoil while striving for healing and self-discovery.

4.8 INTERPERSONAL BOUNDARIES AND ASSERTIVENESS:

In *It Ends with Us* interpersonal boundaries and assertiveness play a significant role in the characters' experiences and relationships. Lily's journey involves learning to establish and enforce boundaries in her relationships, particularly with Ryle, who struggles with controlling and manipulative behaviour. Lily's efforts to assert herself and protect her boundaries illustrate the importance of assertiveness in maintaining healthy relationships and coping with emotional turmoil. Characters in *It Ends with Us* undergo significant growth as they learn to establish and enforce their interpersonal boundaries. This growth is often depicted as a central aspect of their development throughout the narrative. Setting and maintaining interpersonal boundaries empowers characters to take control of their lives and relationships. Through assertiveness, characters assert their autonomy and agency, leading to a sense of empowerment and self-confidence.

The establishment of interpersonal boundaries affects the dynamics of characters' relationships. It can lead to healthier, more respectful interactions, or conversely, it may create conflict and tension as characters assert their needs and preferences. Interpersonal boundaries and assertiveness play a crucial role in conflict resolution. Characters who effectively communicate their boundaries are better equipped to resolve conflicts and maintain harmonious relationships. Characters' journey towards assertiveness and boundary-setting is often intertwined with their efforts to overcome adversity. By asserting themselves and establishing healthy boundaries, characters confront challenges head-on and emerge stronger and more resilient.

4.9 EMOTIONAL REGULATION AND SELF-CARE:

Emotional regulation and self-care are essential aspects of coping with trauma and maintaining emotional well-being. Throughout the novel, Lily engages in various forms of self-care, including journaling, painting, and spending time alone, as a means of managing stress and processing her emotions. Additionally, characters like Allysa and Marshall provide emotional support and guidance, emphasizing the

importance of seeking help and engaging in self-care practices to cope with trauma. Characters demonstrate self-awareness by recognizing their emotional states and understanding their triggers. This awareness allows them to identify when they need to engage in self-care practices to regulate their emotions.

“...tell them you slipped on the ice.” (p.110).

Jenny's attitudes surface in Lily's case too, and they become apparent when she asks Lily to lie to the people at the hospital about the cause of her injury. Jenny's actions stem from her fear that people will judge, blame, and stigmatize her daughter. Jenny's fear of societal judgment and blame leads her to seek a solution that would alleviate these negative emotions, even if it involves asking Lily to conceal the truth. By asking Lily to lie about the cause of her injuries, Jenny attempts to regulate her own emotional distress by avoiding potential consequences such as gossip, condemnation, or social ostracism. However, this form of emotional regulation ultimately perpetuates the cycle of silence and secrecy surrounding domestic violence, hindering the process of seeking help and support.

Characters engage in healthy coping mechanisms such as journaling, painting, exercise, or spending time alone in nature. These activities provide them with outlets for processing emotions and relieving stress in a constructive manner. Characters engage in self-reflection to gain insight into their emotions, thoughts, and behaviours. They take time to introspect and explore their inner worlds, facilitating emotional growth and self-understanding.

4.10 SOCIETAL EXPECTATIONS AND GENDER ROLES:

Societal expectations and gender roles influence the characters' experiences and relationships in *It Ends with Us*. Lily confronts societal expectations regarding gender roles and relationships, challenging traditional notions of femininity and submission. Similarly, Ryle grapples with societal expectations of masculinity, struggling to reconcile his internal conflicts and emotional vulnerabilities with societal norms. The novel's exploration of societal expectations underscores how gender roles and societal pressures impact individuals' experiences of trauma and their coping mechanisms. For example, Lily may feel pressured to prioritize caregiving and nurturing behaviours, while Ryle may feel compelled to adhere to traditional

notions of masculinity. Characters navigate societal expectations and gender roles within their relationships, which can impact their dynamics and interactions. For example, Lily may be expected to prioritize her partner's needs above her own, while Ryle may feel pressure to assert dominance and control in the relationship. Characters may internalize and perpetuate gender stereotypes due to societal expectations. This can lead to harmful behaviours and attitudes, such as reinforcing traditional gender roles or perpetuating sexism and misogyny.

Societal expectations and gender roles can negatively impact characters' mental health and well-being. Characters may experience stress, anxiety, or depression as they struggle to meet societal expectations or reconcile their identities with societal norms. Characters advocate for change and challenge societal norms and expectations within their communities. They strive to create a more inclusive and equitable society, where individuals are free to express themselves without fear of judgment or discrimination.

In *It Ends with Us*, societal expectations profoundly influence the characters' responses to violence against women, as depicted in the line by Flood et al., "community and institutional responses to violence against women, the perpetration of violence against women, and women's responses to this victimization." The community and institutional responses reflect broader societal attitudes towards domestic violence, while the perpetration of violence against women is often rooted in societal expectations regarding power dynamics and toxic masculinity. Additionally, women's responses to victimization are shaped by societal pressures to maintain relationships and fear of judgment. The novel portrays how societal expectations perpetuate cycles of violence and complicate individuals' abilities to address and break free from abusive situations.

4.11 EMPATHY AND COMPASSION:

Empathy and compassion play a crucial role in supporting individuals who have experienced trauma and adversity. Throughout the novel, characters demonstrate empathy and compassion towards one another, offering support and understanding in times of need. Lily's capacity for empathy allows her to connect with others on a deeper level, fostering a sense of community and belonging amidst personal struggles and emotional turmoil. Lily demonstrates empathy towards

characters such as Ryle, despite facing her own trauma. Her ability to empathize with others allows her to offer support and understanding, even in difficult circumstances.

Lily demonstrates empathy towards characters such as Ryle, despite facing her own trauma. Her ability to empathize with others allows her to offer support and understanding, even in difficult circumstances. The community of characters in the novel exemplifies the power of empathy and compassion in supporting one another through trauma. Through their collective empathy and compassion, characters create a network of support that enables them to navigate their challenges together. Empathy and compassion facilitate the building of trust and connection between characters, fostering a sense of belonging and community. Through their empathetic interactions, characters form deep bonds that provide strength and resilience in times of need. Empathy and compassion empower characters by validating their experiences and emotions. By acknowledging their pain and struggles, characters feel empowered to confront their trauma and seek the support they need to heal. Ultimately, empathy and compassion promote growth and resilience in characters as they navigate their trauma. Through the support of empathetic others, characters learn to cope with their pain, find strength in vulnerability, and emerge stronger and more resilient than before.

4.12 GROWTH MINDSET AND RESILIENCE:

It Ends with Us highlights the importance of adopting a growth mindset and cultivating resilience in the face of adversity. Lily's journey of self-discovery and personal growth involves embracing challenges as opportunities for learning and growth, rather than succumbing to despair or resignation. By adopting a growth mindset, Lily demonstrates resilience and perseverance in overcoming trauma and navigating the complexities of her relationships.

Throughout the novel, Lily demonstrates a growth mindset by actively seeking opportunities for self-improvement and personal growth. Despite facing numerous adversities, including childhood trauma and an abusive relationship, Lily refuses to succumb to despair. Instead, she embraces challenges as opportunities for learning and growth, demonstrating resilience in the face of adversity.

Despite the challenges she faces, Lily remains determined to break free from harmful patterns and dynamics in her life. She confronts her past traumas and makes courageous decisions to prioritize her own well-being, even when it means challenging societal expectations and norms. Lily's resilience and determination empower her to forge a new path for herself, free from the constraints of her past.

The Nostalgia Cafe, which Lily opens as a tribute to her father, serves as a symbol of resilience and personal growth. Despite her troubled relationship with her father and the pain it has caused her, Lily channels her experiences into something positive by creating a space where people can find comfort and solace. The cafe becomes a testament to Lily's resilience and her ability to turn adversity into strength.

4.13 FORGIVENESS AND HEALING:

Forgiveness and healing are recurring themes in *It Ends with Us* as characters grapple with past traumas and seek closure. Lily's journey involves confronting painful truths and finding forgiveness for herself and others, as she strives to let go of resentment and anger. Through acts of forgiveness and self-compassion, characters like Lily and Ryle embark on a path of healing and emotional reconciliation, demonstrating the transformative power of forgiveness in overcoming trauma.

Lily undergoes a profound journey towards forgiveness throughout the novel, particularly in her relationship with her father, Atlas Corrigan. Despite the pain of his abandonment in her childhood, Lily eventually finds it in her heart to forgive him. This forgiveness is depicted in a poignant scene where Lily visits her father's grave, reflecting on their complex relationship and finding closure.

Both Lily and Ryle find closure through introspection and self-reflection, as they confront their inner demons and come to terms with their pasts. In a pivotal scene, Lily writes a letter to her younger self, expressing compassion and forgiveness for the pain she has endured. This act of self-compassion allows Lily to release the burdens of her past and embrace a future filled with hope and healing. Characters find healing through closure, as they confront unresolved issues from their pasts and make peace with their circumstances. In a cathartic scene, Lily returns to her childhood home and confronts the ghosts of her past, finding closure in

the process. This symbolic act allows Lily to let go of the pain and heartache she has carried for so long, paving the way for a future filled with possibility and promise.

Atlas has experienced domestic violence in the past, suffering severe abuse at the hands of his stepfather in his childhood. Despite—or perhaps because of—Atlas' traumatic growth years, he develops an absolute intolerance to violence against women. He proves this intransigence through his actions when he comes to know that Lily is being abused by Ryle:

“Atlas lunges for Ryle again, this time shoving his forearm against Ryle’s throat, pinning him against the wall. ‘You touch her again and I’ll cut your fucking hand off and shove it down your throat’” (p.198).

One of the possible reasons for his uncompromising attitude to violence could be that he does not stay for too long within his abusive childhood household: he is thrown out by his stepfather shortly after his mother remarries. Atlas's behaviour can be seen as part of his journey towards forgiveness and healing. By standing up against violence and protecting Lily, he not only seeks justice but also empowers himself to overcome the trauma of his past. His actions demonstrate a desire to break the cycle of abuse and promote healing, both for himself and for those around him. Through his unwavering stance against violence, Atlas embodies the potential for forgiveness and the capacity to transform pain into resilience and strength.

4.14 OVERALL REFLECTION ON THE NOVEL'S THEMES AND THEIR EMOTIONAL IMPACT ON READERS:

It Ends with Us explores the complexity of human relationships, particularly in the context of trauma and adversity. The novel delves into the intricacies of love, forgiveness, and redemption, highlighting the multifaceted nature of interpersonal connections. One of the central themes of the novel is empowerment and self-discovery. Through the protagonist, Lily Bloom, readers witness a journey of personal growth and resilience as she confronts her past traumas and asserts her autonomy. This theme resonates with readers, inspiring them to embrace their own inner strength and capacity for growth. The novel sensitively portrays the impact of

trauma on individuals' lives, relationships, and emotional well-being. Through characters like Lily and Ryle, readers gain insight into the lasting effects of childhood trauma and domestic violence, prompting empathy and understanding for those who have experienced similar challenges. The novel addresses intersectional issues such as gender roles, societal expectations, and power dynamics within relationships. Through characters like Lily, Ryle, and Atlas, readers gain insight into the complexities of societal norms and their impact on individuals' experiences of trauma and resilience.

It Ends with Us elicits a strong emotional response from readers, ranging from empathy and compassion to sadness and catharsis. The novel's poignant narrative and relatable characters evoke a deep emotional resonance, prompting readers to reflect on their own experiences of love, loss, and resilience. Overall, *It Ends with Us* leaves a lasting impact on readers, prompting them to reevaluate their perspectives on love, trauma, and resilience. The novel's thought-provoking themes and emotional depth linger in the minds of readers long after they've turned the final page, prompting introspection and reflection on their own lives and relationships.

In *It Ends with Us* by Colleen Hoover, trauma, coping mechanisms, and defence mechanisms are explored in the context of characters' experiences and relationships. Beyond the previously mentioned points, additional themes such as interpersonal boundaries, emotional regulation, empowerment, societal expectations, empathy, growth mindset, forgiveness, and healing play crucial roles in shaping the characters' journeys of self-discovery and resilience.

CHAPTER V

EXPLORING NARCISSISM AND SELF-REFLECTION IN *IT ENDS WITH US* BY COLLEEN HOOVER

5.1 NAVIGATING NARCISSISM:

Exploring Narcissism and Self-Reflection in *It Ends with Us* delves into the intricate dynamics of narcissism as portrayed in Colleen Hoover's compelling

narrative. Through the lens of its characters' experiences and relationships, the novel offers a poignant exploration of narcissistic traits and the journey towards self-awareness and growth. Narcissism, a personality trait characterized by a grandiose sense of self-importance, a need for admiration, and a lack of empathy, serves as a central theme in *It Ends with Us*. The novel presents a nuanced depiction of narcissism through various characters, each grappling with its manifestations in their own lives.

One prominent character exhibiting narcissistic traits is Ryle Kincaid, whose charming demeanour and self-assuredness mask underlying insecurities and a deep need for control and validation. Throughout the novel, Ryle's actions, including his possessiveness and manipulation of Lily Bloom, reflect his narcissistic tendencies and his inability to empathize with others' experiences and emotions. His character serves as a compelling example of how narcissism can manifest in intimate relationships, leading to emotional manipulation and psychological harm.

Similarly, Lily Bloom's interactions with her father, Atlas Corrigan, shed light on the impact of narcissism on her upbringing and self-image. Atlas, characterized by his charismatic yet self-absorbed personality, exerts a profound influence on Lily's perceptions of love and relationships. His inconsistent presence in her life and his prioritization of his own desires contribute to Lily's struggles with self-worth and validation. Through Lily's perspective, readers witness the enduring effects of narcissistic behaviour on familial dynamics and emotional well-being.

However, *It Ends with Us* not only portrays the detrimental effects of narcissism but also explores the journey towards self-awareness and growth. Throughout the novel, Lily undergoes a process of self-reflection and introspection as she confronts the impact of her relationships with Ryle and Atlas on her sense of self-worth and Identity. Through journaling and therapy sessions with Dr Larkin, Lily grapples with her own vulnerabilities and insecurities, gaining insight into the destructive patterns perpetuated by narcissism. Lily's journey of self-discovery is marked by moments of empowerment and assertion of boundaries. As she confronts the cycle of narcissistic behaviour in her relationships, Lily learns to prioritize her own emotional well-being and assert her autonomy. Through her actions, she challenges the toxic dynamics of narcissistic relationships and strives for emotional authenticity and empowerment. By

examining the manifestations of narcissism and the journey towards self-awareness and growth, we can gain insights into the complexities of human behaviour and interpersonal relationships portrayed in the narrative.

5.2 UNDERSTANDING NARCISSISTIC TRAITS IN CHARACTERS:

Narcissism, characterized by a grandiose sense of self-importance, a need for admiration, and a lack of empathy, is portrayed through various characters in *It Ends with Us*. Ryle Kincaid, one of the central characters in the novel, embodies several narcissistic traits that significantly influence his behaviour and interactions with others. At first glance, Ryle appears charming, confident, and successful, traits often associated with narcissistic individuals. However, beneath this facade lies a deep-seated need for control and validation, characteristic of narcissistic behaviour. Ryle's possessiveness and manipulation of Lily Bloom exemplify his inability to empathize with her emotions and prioritize her well-being. His actions reflect a sense of entitlement and a lack of consideration for the impact of his behaviour on others, hallmarks of narcissistic personality traits.

Similarly, Lily Bloom's relationship with her father, Atlas Corrigan, offers insight into the enduring effects of narcissism on familial dynamics and emotional development. Atlas, portrayed as charismatic yet self-absorbed, exhibits narcissistic tendencies that profoundly shape Lily's perception of love and relationships. His inconsistent presence in her life and his tendency to prioritize his own desires over her well-being contribute to Lily's struggles with self-worth and validation. Through Lily's perspective, readers witness the damaging effects of parental narcissism on a child's upbringing and self-image.

Even though Allysa and Jenny exist in the novel as Lily's support system, both characters tender ambivalent responses to her experience with domestic violence. Allysa is the younger sister of the abuser, Ryle Kincaid, and the best friend of the abused, Lily Bloom. These conflicting roles shape her ambivalent responses to the conflict between Lily and Ryle to a large extent, both in terms of her reactions and in the way she helps Lily. As Lily's friend, she wants to warn Lily about her brother's abusive personality.

However, her position as the subordinate in the family and her filial love prevent her from warning Lily about the potential danger posed to her by Ryle. Readers can detect through Lily's narrative voice the ambivalence in Allysa's response when she sees Lily's bruises after the second incident of abuse has occurred.

“Ryle,’ Allysa whispers. “What did you do to her?” She walks around the counter and pulls me in for a hug. (...) She pulls back with tears in her eyes, and her reaction confuses me. She obviously knows Ryle is responsible, but if that's the case, it seems she would be attacking him, or at least yelling.” (p.237)

In the quoted passage, Allysa's ambivalent response to Lily's bruises, despite knowing Ryle's responsibility, can also be viewed through the lens of narcissism. Allysa's familial connection to Ryle and her position as a subordinate in the family may contribute to her hesitation in confronting him directly or fully acknowledging his abusive behaviour. This reluctance to confront Ryle or fully acknowledge the abuse reflects a form of denial or minimization, which is often observed in individuals affected by narcissistic dynamics.

Additionally, Allysa's tears and conflicting emotions upon seeing Lily's bruises can also be interpreted as indicative of the emotional manipulation and confusion commonly associated with narcissistic relationships. The presence of narcissistic themes adds complexity to the dynamics between the characters and deepens the portrayal of the challenges faced by survivors of abuse and their support systems.

Moreover, Lily's internal conflict and journey of self-discovery highlight the complexities of navigating relationships with narcissistic individuals. As she grapples with the impact of Ryle and Atlas's behaviour on her sense of self-worth, Lily confronts the destructive patterns perpetuated by narcissism. Her experiences serve as a poignant illustration of the emotional toll of being entangled in relationships characterized by manipulation, control, and emotional detachment.

5.3 THE IMPACT OF NARCISSISM ON RELATIONSHIPS:

Narcissistic behaviour can have a significant impact on interpersonal relationships, leading to power imbalances, emotional manipulation, and psychological distress. Narcissistic behaviour can indeed exert a profound influence on interpersonal relationships, often resulting in detrimental outcomes such as power imbalances, emotional manipulation, and psychological distress. In *It Ends with Us*, Colleen Hoover skilfully portrays how narcissistic tendencies permeate the dynamics of relationships, shaping the experiences of characters like Lily Bloom and Ryle Kincaid.

Ryle Kincaid serves as a prime example of how narcissistic traits can manifest within a romantic relationship, significantly impacting its nature and dynamics. Ryle's relentless pursuit of control and admiration creates a toxic environment characterized by emotional manipulation and coercion. His need for dominance translates into controlling behaviours, where he dictates Lily's actions and emotions to align with his desires. This power imbalance leaves Lily feeling trapped and vulnerable, unable to assert her autonomy or voice her concerns without facing repercussions. As a result, she experiences emotional turmoil and self-doubt, questioning her worth and agency within the relationship.

Moreover, Ryle's narcissistic tendencies exacerbate the challenges faced by Lily in navigating her relationship with her father, Atlas Corrigan. Atlas's self-absorption and erratic behaviour contribute to a strained father-daughter dynamic fraught with emotional distance and unresolved conflicts. His inconsistent presence in Lily's life further complicates matters, leaving her grappling with feelings of abandonment and inadequacy. The impact of Atlas's narcissism reverberates through Lily's perceptions of love and attachment, shaping her beliefs about intimacy and trust.

The pervasive influence of narcissism extends beyond individual relationships, permeating societal expectations and cultural norms. Hoover adeptly highlights how societal ideals of success and validation perpetuate narcissistic behaviours, reinforcing harmful dynamics within interpersonal relationships. Characters like Ryle and Atlas embody societal pressures to conform to unrealistic standards of achievement and dominance, further entrenching patterns of narcissistic behaviour and emotional manipulation.

5.4 BREAKING THE CYCLE OF NARCISSISM:

Breaking the cycle of narcissism is a central theme in *It Ends with Us* by Colleen Hoover, offering readers a nuanced exploration of how characters strive to foster healthy interpersonal relationships grounded in empathy, mutual respect, and emotional authenticity.

Lily's journey towards breaking the cycle of narcissistic behaviour is exemplified through her decision to confront Ryle and terminate their relationship. This pivotal moment reflects Lily's steadfast commitment to prioritizing her emotional well-being over succumbing to the destructive patterns perpetuated by narcissism. By setting firm boundaries and asserting her autonomy, Lily demonstrates agency and resilience in breaking free from the toxic grip of Ryle's controlling and manipulative behaviour.

Furthermore, Lily's reconciliation with her father, Atlas Corrigan, serves as another significant milestone in her quest to break the cycle of narcissism. Through acts of empathy and understanding, Lily acknowledges the profound impact of Atlas's narcissistic behaviour on their relationship. Rather than perpetuating a cycle of resentment and emotional turmoil, Lily chooses to embrace forgiveness and emotional healing. This transformative moment not only liberates Lily from the burden of past grievances but also enables her to transcend the cycle of dysfunction and forge healthier relationships based on genuine connection and mutual respect.

In breaking the cycle of narcissism, *It Ends with Us* emphasizes the importance of self-awareness, introspection, and personal agency. Lily's journey underscores the transformative power of assertiveness, empathy, and forgiveness in disrupting entrenched patterns of toxic behaviour and fostering emotional growth and resilience.

“You pushed me,” I say through tears. (...) “You fell,” he says calmly. (p.232).

The exchange “You pushed me,” spoken through tears, followed by the calm response “You fell,” encapsulates the impact of narcissism on relationships. The protagonist's vulnerable admission of being pushed represents a moment of

emotional honesty and confrontation, exposing the power dynamics and manipulation inherent in the relationship. However, the perpetrator's dismissive and gaslighting response reflects classic traits of narcissistic behaviour, where accountability is deflected and blame is shifted onto the victim. This exchange highlights the distortion of reality and erosion of trust characteristic of narcissistic relationships, as well as the emotional toll inflicted on victims who are invalidated and undermined. Through this interaction, the dynamics of manipulation and control fuelled by narcissistic tendencies are starkly illuminated, underscoring the detrimental effects on the emotional well-being and agency of individuals within such relationships.

5.5 RYLE KINCAID - THE CHARISMATIC NARCISSIST:

Ryle Kincaid, a central character in *It Ends with Us* by Colleen Hoover, embodies the archetype of the charismatic narcissist. With his magnetic charm, undeniable charisma, and outward success, Ryle exudes an aura of confidence and self-assuredness that captivates those around him. However, beneath this facade lies a darker truth - Ryle's narcissistic tendencies, which significantly impact his relationships and interactions with others.

At first glance, Ryle appears to be the epitome of success - a talented neurosurgeon with a thriving career and charming demeanour. His confident demeanour and assertive presence draw people towards him, magnetizing both Lily Bloom, the protagonist, and readers alike. Yet, as the narrative unfolds, it becomes evident that Ryle's charm masks a deeper complexity - one characterized by a need for control, admiration, and validation.

Ryle's narcissistic traits manifest in various ways throughout the novel, most notably in his relationships with Lily and other characters. His need for control leads him to exhibit possessive behaviour, seeking to dominate and manipulate those around him to fulfil his own desires. This controlling nature often results in emotional manipulation and psychological harm, as Ryle's actions undermine the autonomy and agency of those closest to him.

Moreover, Ryle's narcissism is evident in his inability to empathize with the experiences and emotions of others. Despite his outward charm, Ryle lacks genuine

empathy and understanding, viewing relationships primarily as opportunities for self-gratification and validation. This lack of empathy contributes to the tumultuous nature of his relationship with Lily, as he struggles to connect with her on an emotional level and prioritize her needs and well-being.

5.6 ATLAS CORRIGAN - THE ENIGMATIC NARCISSIST:

Atlas Corrigan, a pivotal character in *It Ends with Us* by Colleen Hoover, embodies the enigmatic narcissist, whose presence casts a shadow of complexity and intrigue throughout the narrative. Atlas's character arc reveals layers of narcissistic traits intertwined with vulnerability, manipulation, and emotional detachment, contributing significantly to the dynamics of his relationships, particularly with Lily Bloom, the protagonist.

From the outset, Atlas captivates both Lily and readers with his mysterious allure and charismatic charm. His enigmatic persona, coupled with a tumultuous past and a history intertwined with Lily's, adds depth and complexity to his character. However, as the narrative unfolds, Atlas's narcissistic tendencies come to the forefront, shaping his interactions and leaving a profound impact on Lily's emotional journey.

One of Atlas's defining narcissistic traits is his self-absorption, which manifests in his preoccupation with his own desires, aspirations, and self-image. Throughout the novel, Atlas exhibits a sense of entitlement, expecting others to accommodate his needs and desires without regard for their own well-being. His selfish behaviour often creates tension and conflict within his relationships, as he prioritizes his own interests above those of others.

Additionally, Atlas's emotional detachment and manipulative tendencies contribute to his portrayal as an enigmatic narcissist. Despite his apparent charm and charisma, Atlas struggles to form genuine emotional connections with others, viewing relationships as opportunities for personal gain or validation. His manipulative behaviour, characterized by deceit and manipulation, further complicates his interactions with Lily and others, leading to mistrust and emotional turmoil.

5.7 LILY BLOOM - THE RESILIENT SURVIVOR:

Lily Bloom emerges as the resilient survivor amidst the tumultuous relationships and emotional turmoil depicted in *It Ends with Us* by Colleen Hoover. Her character embodies strength, vulnerability, and resilience as she navigates the complexities of love, trauma, and self-discovery throughout the narrative.

From the onset, Lily's resilience is evident in her determination to overcome the adversities she faces, particularly in her tumultuous relationship with Ryle Kincaid. Despite facing emotional manipulation and abuse, Lily refuses to succumb to victimhood, instead choosing to assert her boundaries and prioritize her emotional well-being. Her unwavering resolve to confront Ryle's narcissistic behaviour reflects her inner strength and determination to break free from toxic relationship dynamics.

Moreover, Lily's resilience is further demonstrated through her journey of self-reflection and growth. She confronts painful truths about her past and her own vulnerabilities, embarking on a path of self-discovery and healing. Through journaling, introspection, and therapy, Lily gains insight into the destructive patterns perpetuated by narcissism and learns to prioritize self-love and authenticity.

5.8 THE IMPACT OF NARCISSISM ON RELATIONSHIPS:

Building upon the character analysis, this section will examine the impact of narcissistic behaviour on interpersonal relationships in *It Ends with Us*. Drawing from narrative examples and thematic exploration, we will discuss how narcissism contributes to power imbalances, emotional manipulation, and psychological distress within romantic partnerships, familial dynamics, and friendships depicted in the novel.

5.8.1 Romantic Relationships: -

The romantic relationship between Lily Bloom and Ryle Kincaid serves as a focal point for examining the impact of narcissism on intimate connections. Ryle's charismatic yet manipulative demeanour creates a volatile dynamic characterized by power struggles and emotional turmoil. Lily's

attempts to navigate the relationship are fraught with uncertainty as she grapples with conflicting emotions of love and self-preservation.

5.8.2 Familial Relationships: -

One prominent familial relationship depicted in the novel is between Lily Bloom and her father, Atlas Corrigan. Atlas's enigmatic personality and self-absorbed nature create a strained dynamic characterized by emotional distance and unresolved conflicts. Lily's upbringing under Atlas's influence leaves a lasting imprint on her perceptions of love, trust, and self-worth. His inconsistent presence in her life and prioritization of his own desires contribute to Lily's struggles with abandonment and validation.

5.8.3 Friendships and Social Interactions: -

Throughout the narrative, characters engage in various social interactions that reflect the intricacies of friendship dynamics. Lily Bloom's interactions with her close friends, such as Allysa and Marshall, offer glimpses into the supportive network she relies on for emotional guidance and companionship. These friendships serve as a source of solace and strength for Lily as she grapples with the challenges in her personal life.

5.9 REFLECTION AND TRANSFORMATION:

In the concluding section, we will reflect on the key themes and insights gleaned from the comprehensive analysis of narcissism and self-reflection in *It Ends with Us* by Colleen Hoover. Drawing from the thematic exploration and theoretical frameworks discussed throughout the essay, we will offer final reflections on the complexities of human behaviour, the transformative power of self-awareness and growth, and the broader societal implications of narcissism in interpersonal relationships. Additionally, we will highlight the enduring relevance and resonance of the novel's themes in contemporary discourse on mental health, emotional well-being, and the pursuit of authentic relationships.

It Ends with Us by Colleen Hoover offers a profound exploration of the complexities of human relationships, trauma, and personal growth. Through the lens of narcissism and self-reflection, the novel invites readers to embark on a

transformative journey alongside its characters, confronting the intricacies of emotional abuse, resilience, and healing. Throughout the narrative, we witness characters like Lily Bloom navigating the tumultuous terrain of narcissistic relationships, grappling with the painful realities of manipulation, control, and emotional turmoil. Lily's journey of self-discovery and empowerment serves as a poignant reminder of the resilience of the human spirit and the capacity for growth and transformation, even in the face of adversity.

The novel challenges us to confront uncomfortable truths about the dynamics of power and control within relationships, urging us to prioritize authenticity, empathy, and self-respect in all our interactions. *It Ends with Us* leaves a lasting impact on readers, prompting deep introspection and reflection on the complexities of narcissism, trauma, and resilience. Through its compelling narrative and nuanced character development, the novel encourages us to examine our own relationships and behaviours, questioning the ways in which we navigate power dynamics, emotional vulnerability, and self-worth.

We are reminded of the importance of setting boundaries, asserting our autonomy, and prioritizing our emotional well-being in all aspects of our lives. The novel's portrayal of Lily's journey towards self-empowerment and healing serves as a powerful testament to the transformative power of self-awareness, forgiveness, and self-love. Moreover, *It Ends with Us* challenges us to challenge societal norms and cultural narratives that perpetuate toxic relationship dynamics and emotional abuse. It encourages us to foster a culture of empathy, accountability, and support, where survivors of narcissistic abuse are validated, believed, and empowered to seek help and healing.

"It stops here. With me and you. It ends with us." (p.361).

The statement "It stops here. With me and you. It ends with us" embodies a moment of reflection and transformation in *It Ends with Us*. In uttering these words, the protagonist acknowledges the need for change and takes a decisive stand against perpetuating harmful patterns. This declaration signifies a pivotal moment of self-awareness and accountability, where the protagonist recognizes the importance of breaking free from the cycle of abuse and dysfunction. By asserting that *It ends with us*, the protagonist not only confronts the past but also embraces the potential

for transformation and growth. This statement symbolizes a shift in perspective and a commitment to fostering healthier relationships and self-growth

CHAPTER VI

CONCLUSION

6.1 THE PROFOUND IMPLICATIONS:

This research project embarked on a comprehensive exploration of the psychoanalytic themes presented in Colleen Hoover's novel *It Ends with Us*. Through a meticulous analysis of Freudian concepts, defence mechanisms, coping mechanisms, and the interplay of Eros and Thanatos, the study aimed to unravel the underlying psychological intricacies within the narrative framework. The primary motive behind this project was to delve deeper into the characters' unconscious motivations, desires, and conflicts, shedding light on the complex emotional landscapes portrayed in the story.

Throughout the project, various topics were covered, including an overview of the novel's background information and Colleen Hoover's literary style, a detailed examination of psychoanalytic themes, a critical evaluation of existing research and its limitations, and a comprehensive methodology section outlining the research approach, data collection, and analysis methods employed.

The analysis revealed profound insights into the characters' psyche, uncovering the intricate interplay between conscious and unconscious responses to love, trauma, and identity. By applying psychoanalytic theory to character behaviours and relationships, the study offered a nuanced understanding of the underlying psychological tensions and conflicts that drive the storyline forward, enriching our comprehension of human psychology as depicted through literature.

The anticipated outcome of this project is to deepen and enrich the scholarly discourse on the psychological dimensions of literature, fostering interdisciplinary dialogue between literature and psychology. By offering fresh perspectives and novel insights into the intricate psychological dynamics depicted in the novel, the study

contributes to advancing our understanding of the complexities of human psychology and emotional experiences within the context of literature.

The primary objective of this project was to delve deep into the characters' psyche and unravel the underlying psychological intricacies that drive their behaviours and relationships. By analysing the characters' interactions through a psychoanalytic lens, insights into their unconscious motivations and conflicts were revealed. Lily Bloom's journey of self-reflection and personal growth, Ryle Kincaid's narcissistic tendencies, and Atlas Corrigan's enigmatic persona were scrutinized to discern the underlying psychological dynamics at play.

While the exploration of Freudian concepts, including the Id, Ego, and Superego, provided a foundational framework for understanding the characters' psyche, certain psychoanalytic themes, such as the Oedipus and Electra complexes, were deemed less applicable to the narrative. Instead, the focus shifted towards elucidating the characters' unconscious motivations and conflicts through a broader psychoanalytic lens, encompassing defence mechanisms, coping mechanisms, and the impact of past traumas on present-day behaviours.

The success of this research project lies in its ability to deepen our understanding of the psychological dimensions of *It Ends with Us* and its portrayal of human behaviour and relationships. By unravelling the characters' unconscious motivations and conflicts, the analysis offered novel insights into the complexities of human psychology as depicted in literature.

6.2 THE INTRICACIES OF THE PSYCHE:

Colleen Hoover's novel *It Ends with Us* intricately weaves Freudian concepts into its narrative fabric, offering readers a profound exploration of the human psyche. At the core of Freudian theory lie three fundamental components: the Id, Ego, and Superego. These elements form the structural framework of the psyche, influencing individuals' thoughts, behaviours, and emotions in complex ways.

The Id, according to Freud, represents the primitive, instinctual drives that operate on the pleasure principle, seeking immediate gratification of desires without regard for consequences. In *It Ends with Us* characters exhibit Id-driven behaviours

that reflect their primal urges and desires. For example, Ryle Kincaid's impulsive actions and emotional outbursts often stem from his Id-driven impulses, such as his need for control and dominance in his relationships with Lily Bloom.

Contrasting the Id is the Ego, which serves as the conscious mediator between the Id's impulses and the external world. Throughout the novel, characters navigate the tensions between their Id-driven impulses and the constraints imposed by reality. Lily Bloom, for instance, struggles to reconcile her desire for love and intimacy with the pragmatic realities of her relationships with Ryle and Atlas Corrigan.

Finally, the Superego represents the internalized moral standards and values instilled by society and authority figures, such as parents and cultural norms. It acts as the conscience, exerting moral judgments and standards of right and wrong on individuals' thoughts and behaviours. In *It Ends with Us* characters grapple with the conflicting demands of their Superego and Id, often experiencing inner turmoil as they navigate moral dilemmas and ethical considerations. Lily's internal struggle to reconcile her feelings for Ryle with her moral convictions regarding abuse exemplifies the interplay between the Superego and Id within the narrative.

Throughout the novel, characters employ defence mechanisms as adaptive strategies for coping with emotional conflicts and traumas. Lily's repression of painful memories related to her father's abusive behaviour, for example, allows her to maintain a semblance of normalcy in her daily life while shielding herself from overwhelming emotions.

6.3 COPING WITH EMOTIONAL DISTRESS:

In Colleen Hoover's novel *It Ends with Us* the exploration of Freudian concepts provides a compelling framework for understanding the intricacies of the characters' psyches. At the heart of Freudian theory lies a complex model of the human psyche, comprising the Id, Ego, and Superego, which interact to shape individual behaviour and emotional experiences.

The Id represents the primal, instinctual aspect of the psyche, operating on the pleasure principle and seeking immediate gratification of desires. In the novel,

characters like Ryle Kincaid exemplify the influence of the Id, as his impulsive actions and pursuit of pleasure often override rational considerations. Ryle's tendency to act on his impulses, particularly in moments of emotional distress or insecurity, underscores the power of the Id in driving behaviour.

Contrasting with the Id, the Ego operates on the reality principle, mediating between the demands of the Id, the constraints of reality, and the moral standards of the Superego. Characters such as Lily Bloom embody the Ego's function, as they navigate the complexities of their emotions and relationships while striving to maintain a sense of balance and rationality. Lily's internal conflicts and moral dilemmas reflect the Ego's struggle to reconcile instinctual desires with societal expectations and personal values.

The Superego, often referred to as the moral conscience, represents the internalized norms and values instilled by society and authority figures. In *It Ends with Us* characters like Atlas Corrigan grapple with the influence of the Superego, as they confront feelings of guilt, shame, and obligation stemming from societal expectations and familial dynamics. Atlas's internal conflicts and attempts to adhere to societal norms illustrate the Superego's role in regulating behaviour and moral judgment.

Moreover, Freudian theory posits the existence of unconscious drives and desires that influence conscious thoughts and behaviours. The concept of the unconscious, central to psychoanalytic theory, suggests that individuals are often unaware of the motives underlying their actions, leading to a discrepancy between conscious intentions and unconscious impulses. In the novel, characters' subconscious desires and unresolved conflicts manifest in dreams, slips of the tongue, and other forms of unconscious expression, offering insights into their innermost thoughts and fears.

6.4 NAVIGATING TRAUMA AND ADVERSITY:

One of the primary coping mechanisms depicted in the novel is avoidance. Characters often attempt to avoid confronting painful emotions or memories associated with past traumas, opting instead to distract themselves or suppress distressing thoughts. For example, Lily Bloom initially avoids addressing her

unresolved feelings towards her father, Atlas Corrigan, choosing instead to focus on building a new life for herself in Boston. However, avoidance ultimately proves to be a temporary solution, as unresolved issues continue to resurface, impacting Lily's emotional well-being and relationships.

Another coping mechanism portrayed in the novel is humour. Characters use humour as a defence mechanism to alleviate tension, diffuse conflict, and cope with distressing situations. Lily, in particular, employs humour as a coping strategy during moments of emotional turmoil, using wit and sarcasm to mask her vulnerability and deflect attention from uncomfortable topics. However, while humour may provide temporary relief, it often serves as a superficial barrier, preventing characters from fully addressing underlying issues and emotions.

Seeking social support is another common coping mechanism depicted in the novel. Characters turn to friends, family, or romantic partners for emotional validation, comfort, and guidance during times of crisis. Lily finds solace in her friendships with Alyssa and Marshall, who offer unconditional support and empathy, helping her navigate the complexities of her relationships with Ryle and Atlas. Social support serves as a vital source of emotional resilience, enabling characters to feel understood, accepted, and empowered in their struggles.

Engagement in meaningful activities or pursuits serves as another coping mechanism portrayed in the novel. Characters channel their energy and emotions into productive endeavours, such as work, hobbies, or creative outlets, as a means of distraction and self-expression. Lily immerses herself in her career as a florist, finding solace and purpose in the beauty of nature and the creative process. By focusing on her passion for floral design, Lily is able to temporarily escape from the challenges of her personal life and find moments of peace and fulfilment.

6.5 INSIGHTS:

The insights gained from applying psychoanalytic theory to the analysis of *It Ends with Us* have significant implications for scholarship in the fields of literature, psychology, and psychoanalytic literary criticism. This section explores the contributions of this research to existing scholarship and outlines potential avenues for future research.

6.5.1 Advancing Psychoanalytic Literary Criticism: -

By examining *It Ends with Us* through a psychoanalytic lens, this research contributes to the ongoing discourse in psychoanalytic literary criticism. The analysis offers a nuanced exploration of Freudian concepts such as the Id, Ego, Superego, defence mechanisms, and the Oedipus and Electra complexes as they manifest in literature. This contributes to a deeper understanding of how literary texts reflect and engage with the complexities of the human psyche, enriching our appreciation of literature as a vehicle for exploring unconscious desires, fears, and conflicts.

6.5.2 Bridging Literature and Psychology: -

This research bridges the gap between literature and psychology by demonstrating how literary texts can be analysed through a psychological lens. By applying psychoanalytic theory to the characters and themes in *It Ends with Us* this study highlights the symbiotic relationship between literature and psychology, illustrating how fictional narratives can offer valuable insights into the human condition. This interdisciplinary approach opens up new avenues for collaboration between scholars in literature and psychology, fostering a deeper appreciation for the ways in which literature reflects and shapes our understanding of psychology.

6.5.3 Enhancing Understanding of Human Relationships: -

The analysis of relationships in *It Ends with Us* offers valuable insights into the complexities of human relationships, particularly in the context of love, trauma, and resilience. By examining the characters' behaviours and interactions through a psychoanalytic lens, this research sheds light on the underlying dynamics that influence interpersonal relationships. This contributes to a deeper understanding of the intricacies of romantic relationships, family dynamics, and the impact of past traumas on present-day interactions. Such insights have implications for clinical psychology,

counselling, and relationship therapy, providing practitioners with a richer understanding of the psychological factors that shape human relationships.

6.5.4 Future Research Directions: -

Building on the findings of this research, there are several avenues for future research that could further contribute to our understanding of psychoanalytic themes in literature:

6.5.4.1 Comparative Analysis:

Conducting comparative analyses of *It Ends with Us* with other literary works that explore similar themes could provide further insights into the universality of psychoanalytic concepts in literature.

6.5.4.2 Reader Response Studies:

Investigating reader responses to *It Ends with Us* from a psychoanalytic perspective could offer valuable insights into how readers' own unconscious desires and fears shape their interpretation of the text.

6.5.4.3 Gender Studies:

Exploring the gender dynamics in *It Ends with Us* through a psychoanalytic lens could provide insights into how gender influences the manifestation of Freudian concepts in literature.

6.5.4.4 Trauma Studies:

Examining the portrayal of trauma and its effects on the characters' psyches in *It Ends with Us* could contribute to the growing body of research on trauma literature and its psychological implications.

6.5.4.5 Authorial Intent:

Investigating Colleen Hoover's intentions in portraying psychoanalytic themes in *It Ends with Us* could offer insights into the author's own engagement with psychology and literature.

6.5.5 Implications for Literary Analysis:

The application of psychoanalytic theory to *It Ends with Us* offers a rich and nuanced understanding of the novel's themes and characters. By delving into the subconscious motivations and conflicts of the characters, readers gain deeper insights into the complexities of human behaviour and relationships portrayed in the narrative. This approach enriches the literary analysis of the novel, highlighting the depth and psychological realism embedded within its pages.

6.5.6 Practical Applications: -

Beyond academic discourse, the insights gleaned from this research have practical implications for various fields, including psychology, counselling, and literature education. Professionals in these fields can draw upon the findings to inform their work with individuals grappling with issues related to trauma, relationships, and personal growth. By recognizing the influence of unconscious processes on human behaviour, practitioners can tailor interventions and therapeutic approaches to better meet the needs of their clients, fostering healing and resilience.

6.5.7 Educational Significance: -

Educators and students of literature can benefit from the psychoanalytic analysis of *It Ends with Us* as a valuable tool for literary interpretation and critical thinking. By engaging with the novel through a psychoanalytic lens, students can deepen their understanding of the characters' motivations, conflicts, and emotional journeys, enhancing their appreciation of the text and its broader thematic implications. This approach encourages readers to explore literature from multiple perspectives, fostering

empathy, intellectual curiosity, and a deeper appreciation for the complexities of human experience.

6.5.8 Ethical Considerations: -

It is essential to acknowledge the ethical considerations inherent in applying psychoanalytic theory to literary analysis, particularly concerning the portrayal of sensitive topics such as trauma, abuse, and mental health. Researchers must approach these subjects with sensitivity and respect for the lived experiences of individuals who may have similar backgrounds or struggles. Additionally, it is crucial to recognize the limitations of psychoanalytic theory and its potential for subjective interpretation, emphasizing the need for interdisciplinary dialogue and critical reflection in scholarly inquiry.

6.6 FINAL REFLECTIONS:

In the realm of literary analysis, the application of psychoanalytic theory to Colleen Hoover's *It Ends with Us* serves as a lens through which the intricacies of human behaviour and relationships are brought to light. By delving into the subconscious motivations and conflicts of the characters, readers gain deeper insights into the complexities inherent in the narrative. The exploration of Freudian concepts, defence mechanisms, coping strategies, and the interplay of psychological forces enriches our understanding of the characters' psyches and the underlying dynamics that drive the storyline forward.

Beyond the realm of literature, the insights gleaned from this research have practical implications for various fields, including psychology, counselling, and literature education. Professionals in these fields can draw upon the findings to inform their work with individuals grappling with issues such as trauma, relationships, and Identity. By recognizing the influence of unconscious processes on human behaviour, practitioners can tailor interventions and therapeutic approaches to better meet the needs of their clients, fostering healing and growth.

However, it is crucial to acknowledge the ethical considerations inherent in applying psychoanalytic theory to literary analysis, particularly concerning the portrayal of sensitive topics such as trauma, abuse, and mental health. Researchers must approach these subjects with sensitivity and respect for the lived experiences of individuals who may have similar backgrounds or struggles. Additionally, it is essential to recognize the limitations of psychoanalytic theory and its potential for subjective interpretation, emphasizing the need for interdisciplinary dialogue and critical reflection in scholarly inquiry.

The application of psychoanalytic theory to *It Ends with Us* offers a multifaceted exploration of human behaviour and relationships that extends beyond the boundaries of traditional literary analysis. By examining the novel through a psychological lens, researchers gain valuable insights into the complexities of the human psyche, the enduring impact of trauma, and the transformative power of self-reflection and resilience. These insights have far-reaching implications for scholarship, practice, and education, enriching our understanding of literature as a reflection of the human experience and inviting further exploration into the intersection of psychology and storytelling. As we continue to unravel the mysteries of the human mind through literature, may we remain committed to ethical inquiry, compassionate understanding, and the pursuit of knowledge that enriches both heart and intellect.

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