Journal Of the Iraqia University (77-1) 30 September (2026)

ISSN(Print): 1813-4521 OnLine ISSN:2663-7502
Journal Of the Iraqia University
available online at
https://iasj.rdd.edu.iq/journals/journal/view/247

Breaking the Chain of Familial Bullying: A Psychoanalytic Reading of Gail Honeyman's Eleanor Oliphant Is Completely Fine

Researcher: Aseel Marzouq Abbas
Supervised by Asst. Prof. Dr. Rudaina Abdulrazzaq M. Saeed
College of Education for Women - Tikrit University, Tikrit, Iraq
aseel.abbas389@st.tu.edu.iq

كسر سلسلة التنمّر العائلي :قراءة نفسية تحليلية في رواية غِيل هونيمان إليانور أوليفانت بخير تمامًا

أسيل مرزوق عباس
بإشراف :أ .م .د .ردينة عبد الرزاق محمد سعيد
كلية التربية للبنات - جامعة تكريت، تكريت، العراق

Abstract

This paper examines Gail Honeyman's *Eleanor Oliphant Is Completely Fine* as a psychoanalytic representation of familial bullying and the possibility of breaking its destructive chain. It argues that the novel does not present Eleanor's suffering as an isolated personal trauma, but as part of a repeated pattern of psychological and emotional harm within the family. The mother's verbal aggression, emotional domination, rejection, and destructive violence against Eleanor and Marianne are read as forms of familial bullying that move across family relations and leave deep effects on Eleanor's adult identity. Through the lens of psychoanalysis, this paper seeks to answer three main questions: How does the novel represent familial bullying as a repeated pattern of psychological and emotional harm within the family? What forms of pain and aggression move from one family relation to another, especially through the mother's treatment of Eleanor and Marianne? In what way does Eleanor become a point of interruption in the chain of familial bullying? The paper focuses on characterization, memory, silence, narrative voice, and repeated family patterns in order to show how the novel presents familial bullying not only as a source of trauma, shame, isolation, and emotional injury, but also as a pattern that can be recognized, resisted, and finally interrupted. Eleanor's significance lies in the fact that she carries the wound of familial bullying without reproducing it, becoming the point at which the chain of inherited harm begins to break.**Keywords**: familial bullying, psychoanalysis, Eleanor Oliphant Is Completely Fine, Gail Honeyman, psychological harm, family trauma, breaking the chain.

الملخص

يتناول هذا البحث رواية غِيل هونيمان إليانور أوليفانت بخير تمامًا بوصفها تمثيلًا نفسيًا تحليليًا للتنمّر العائلي وإمكانية كسر سلسلته المدمّرة . ويذهب البحث إلى أن الرواية لا تقدّم معاناة إليانور بوصفها صدمة شخصية معزولة، بل بوصفها جزءًا من نمط متكرر من الأذى النفسي والعاطفي داخل الأسرة .وتُقرأ عدوانية الأم اللفظية، وهيمنتها العاطفية، ورفضها، وعنفها التدميري تجاه إليانور وماريان بوصفها أشكالًا من التنمّر العائلي الذي ينتقل عبر العلاقات الأسرية ويترك آثارًا عميقة في هوية إليانور البالغة .ومن خلال عدسة التحليل النفسي، يسعى هذا البحث إلى الإجابة عن ثلاثة أسئلة رئيسة :كيف تمثّل الرواية التنمّر العائلي بوصفه نمطًا متكررًا من الأذى النفسي والعاطفي داخل الأسرة؟ ما أشكال الألم والعدوان التي تنتقل من علاقة أسرية إلى أخرى، ولا سيما من خلال معاملة الأم لإليانور وماريان؟ وبأي طريقة تصبح إليانور نقطة انقطاع في سلسلة التنمّر العائلي؟ يركّز البحث على بناء الشخصية، والذاكرة، والصمت، والصوت السردي، والأنماط الأسرية المتكررة، من أجل إظهار كيف تقدّم الرواية التنمّر العائلي لا بوصفه مصدرًا للصدمة، والخجل، والعزلة، والأذى العاطفي فحسب، بل بوصفه نمطًا يمكن التعرف إليه، ومقاومته، وقطعه في النهاية .وتكمن أهمية إليانور في أنها تحمل جرح التنمّر العائلي من دون أن تعيد إنتاجه، لتصبح النقطة التي تبدأ عندها سلسلة الأذى الموروث

بالانكسار .**الكلمات المفتاحية** :التنمّر العائلي، التحليل النفسي، إليانور أوليفانت بخير تمامًا، غِيل هونيمان، الأذى النفسي، الصدمة الأسرية، كسر السلسلة.

Introduction

Bullying is one of the most harmful forms of repeated aggression because it is not based on a single accidental act, but on a continuous pattern of humiliation, domination, and psychological injury. It usually involves an imbalance of power between the aggressor and the victim, making the victim less able to defend themselves (Olweus, 1993, 2010). Although bullying is often treated as a social problem that belongs mainly to schools or peer groups, its effects are not limited to the immediate moment of attack. Repeated bullying may damage the victim's sense of self, weaken emotional security, increase fear and shame, and produce long-term psychological consequences such as anxiety, depression, isolation, and low self-worth (Holt, 2013; Idsoe et al., 2021). For this reason, bullying should not be understood as ordinary conflict or temporary cruelty, but as a repeated structure of harm that may leave deep traces on the victim's inner life.Bullying may appear in different forms. It can be physical, as in hitting, pushing, or direct bodily aggression; verbal, as in insults, mockery, threats, and humiliating names; psychological or emotional, as in rejection, intimidation, manipulation, and control; relational, as in exclusion and social isolation; and electronic, as in cyberbullying through digital platforms (Olweus, 2010; Hwang, 2025). These forms may differ in appearance, but they share the same basic logic: a more powerful person or group uses that power to weaken, silence, or degrade someone more vulnerable. Among these forms, familial bullying may be considered one of the most painful and destructive because it occurs within the very space that should provide safety, love, and protection. When bullying comes from a parent or a close family member, the victim is not only harmed by aggression, but also by the betrayal of attachment and trust. The child is emotionally dependent on the same person who becomes the source of fear, shame, and injury (Glaser, 2002; Holt, 2013).Familial bullying is therefore especially complex because it is often hidden behind the language of discipline, parental authority, family privacy, or emotional obligation. Unlike bullying in public spaces, it may remain invisible to outsiders, and the child may not have the language or power to name it as abuse. A cruel word inside the family may be presented as advice; humiliation may be justified as correction; emotional control may be described as care. Yet the repeated exposure to rejection, mockery, verbal aggression, and emotional domination can deeply shape the child's developing self. In psychoanalytic terms, the family is not only a social environment, but also the first psychological world in which the child forms identity, security, and self-worth (Freud, 1909/1959; Mitchell, 1993). When this world becomes threatening, the wound is not external only; it becomes part of the child's inner structure.Gail Honeyman's *Eleanor Oliphant Is Completely Fine* offers a strong literary representation of familial bullying and its long-lasting psychological effects. Published in 2017, the novel is Honeyman's debut work and has received wide critical and popular recognition. It won the Costa First Novel Award and the British Book Awards Book of the Year (Dublin Literary Award, n.d.). The novel's importance lies in its sensitive representation of loneliness, childhood trauma, emotional injury, and the difficult movement toward recovery. Through Eleanor's voice, the novel presents the adult life of the protagonist Eleanor that is controlled and ordinary on the surface, while it is in fact shaped by deep wounds rooted in the family.The novel tells the story of Eleanor Oliphant, a socially isolated woman who works in an office in Glasgow and lives according to strict routines. She avoids close relationships, spends her weekends alone, and always claims that she is "completely fine" (Honeyman, 2017). However, throughout the narrative, the reader gradually realizes that Eleanor's present isolation is connected to a traumatic childhood marked by maternal cruelty, emotional mistreatment, verbal humiliation, and violent injury. Her mother, repeatedly referred to as "Mummy," remains a powerful psychological presence in Eleanor's life even after physical separation. Eleanor's memories, silences, and imagined phone calls with her mother reveal that familial bullying continues to shape her adult self-perception, relationships, and emotional life; it has not ended with childhood.The plot gradually reveals that Eleanor and her younger sister Marianne were victims of a destructive family environment. Their mother's cruelty is not limited to ordinary harshness; it includes emotional domination, verbal aggression, rejection, and finally an act of extreme violence that leads to Marianne's death and leaves Eleanor as the survivor. The father's role, though less directly present in the novel, forms part of the background of familial injury, especially in relation to the mother's damaged personality and violent behavior. For this reason, the novel may be read as representing familial bullying as a chain of psychic harm inside the family. Pain moves from one family relation to another until it reaches Eleanor, who carries its effects but gradually begins to resist and interrupt its repetition.

This paper analyzes *Eleanor Oliphant Is Completely Fine* in light of the idea of breaking the chain of familial bullying. It focuses on how harm is repeated within the family and how Eleanor eventually becomes the point at which this repetition begins to stop. The analysis is guided by the following questions:

1. How does the novel represent familial bullying as a repeated pattern of psychological and emotional harm within the family?
2. What forms of pain and aggression move from one family relation to another, especially through the mother's treatment of Eleanor and Marianne?
3. In what way does Eleanor become a point of interruption in the chain of familial bullying?

Methodologically, this paper adopts a qualitative approach based on close textual analysis. It examines characterization, dialogue, memory, silence, narrative voice, and repeated family patterns in the novel. The central aim of the paper is to show that the novel does not only represent the damage caused by familial bullying, but also imagines the possibility of breaking its chain through recognition, speech, and the refusal to repeat inherited harm.

Theoretical Framework

This study deals with psychoanalytic theory, particularly the concept of identification with the aggressor. Psychoanalysis treats familial bullying as a psychic process that may be absorbed, repeated, and redirected within family relations. In *Eleanor Oliphant Is Completely Fine*, the mother's cruelty toward Eleanor and Marianne is not read merely as isolated maternal violence. Rather, it is examined as part of a destructive psychic chain in which a wounded subject may adopt the position of the aggressor and transfer harm onto more vulnerable family members.The concept of identification with the aggressor is commonly associated with Anna Freud's *The Ego and the Mechanisms of Defence*. Anna Freud (1936/1993) explains that the ego may defend itself against fear by identifying with the source of threat. In this process, the threatened subject unconsciously adopts certain features, attitudes, or behaviors of the aggressor in order to reduce helplessness and anxiety. Instead of remaining only in the position of the victim, the subject may take on the role, language, or power of the one who caused fear. This mechanism is adopted in situations where the victim cannot escape the source of danger or openly resist it.Although Anna Freud gave the concept its clear psychoanalytic formulation, the idea is also connected to Sándor Ferenczi's earlier discussion of traumatic relations between adults and children. Ferenczi (1933/1949) suggests that under traumatic pressure, the child may submit to the will of the threatening adult and internalize the aggressor's authority. This view shows that identification with the aggressor is not simply imitation; it is a defensive response to fear, dependency, and powerlessness. The victim may adopt the aggressor's position not because the aggression is desired, but because identification seems to offer a temporary form of psychic survival.In familial contexts, identification with the aggressor becomes particularly destructive. The family is supposed to be the child's first space of safety and emotional recognition, yet it may also become the place where domination and humiliation are learned. When a family member who has been wounded by earlier harm does not process or resist that harm, he or she may unconsciously repeat the aggressor's logic. This means that the victim of one relation may become the aggressor in another. The mechanism does not excuse abusive behavior, but it helps explain how violence may move within the family: the injured subject may protect the self from helplessness by occupying the position of power and directing aggression toward a weaker member.Therefore, the mother can be understood as a figure who adopts and transfers aggression. Mummy's cruelty toward her daughters, Eleanor and Marianne, may be read as more than personal harshness. It is part of a psychic pattern in which pain is transformed into domination, rejection, verbal humiliation, and emotional destruction. The mother does not merely suffer from a damaged history; she turns that damage outward and repeats it against her daughters. Thus, familial bullying becomes a chain in which harm is received, absorbed, and then redirected into others.In addition, Freud's idea of repetition compulsion suggests that unresolved psychic pain may return through repeated actions and relational patterns rather than through direct conscious memory (Freud, 1920/1961). Thus, repetition helps explain why unprocessed harm may appear again in new relations. What has not been understood, mourned, or worked through may be acted out upon another person. Therefore, the mother's aggression moves toward the next vulnerable person, the sisters, Eleanor and Marianne.However, the aim of this study is to show how aggression is repeated and how the chain can be interrupted. Eleanor is deeply affected by familial bullying, but she does not identify with the aggressor in the same destructive way. Although she carries fear, humiliation, isolation, and emotional difficulty, she does not transform her wound into violence against others. Her gradual movement toward memory, recognition, speech, and emotional connection shows a different response to inherited harm. Instead of becoming another aggressor,

Eleanor becomes the point at which the chain begins to break.Thus, the theoretical framework of this paper depends mainly on identification with the aggressor, with repetition serving as a supporting concept. These concepts help explain both sides of the novel's familial pattern: the mother's movement from wounded subject to aggressor, and Eleanor's refusal to continue that movement. Through this psychoanalytic lens, *Eleanor Oliphant Is Completely Fine* can be read as a narrative of familial bullying, inherited aggression, and the possibility of breaking the chain.

Discussion

In *Eleanor Oliphant Is Completely Fine*, familial bullying is represented as a repeated pattern of psychological and emotional harm that begins inside the family and continues to shape Eleanor's adult life. The novel presents Eleanor's suffering as the result of a long chain of fear, humiliation, rejection, and emotional domination. From the beginning, Eleanor appears to live an orderly and controlled life, but this order gradually proves to be a defensive surface covering a deeply wounded self. Her repeated insistence that she is "completely fine" reveals the gap between what she says and what her psychic life actually carries. Putranti (2023) similarly argues that Eleanor's adult behavior is shaped by childhood trauma and by defense mechanisms that help her remain functional while concealing unresolved pain. However, these defenses are signs of a self that is formed by repeated familial bullying.The first movement in this chain of harm appears through the family background that precedes Eleanor's own suffering. The father is not a visibly active character in the novel, yet his absence is not neutral. He appears as the earliest trace of violation within the family story. Eleanor says: "I don't know his name and I never met him" (Honeyman, 2017, p. 237). This statement marks the father as an unknown source of origin. More importantly, the mother describes Eleanor's conception as "a compulsory donation, " adding, "I had no choice in the matter" (Honeyman, 2017, p. 30). These lines suggest that the mother's own history is marked by coercion and sexual violence. The family, therefore, is not founded on love, safety, or mutual recognition, but on an earlier wound that enters the domestic structure before Eleanor is born.This background complicates the mother's later cruelty without excusing it. Psychoanalytically, the mother's violence toward her daughters is interpreted through the mechanism of identification with the aggressor. Anna Freud (1936/1993) explains that the ego may identify with a feared aggressor as a way of managing fear and helplessness, especially where the victim is powerless before a threatening authority. In the novel, the mother appears as a subject who has been damaged by earlier violence, but she does not transform this damage into protection or empathy for her daughters. Instead, she occupies the position of power and turns her injury outward. She becomes both wounded and wounding. In this way, familial bullying is represented as a chain: pain is received, absorbed, reshaped, and then transferred to more vulnerable family members.The mother's cruelty toward Eleanor and Marianne reveals how familial bullying operates through several forms of aggression. It is verbal, emotional, psychological, and finally physical. Eleanor recalls that her mother attacked her identity from early childhood, calling her "ugly, freakish, vile" even before the visible scars appeared (Honeyman, 2017, p. 29). These words show that the mother's bullying is directed at Eleanor's being. The child is not corrected but degraded. This is why the mother's verbal aggression becomes psychologically destructive: it teaches Eleanor to see herself through contempt. Pratiwi's (2023) discussion of betrayal trauma shows that Eleanor's wound comes from the mother, the figure who should have provided safety, love, and protection. The injury is therefore not only aggressive but also betraying; it comes from inside the attachment bond.The mother's bullying also appears as emotional domination. Eleanor remembers that her mother insisted on standards of "proper" behavior and used "quite direct methods" of correction when the girls failed to satisfy her expectations (Honeyman, 2017, p. 238). Such language suggests a household governed by fear and control rather than care. The mother's authority does not guide the children toward confidence; it trains them to anticipate punishment. This supports Glaser's (2002) view that emotional abuse may occur through rejection, humiliation, intimidation, and the repeated failure to provide emotional responsiveness. In the novel, the home becomes the opposite of a protective space. It becomes a place where the daughters are exposed to repeated fear and where the mother's damaged authority becomes the organizing force of family life.The most extreme form of the mother's aggression is the fire. Eleanor eventually states the truth with painful clarity: "Mummy set a fire. She wanted to kill us both" (Honeyman, 2017, p. 275). This moment reveals that the mother's violence is not limited to harsh words or emotional domination; it becomes an attempt to destroy the daughters physically. The fire is therefore the final expression of a domestic structure already shaped by cruelty. It is not separate from the earlier verbal and emotional bullying; rather, it is the catastrophic end of the same pattern. Marianne's death also shows that the mother's violence is not directed at Eleanor alone. When Eleanor later calls Marianne

"my missing piece, my absent friend" (Honeyman, 2017, p. 265), the phrase reveals that the wound is shared, relational, and permanently tied to loss. Familial bullying in the novel therefore destroys not only Eleanor's self-worth, but also her sisterly bond, her sense of home, and her ability to feel safe in the world.Although Marianne dies in the fire, Eleanor survives physically; yet the novel shows that survival does not mean freedom from harm. The mother continues to live inside Eleanor's adult psychic world. One of the clearest signs of this is Eleanor's imagined weekly contact with her mother: "I usually (well, always) talk to Mummy on a Wednesday evening for fifteen minutes or so" (Honeyman, 2017, p. 10). At first, this routine may appear strange but stable. Later, however, it becomes a sign that Eleanor has not truly separated from the abusive maternal presence. Ntoy et al. (2024) observe that Eleanor still hallucinates conversations with her mother, which shows the continuing power of the past in her present life. In the present reading, these imagined calls are also evidence that familial bullying has become internalized. The mother is absent as a physical person, but she remains active as an inner authority.Eleanor herself begins to recognize this continuing power when she admits, "Mummy's still in my life, even after all this time. That worries me. She's a bad influence, a very bad influence" (Honeyman, 2017, p. 274). This line is crucial because Eleanor starts to understand that the mother's violence has not ended with childhood or death. The mother's voice continues to shape Eleanor's thoughts, self-image, and relation to reality. Putranti (2023) reads Eleanor's adult life through denial and repression. The imagined calls are part of this defensive structure that allows Eleanor to continue functioning while avoiding full confrontation with the truth. However, the same calls also show the cost of that defense: Eleanor remains psychically tied to the maternal aggressor.The chain of familial bullying therefore reaches Eleanor in two ways. First, it reaches her through direct childhood harm: verbal humiliation, emotional domination, fear, and violence. Second, it reaches her through the afterlife of that harm: isolation, shame, hallucinated conversations, emotional numbness, and the inability to trust others easily. Pandit (2024) argues that the novel links trauma, narration, and healing by showing how Eleanor must gradually recover a story that has remained buried. This is strongly visible in the therapy scenes. After one session, Eleanor says, "I was safe here, I'd talk more about my sister soon" (Honeyman, 2017, p. 266). The word "safe" marks a sharp contrast with the family home. Safety, which should have been the condition of childhood, becomes something Eleanor discovers only later in a therapeutic space.The therapeutic process allows the buried wound to enter language. When Dr. Temple asks Eleanor to imagine her mother in the empty chair, Eleanor says, "Mummy... please. Please don't hurt us" (Honeyman, 2017, p. 227). The plural pronoun "us" reveals that Eleanor is not speaking only for herself; she is also speaking for Marianne. This moment gathers the main elements of the chain: the abusive mother, the terrified daughters, the long silence, and the first attempt to speak the truth. Pandit's (2024) emphasis on healing through narration shows that Eleanor's recovery does not begin with forgetting, but with the ability to say what had been unsayable. Speech becomes the first movement against the silence imposed by familial bullying.Eleanor begins to break the chain when she stops carrying the mother's moral logic as her own. The decisive moment comes when she says, "She's just bad. She's the bad one. I'm not bad and it's not my fault. I didn't make her bad" (Honeyman, 2017, p. 275). This statement is central to the argument of this paper. For years, Eleanor has lived as though the mother's violence reflected something shameful about herself. Here, she returns blame to its source. The daughter no longer accepts the mother's cruelty as proof of her own badness. In psychoanalytic terms, this is a moment of separation from the aggressor's voice. Eleanor does not deny the wound, but she refuses to let the wound define her identity.This is also where Eleanor differs from the mother. The mother appears to respond to her own injury by occupying the position of the aggressor and redirecting pain toward her daughters. Eleanor, by contrast, carries severe injury but does not reproduce it as cruelty toward another vulnerable person. This distinction is essential to the idea of breaking the chain. Eleanor's suffering is real: she is isolated, ashamed, fearful, and emotionally restricted. Yet she does not turn her pain into domination. She does not become another version of the mother. This refusal is what makes her a point of interruption in the chain of familial bullying. The novel does not suggest that trauma disappears, but it does suggest that inherited harm does not have to be repeated.The final separation from the mother confirms this interruption. Eleanor says, "Good-bye, Mummy... I wasn't sad. I was sure" (Honeyman, 2017, p. 290). This line does not mean that all pain has gone. Rather, it marks the weakening of the psychic bond that kept the mother alive as an inner authority. Eleanor's certainty matters because it shows that she is no longer governed by the mother's destructive logic. The farewell is not only emotional; it is structural. It stops the mother's voice from continuing to organize Eleanor's life. The chain reaches Eleanor, but it does not continue through her in the same way.

This interruption is supported by new relationships that do not repeat the violence of the family. Raymond and Dr. Temple offer Eleanor forms of connection that are not based on humiliation or control. Ntoy et al. (2024) argue that social support plays a central role in Eleanor's transformation, especially through emotional, informational, and practical support. In the present reading, such support is also important because it provides Eleanor with relational alternatives to familial bullying. Raymond's kindness and Dr. Temple's therapeutic listening show Eleanor that closeness does not have to mean danger. These relationships help weaken the old family pattern because they introduce voices that do not insult, dominate, or punish her.Thus, Honeyman's novel represents familial bullying as a chain of psychic harm, but it also produces the possibility of breaking that chain. The harm begins before Eleanor, appears through the mother's damaged and damaging subjectivity, and reaches Eleanor and Marianne through verbal, emotional, psychological, and physical violence. Yet Eleanor's movement toward recognition, speech, and relational safety interrupts the inherited pattern. She remains marked by familial bullying, but she does not become its new agent. In this sense, *Eleanor Oliphant Is Completely Fine* is a psychoanalytic narrative of interruption, in which the wounded child gradually refuses to become another link in the chain of harm.

Conclusion

This paper has examined Gail Honeyman's *Eleanor Oliphant Is Completely Fine* as a psychoanalytic representation of familial bullying and the possibility of breaking its destructive chain. The analysis has shown that Eleanor's suffering is not the result of a single traumatic event only, but the outcome of a repeated pattern of psychological, emotional, verbal, and physical harm rooted in the family. The novel presents the home not as a stable place of safety, but as a wounded space where fear, rejection, domination, and humiliation shape the child's earliest sense of self. In this way, familial bullying appears as one of the most painful forms of harm because it comes from within the very structure that should offer care and protection.Through the concept of identification with the aggressor, the paper has argued that the mother's cruelty toward Eleanor and Marianne can be read as part of a psychic chain in which injury is absorbed and then redirected toward more vulnerable family members. The mother is not presented simply as a flat image of evil, nor is her violence excused. Rather, the novel allows her to be read as both wounded and wounding: a damaged subject who turns her own unresolved pain into domination, rejection, verbal aggression, and destructive violence against her daughters. This movement from injury to aggression is what makes familial bullying in the novel appear as a chain rather than an isolated act.The analysis has also shown that this chain reaches Eleanor deeply. Her adult isolation, rigid routines, shame, emotional detachment, and imagined conversations with her mother reveal that the bullying has not ended with childhood. The mother's voice continues to live inside Eleanor's psychic world, shaping her self-perception and keeping her tied to the past. Yet the novel's power lies in the fact that Eleanor does not remain imprisoned within this pattern forever. Through therapy, memory, friendship, and the gradual recovery of speech, she begins to name what happened to her and to return blame to its proper source.Eleanor's importance, therefore, lies in her refusal to reproduce the harm that she has inherited from Mummy. Unlike her mother, she does not transform her wound into cruelty toward another vulnerable person. She carries pain, but she does not pass it on. Her farewell to Mummy marks a quiet but decisive moment of separation from the destructive maternal authority that has governed her life for years. The chain of familial bullying reaches Eleanor, but it begins to break with her.Thus, *Eleanor Oliphant Is Completely Fine* is not only a novel about trauma, loneliness, and recovery. It is also a narrative about interruption: the possibility that inherited harm can be recognized, spoken, resisted, and stopped. The novel suggests that the wounded child may remain marked by the past, but she is not condemned to repeat it. In Eleanor's movement from silence to recognition, and from psychic captivity to a fragile but real freedom, the novel offers a deeply human vision of survival: healing does not mean that the wound disappears completely; it means that the wounded self no longer allows the wound to become another source of harm.

References

Dublin Literary Award. (n.d.). *Eleanor Oliphant is completely fine*. https://dublinliteraryaward.ie/the-library/books/eleanor-oliphant-is-completely-fine/

Ferenczi, S. (1949). Confusion of the tongues between the adults and the child: The language of tenderness and of passion. *International Journal of Psychoanalysis*, 30, 225-230. (Original work published 1933)

Freud, A. (1993). The ego and the mechanisms of defence (C. Baines, Trans.). Karnac Books. (Original work published 1936)

Freud, S. (1959). *Analysis of a phobia in a five-year-old boy*. In J. Strachey (Ed. & Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 10, pp. 5-147). Hogarth Press. (Original work published 1909)

Freud, S. (1961). *Beyond the pleasure principle* (J. Strachey, Trans.). W. W. Norton. (Original work published 1920)

Glaser, D. (2002). Emotional abuse and neglect (psychological maltreatment): A conceptual framework. *Child Abuse & Neglect*, 26(6-7), 697-714. https://doi.org/10.1016/S0145-2134(02)00342-3

Holt, M. K. (2013). Bullying in schools and its relation to parenting and family life. *Family Matters*, 92, 61-66.

Honeyman, G. (2017). *Eleanor Oliphant is completely fine*. HarperCollins.

Hwang, J. (2025). School bullying and mental health among adolescents. *Translational Pediatrics*, 14(4), 512-516. https://doi.org/10.21037/tp-2025-02

Idsoe, T., Vaillancourt, T., Dyregrov, A., Hagen, K. A., Ogden, T., & Nærde, A. (2021). Bullying victimization and trauma. *Frontiers in Psychiatry*, 11, Article 480353. https://doi.org/10.3389/fpsyt.2020.480353

Mitchell, S. A. (1993). *Hope and dread in psychoanalysis*. Basic Books.

Ntoy, K. A., Maru, M. G., & Husain, S. W. J. (2024). The role of social support in character transformation: A study of Gail Honeyman's *Eleanor Oliphant is completely fine*. *SoCul: International Journal of Research in Social Cultural Issues*, 4(5), 331-354.

Olweus, D. (1993). *Bullying at school: What we know and what we can do*. Blackwell.

Olweus, D. (2010). Understanding and researching bullying: Some critical issues. In S. R. Jimerson, S. M. Swearer, & D. L. Espelage (Eds.), *Handbook of bullying in schools: An international perspective* (pp. 9-33). Routledge.

Pandit, B. (2024). Trauma, narrative medicine, and healing: A literary analysis of *Eleanor Oliphant is completely fine*. *International Journal of Indian Psychology*, 12(4), 2357-2368. https://doi.org/10.25215/1204.226

Pratiwi, A. N. (2023). Betrayal trauma of Eleanor in Honeyman's *Eleanor Oliphant is completely fine* [Undergraduate thesis, Universitas Islam Negeri Maulana Malik Ibrahim].

Putranti, F. A. E. (2023). Defense mechanism against childhood trauma of the main character in Gail Honeyman's novel *Eleanor Oliphant is completely fine* [Master's thesis, Universitas Gadjah Mada].