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Manifestation of Mental Illness: A Psychological Study in "The Silent Patient" by Alex Michelides

Qasid Abbas

Lecturer, Languages and Cultural Studies, University of Baltistan, Skardu Pakistan.

Irshad Hussain

Lecturer, Languages and Cultural Studies, University of Baltistan, Skardu Pakistan.

Altaf Hussain (Corresponding author)

Lecturer, Languages and Cultural Studies, University of Baltistan, Skardu Pakistan.

altaf.uobs@gmail.com

Shahid Hussain

Lecturer, Languages and Cultural Studies, University of Baltistan, Skardu Pakistan.

Abstract

This study "Manifestation of Mental Illness: A Psychological Study in "The Silent Patient" by Alex Michaelides" unfolds the unconscious motives of violence, and it discusses the domestic and psychological violence. The theory of Feminism and Psychoanalysis have been used as theoretical framework. In particular, the research applies the theoretical concepts of Sigmund Freud and Jacques Lacan. The primary source is The Silent Patient by Alex Michelides. Critical articles, reviews, and books are used from print and electronic media as secondary sources. For the purpose of analysis, qualitative research method is used, and inferences are drawn by close scrutiny of the relevant passages, paragraphs or sections of the primary source. The paper unfolds the unknown and mysterious aspects of human mind in different situations presented in the novel including; the human desire for escape, deception and it's results in human relationships specially in love-relationships, Love and it's camouflage, the death and it's after affects, the rival between good and evil, self-preservation as a tactic to be unanswerable or unaccountable, mental disorders and the realities behind them, mythological references and it's interpretations, psychological representations of repressed desires, the veiled lies and truths of a human mind. The study unveils the effects and damages of the psychologically suppressed people on individuals and society, the people who look normal may act abnormal under the influence of their unconscious motives.

Key Words: Silence, Psychoanalysis, Feminism, violence.

Introduction

This paper mainly aims at highlighting the veiled psychological aspect of human mind that are unpredictable and mostly unrecognizable. Such psychological issues and phenomenon lead humans to act against the society. Such acts may seem normal but cause damage to individuals and societies. When an individual finds himself in such a situation he prefers silence and becomes a diseased person. The causes of this sort of illness can be varied but the symptoms and results are often the same.

People often suffer from mental illness because of their surroundings, isolation, exploitation and violence. Writers depict the causes and effects of mental illness in their works. The people who are suffering from mental illness look normal but when we keep an eye on them critically it reveals

that they behave beyond the boundaries of sanity. Usually they react on actions which are not worth reacting. This research unfolds how a mentally ill girl reacts towards the happenings around her in daily life. Even the most intellectuals of a society can be the victims of this phenomenon. Artists are said to be the most intellectual people among the living beings, they understand the ways of life. An artist is said to be a pure soul is introduced in this novel under the effects of some psychological influences and patterns he goes through a kind of mental illness.

The novel in itself is a psychological thriller centering over a woman and her acts of disturbance namely violent and a person entitled as therapist that seeks an opportunity to experiment over a patient, Alicia. He is also leading to some psychological revelation; which we are going to be searching for in the paper.

In the novel the protagonist, Alicia Berenson an artist living a seemingly an overall perfect life if we see it on the surface level. But she is having something hidden and veiled psychological effects when we try to look her from a closer point of view. One day when her husband comes home she shoots her husband right in his face five times the husband was a famous and the most desired photographer of the place. He has given his wife a grand house with big windows and an overlooking park. After Alicia had killed her husband she never spoke a single word and led herself to a state of complete silence.

Everything after the incident turns out to be mysterious and unknown for people. That's what makes this tragedy more compelling and influential and it also captures the main concerns of habitual reader along with the common folks. The Protagonist is handed to a psychotherapist who manipulates her for his own experimentations, named as Theo Faber.

The style of the writer makes it more difficult to capture the real notion and motifs behind the masked realities and the main objective will be finding such aspects and also finding the origins of such thoughts and their unknown implementation by the unconscious of human leading to a life full of distress.

The human mind as a whole functions for the achievement of some hidden repressed desires of an individual and this real stem conflict of anyone's life towards destruction. Same happens with the protagonist in this novel.

The importance of the paper will be defined as it will reveal and explore some psychological patterns and actions of human mind that seemingly can be called normal or harmless but even though when we zoom in into it we certainly find an actual motifs and objective of such attempts.

The importance of the paper can be brought into light by making the aim of it clearer as it will turn on light over the severity of such issues and psychological problems that lead to social, psychological, emotional, and psychical destruction of the beings. This research paper will make attempt to acknowledge some social problems and issues on a larger scale and would also attempt on exploring the fact and flaws of our society while dealing with such social issues and people related to it. This is the main concerns. This research paper encircles the overall behavioral patterns of people in regards of such issue and such realities. The mode of action of people towards such patients only tends to be manipulative and exploitative in tone, and other than this no sympathy or affection can be found in this regards.

For the feminist point to view the literature I would rather prefer the postulates and patterns of feminist originating from the first wave till modern feminism. The side of psychoanalysis and the lens of psychoanalysis would use the concepts of Freud, Alfred Adler and other related theorist for basing my main arguments and the analysis of the research. Both psychoanalysis and feminism will

mainly aim at highlighting some individual lacks and flaws leading to the deformation in social and psychological states of people around and also the originators of it. This method will lead to the exploration of new aspect of personality development in regards of feminist bases.

Michaelides likewise sets the story in the realm of psychotherapy, waiting on the idea of counter transference, in which a specialist turns out to be sincerely entrapped with his patient. I have surmised sooner that Theo and Alicia were inseparably connected, even co-entertainers or the like? Furthermore, extrapolated further to conclude they are both punishable for a similar homicide.

Literature review:

The personality in itself is a characteristic that leads one to the expression of thoughts and feelings. This self and identity allow one to be accepted or rejected by his or her social surroundings. This surrounding has a code of conduct that they use to call the Norms of society and this is what if obeyed leads to the acceptance and if disobeyed leads to the rejection of an individual by the society as a whole. This society and its code of conduct being unable to understand and look into the actual state of an individual calls one criminal, unethical, unacceptable or as a whole uneducated but this part of being uneducated is truly fulfilled by the society more efficiently.

Everybody has one—a personality, that is—and yours will help determine the boundaries of your success and life fulfilment. It is no exaggeration to say that your personality is one of your most important assets. It has already helped shape your experiences up to now, and it will continue to do so for the rest of your life (Schultz and Sydney 2).

This helps the personality in the observation of surroundings as a whole, the real identity as it makes one decide the good and the bad of the society and act accordingly in the response to the circumstances being made or created. The person that is facing the circumstances is built stronger and productive in terms of his contributions to the society and to the surroundings. The conscious, unconscious and the other aspects of human psyche make one use his rationality while making the decisions of his life.

Everything you have accomplished to date, all of your expectations for the future, whether you will make a good husband, wife, partner, or parent, even your health can be influenced by your personality and the personalities of those around you. Your personality can limit or expand your options and choices in life, prevent you from sharing certain experiences, or enable you to take full advantage of them. It restricts, constrains, and holds back some people and opens up the world of new opportunities to others. (Schultz and Sydney 2)

The choice of being in relation with someone is directly made by the unconscious of the self and it always is tested and shaped as the time passes by. The firmness in the choices made by the personality is basically the symbolic representations of one's self and specifically of the unconscious of one's mind. Different views of psychoanalysis view every phenomenon from its own perspective and that what makes the difference between two interpretations of one single event.

The idiographic view assumes that each person has a unique psychological structure and that some traits are possessed by only one person; and that there are times when it is impossible to compare one person with others. (McLeod 1)

This is how the structure of one's development being unique makes every individual different from its view point and that how each individual thinks differently in every way. A personality develops and grooms under the influence of several factors that can be psychological, emotional, physical, spiritual, materialistic or intellectual.

Personality involves several factors:

- Instinctual drives – food, sex, aggression
- Unconscious processes
- Early childhood influences (re: psychosexual stages) – especially the parents

The impressions that are being formed inside the brain and mind of an individual are in actual taken as the measure of action by the human unconscious that is why it acts more cautiously whenever a situation arises so.

Personality development depends on the interplay of instinct and environment during the first five years of life. Parental behavior is crucial to normal and abnormal development. Personality and mental health problems in adulthood can usually be traced back to the first five years. (McLeod 2)

This is what happens in most of the cases that leads a present trauma to future and makes the risk of violence in the future. The components that are responsible for such traumatic forming of human psyche involve Id, Ego, and Super- Ego. The Id being the first and foremost component of a personality leads the other as being the base for the formation of the rest of the components and parts. It derived an individual to the basic human life needs and requirements leading a man to his survival.

The id is the primitive and instinctive component of personality. It consists of all the inherited (i.e., biological) components of personality, including the sex (life) instinct

Eros (which contains the libido), and aggressive (death) instinct. It operates on the pleasure principle (Freud, 1920) which is the idea that every wishful impulse should be satisfied immediately, regardless of the consequences. (McLeod 3)

The Id makes its full attempt for the accomplishment of the desires and instinctual needs a controlling hand or a stabilizer that can moderate the intensity of the unethical to the levels of acceptability.

The ego develops in order to mediate between the unrealistic id and the external real world (like a referee). It is the decision-making component of personality

The ego operates according to the reality principle, working our realistic ways of satisfying the id's demands, often compromising or postponing satisfaction to avoid negative consequences of society. The ego considers social realities and norms, etiquette and rules in deciding how to behave. (McLeod 3)

The Ego being capable of balancing between the real world and the world residing inside human body makes the basis for the decision that are to be made as guide to act in real in front of the audiences at a stage called world and in a drama called life. Here, the Super- Ego forms the codes of conduct for an individual listed as ethical or unethical, moral or immoral, as good or bad. This codes and boundaries makes one to act in the range that is appreciated and considered to be the normal range to act in one's social surroundings.

"The superego incorporates the values and morals of society which are learned from one's parents and others. It is similar to a conscience, which can punish the ego through causing feelings of guilt." (McLeod 3)

The development of the three major components of a personality leads to the creation of a truly unique personality and individual and basing on this development and nourishment a person can be very ignorant to the surroundings of himself or rather be very engaged into it. The ratio of such factors if imbalanced can make one be an introvert or an extrovert. This in real is the response

to the world and the situations that are being offered by the world that remains present around an individual.

Extroverts are sociable and crave excitement and change, and thus can become bored easily. They tend to be carefree, optimistic and impulsive. They are more likely to take risks and be thrill seekers. Eysenck argues that this is because they inherit an under aroused nervous system and so seek stimulation to restore the level of optimum stimulation. (McLeod 3)

Being dependent on a kind of goodness provided by the social surroundings one can be fond of interacting to the society and also feels accepted and confident in this regard. It makes an individual flourish his identity and personality more in the positive environment being provided to him.

Research Questions:

Question No: 1. What factors in Human Psyche make an individual act violent?

Question No: 2. How do Emotional Disturbances and breakdowns lead an individual to the depth of Trauma?

Aims and Objectives:

This study aims at highlighting the unconscious attempts of an individual in creating her present world to be cleaner making others fall a prey of it and be involved in this process. This study attempts to explore the unconscious inferiority of female over male that is due to the patriarchal mindset. The dominance of Theo over Alicia makes an evidence of this phenomenon of the gender- based violations.

Theoretical Framework:

The theoretical basis of the thesis are made while keeping in view the structure of psycho analysis and the concepts formed by the works of Freud all these are the main concerns of the analytical framework of the thesis. Using the theoretical basis of Freud the thesis has attempted to explore the abduction of the conscious by the unconscious leading to the motionless presence of a puppet called conscious being connected to each other through the sub-conscious the unconscious leads and individual derives to be expressed in an entirely different method. The concepts of Conscious, Unconscious, and Subconscious and of Id, Ego, and Super Ego reveal the human mind and its working. The study employs psychoanalysis of Freud. The theory is further developed by Jacques lacan. These concepts are used to analyze the unconscious motives of the protagonist Alicia Berenson and mental illness.

The unconscious blocking of distressing thoughts, memories, or desires that are deemed unacceptable (Freud 1915). Alicia's abnormal behavior, shooting her husband on face represent the emotional and psychological collapse. Though Alicia seems normal but she is going through an illness that makes her act violent.

The psychological defense mechanism by which one attributes their own unacceptable desires or emotion to others (Freud 1924). Alicia's projection of internal conflict onto her husband Gabriel Berenson shows how the unconscious motives can make a person act violent. She has not been listened by the society; she murders her husband to fulfill her unconscious desires. She seems normal when we see her for the first time in the novel but we came to know about her mental illness as we read the novel.

Analysis;

Human Psyche: An Explosive.

“If his lips are silent, he chatters with his fingertips; Betrayal oozes out of him at every pore” (Michaelides 5)

From the psychoanalysis point of view, it is the reality of human mind that it at a point betrays. No matter what the circumstances are the only way at that is distraction and betrayal and this is what Freud called the games of conscious and Unconscious

If she is unable to speak, and really doesn't want to speak with her mouth and to use her lips for any utterance.

There is a lack of communication in his mind but he is capable to write with her fingers in the very unconscious of her world and mind, which tells us everything which a person cannot speak but can write. It means humans feeling can be expressed magnificently through the writing instead of speaking. It tells us silence has meaning there is nothing without meaning one might be unable to speak as he can be in the battle of his circumstances or in confusion of facing any sort of psychological issue. There is a cause behind this sort of silence. She is seeking something else which he really doesn't want to share, it might often means deception to distract people never to look at the inside of one's mind or thoughts.

We can see how unconscious desires effects human mind and puts him into a mental disturbance. Repressed desires of human mind make the poison in human mind later/ which erupt like volcano and become harmful for the others.

The psyche of human mind always seeks happiness and desires for it from the very deep inside if it is not being provided or achieved the mind and its processing passes through a sort of trauma and this is always hidden inside human mind and heart and is never let to be known to anyone at all.

I don't even know what to call it this thing I'm writing. It feels a little pretentious to call it a diary. It's not like I have anything to say. Anne Frank kept a diary not someone like me. Calling it a “journal” sounds too academic, somehow. As if I should write in it every day, and I don't want to if it becomes a chore, I'll never keep it up.(1)

The struggle of fighting one's own self and choice can sometimes be more disturbing psychologically and emotionally as this emotional disturbance leads to a variety of complication in one's life and the level of his conscious.

Alicia just wanted to stay calm and not even to make a clue to make her husband know what in actual she knows about him. This leads her to a whole new mental state and also disturbs her nerve and responses. She is in her unconscious and unable to express what she is expressing and doesn't know what it is going to be when it comes to the result of her catharsis. It could be an exaggeration of her desires of her writing, which she is labeling as a diary and it can be a way of getting rid of this emotion. Because there is always an unconscious state of human mind and that is unable to find what going on in others minds but capable of leading one's mind in a way that is unknown even to the one owning it. She said it could be a hypothetical work and if I will continue it then I will not keep it on I really don't want to do this, I don't want to make it my routine.

This is a state of psychological confusion that in actual is created by the actions of her husband and are even getting more and more piercing in her heart because of the thought of her being not able to satisfy her husband. She wants to stop this and is still in her unconscious she doesn't want to reveal what she is thinking or what is going to reveal through her writing. When she revealed

and expressed everything on the paper which she was using for her catharsis then she said it again and remembered that she really did not want to reveal what she has written. Mostly she is not in favor of disclosing anything to anyone at all and is being encapsulated by the thought processes of her time and again due to which she is more devastated.

I've been feeling depressed lately, about a few things. I thought I was doing a good job of hiding it, but he noticed of course he did, he notices everything. He asked how the painting was going I said it wasn't. He got me a glass of wine, and I sat at the kitchen table while he cooked.(1)

The fear of losing someone can lead one to a completely different level of being at guards and for this a person can bear anything even the loss of his identity and its choices as well. This is how the unconscious abducts the conscious and leads one into a state of complete dismay. She was disheartened about whatever was going on in her life and pretending herself not to be bothering it at all she made herself feel it more deeply as a deep wound that is in actual unrecoverable. She according to her own-self was doing great while hiding everything as she was depressed and thought she might not get everyone in trouble of her depression. She knew that her husband was noticing her and also had come to know that she was hiding something from him. Everything is in her unconscious and that is what is making the real tension within her way of responding to different things at the same time and under the influence of a great disturbance. They both are pretending their self. Her husband asks her about the painting leaving her to the imaginations of the desires which were at the time being led by the unconscious without any supervision of the conscious rationale. Basically she is expressing her desires and there is a contradiction in both expressions. She is pretending she is hiding but actually she isn't hiding as by the rude behavior that she is possessing it is clear that she is disturbed by something. She is psychologically ill and everything is in her subconscious originating from the unconscious.

"I like watching Gabriel move around the kitchen. He's a graceful cook—elegant, balletic, and organized. Unlike me. I just make a mess."(2)

The psychological changes after a heart break also includes the search for a flaw in one's own personality to be titled as the cause behind a break of relation or of heart. This is what Alicia is searching while watching her husband as someone perfect and herself full of flaws.

He kept nagging me, but I did nothing about it. And then a few days later he presented me with this little book to write in. It has a black leather cover and thick white blank pages. I ran my hand across the first page, feeling its smoothness then sharpened my pencil and began."2

This is how a person with a visible disturbance must be treated and must be inquired as the catharsis of emotions make one be delighted and also capable of living life more comfortably and without any psychological disturbance. In case of the protagonist we also find this situation of making her catharsis over the pages but the severity of her thoughts and expressions increase as the time passes by and lead her to act violently without any social or psychological filter that would restrict her actions. All this is the part of underlying unconscious and the desire principal being ruled by the unconscious of a human being. The game of conscious, unconscious and subconscious make one be not able to recognize which of the part is performing a specific function and which one is not.

"This is going to be a joyful record of ideas and images that inspire me artistically, things that make a creative impact on me. I'm only going to write positive, happy, normal thoughts."(P2)

This sort of a situation in which one is not capable of revealing the truth of the disturbed mind is a difficult one to handle as the catharsis of the problem causing poison is not made at all and it is still residing in the very inside of human mind that leads one to the psychological disturbances.

Alicia was discovered standing by the fireplace. Her white dress glowed ghost like in the torchlight. Alicia seemed oblivious to the presence of the police. She was immobilized, frozen a statue carved from ice with a strange, frightened look on her face, as if confronting some unseen terror.(8)

The unexpressed pain of her heart dominated her mind and leads her to do something she never ever thought of doing and in actual made her the real of a statue that is nothing but lifeless and unable to express what is residing in the inside of her heart and mind and that is what the real of the problem was the inability of an individual while making the expression of her own thoughts, fears, and feelings specially pain.

“She could not, would not, speak. Nor did she speak when charged with Gabriel’s murder. She remained silent when she was placed under arrest, refusing to deny her guilt or confess it. Alicia never spoke again.” (9)

The complete silence is the extreme level of the dominance of the unconscious of the mind and the problems or mishaps being done by it. The phenomenon of speaking in itself is a blessing as it makes one normalize himself from the abnormal environment and situations of the social surroundings of time and of future but in case of the protagonist we found out her be able to compel herself towards silence just because she was afraid of facing the consequences that would be made by her catharsis. And then she would not be able to handle or stabilize the situation that is why she prefers to stay silent and let the time pass by, but it moves to the direction of more severity.

“Her enduring silence turned this story from a common place domestic tragedy into something far grander: a mystery, an enigma that gripped the headlines and captured the public imagination for months to come.” (9)

This is how the society enter the whole situation just for the sake of some entertainment and remains absent when an innocent needs help as we found out there was no one with whom she was capable of sharing her pain or feelings.

Alicia remained silent but she made one statement. A painting. It was begun when she was discharged from the hospital and placed under house arrest before the trial. According to the court-appointed psychiatric nurse, Alicia barely ate or slept all she did was paint.(9)

She was not capable of making her voice utter a thing but she was struggling to make a portrait a painting that could speak or even shout on her behalf as a vocal person. The only way which she found was secure to make a catharsis with. Human psyche as a whole never gets over the influences or rule of unconscious but always is under the order of the unconscious as a submissive part, that is veiled, but the most powerful one.

Perhaps. But let us not forget that while Alicia Berenson may be a murderer, she was also an artist. It makes perfect sense to me atleast that she should pick up her brushes and paints and express her complicated emotions on canvas. No wonder that, for once, painting came to her with such ease; if grief can be called easy.” (10)

The existence of grief and its relevance to expression can never be determined and all and this is how we found her mourning be not able to describe from a normal, common man’s views.

The painting was a self-portrait. She titled it in the bottom left-hand corner of the canvas, in light blue Greek lettering.(10)

The presence of a crowd and not even a single human that can understand her situation and her silence made her to portrait herself in the painting making it easier for everyone to understand. But even after that there was no one capable of doing so.

The painting is a self-portrait, depicting Alicia in her studio at home in the days after the murder, standing before an easel and a canvas, holding a paintbrush. She is naked. Her body is rendered in unsparing detail: strands of long red hair falling across bony shoulders, blue veins visible beneath translucent skin, fresh scars on both her wrists. She's holding the paintbrush between her fingers. It's dripping red paint or is it blood? She is captured in the act of painting—yet the canvas is blank, as is her expression. Her head is turned over her shoulder and she stares straight out at us. Mouth open, lips parted. Mute.(11)

The painting of Alicia, represents her own self confronting the world boldly and without any gesture that is symbolically the gesture of hopelessness and tragedy. This sort of expression of the painting and the other related details of the painting clearly elaborated the inside of Alicia that she herself was injured and was bearing the pain instead of dying with her husband and that is what in real the pain for her is.

Emotions: The Point of Imbalance.

The Emotional Imbalance by the betrayal of a loved one, one is being expelled from the range of conscious leading to the unconscious and the unconscious than leads a person to the blind end of human code and conducts and never limits its desires or wishes to be remained unfulfilled. This is what happens with the protagonist in the novel and makes her act violent.

I hadn't expected her to be in such bad shape. There were some echoes of the beautiful woman she had once been: deep blue eyes; a face of perfect symmetry. But she was too thin and looked unclean. Her long red hair was hanging in a dirty, tangled mess around her shoulders. Her fingernails were chewed and torn. Faded scars were visible on both her wrists—the same scars I'd seen faithfully rendered in the Alcestis portrait. (65)

Emotional breakdown of an individual often leads him to a state of distrust. The state in which an individual is never capable of learning. And also leading an individual to a point where his own identity is lost and he himself is unable to find out what in actual the orientation of his identity is. Emotional breakdown of an individual often leads him to a state of distrust. The state in which an individual is never capable of learning how to trust someone is in it. It is a traumatic encounter of situation and of thoughts as well. The painful presence of past in the present never allows one to move in any sort of future but nostalgic.

“She was standing alone at the far end of the courtyard, by the wall. Perfectly still, like a statue. Yuri walked across the courtyard toward her.” (81)

The stillness and the silence are both being presented as the factors that could not be negotiated or as a whole gives a significant conflict to the story as it makes the psychological guesses and also assumptions that are too far from the boundaries of reality. The stillness also gives the meaning of firmness over one's decisions and choices that are being made in the past. This of her present makes her be at a stage of complete unawareness and blurriness of mental processes and thoughts. A clear state of distrust. The state in which an individual is never capable of learning how

to trust someone is in itself is a traumatic encounter of situation and of thoughts as well. The painful presence of past in the present never allows one to move in any sort of future but nostalgic. The stillness and the silence represents the breakdown between the connection that was built between the Conscious and Unconscious and also a damage to the Sub-conscious, leading an individual to fall a prey of miseries and mishaps.

“But she neither nodded nor shook her head nor gave any indication of having heard him.”(83)

The horror of silence and the echo of silence make one be hypnotized in illuminating light of isolation of which one is never capable of getting rid or even the thought of getting out of this realm. The same happens with the protagonist, Alicia and she in actual had entered into a totally unique sort of psychological realm that never allows her to move any forward in her life that in actual was devastated. The complete ignorance towards everyone symbolized the loss of a loved one by the act that was in real nothing but betrayal. In this sort of a condition one starts judging his own self and also starts questioning his existence and emotions. And this question in the end leads one to the extreme of absurdity and existential crisis.

“She walked into the room, slightly unsteadily. She sat on a chair, silent as a cat, her trembling hands in her lap.” (83)

The crumbling found in an individual of one’s identity can be seen through the transformation that Alicia’s character has taken while being as the topic of discussion of the novel from a famous and well settled painter to a psychological patient. The transformation of Alicia’s personality from the extreme glorious to the extreme devastated one. The whole transformation is very abrupt to observe and also very unobvious as it gets very hard to believe that one can get this much of damage with the loss of his/ her emotional support.

“She didn’t look up. I studied her for a moment. Her face was expressionless, blank. A medicated mask. I wondered what lay beneath.” (85)he lyres that the protagonist wears on her face never allows the therapist or any other person to look into her mind or thoughts at all. This was what made it difficult to happen whenever it came to assisting her by a psychological aid. She never spoke nor expressed except for once when she had painted a painting of her own self as a predicting portrait of her upcoming events and her present state of life. The mask over the face of Alicia just for the sake of saying seems to be of the medications that are being given to her but in real is of the mourning that she is possessing by her silence.

Looking at her sitting opposite me, in a medicated haze, drool collecting around her mouth, fingers fluttering like dirty moths, I experienced a sudden and unexpected wrench of sadness. I felt desperately sorry for her, and those like her—for all of us, all the wounded and the lost. (87)

The compelling force that made her to stay in her box was strong enough to prevent her from any sort of interaction burying the truth deep down in the very inside of a human being. And while being on guard such a person never even thinks of interacting to anyone at all in any situation or case. This is how an individual makes his own identity get faded away and be not in the form of existence at all.

Alicia made no effort to interact with patients or staff, remaining withdrawn and isolated and for the most part, the other patients had left her alone. If people don’t reply when you speak to them and never initiate conversation, you soon forget they’re there. Alicia had quickly melted into the background, becoming invisible. (91)

The expressionlessness of the face of Alicia's face is in itself a form expression that she is not capable of making her communication of any sort.

Only one incident stood out. It took place in the canteen, a few weeks after Alicia's admission. Elif accused Alicia of taking her seat. What exactly had happened was unclear, but the confrontation escalated rapidly. Apparently Alicia became violent—she smashed a plate and tried to slash Elif's throat with the jagged edge. (91)

The description of physical appearance depicts a kind of psychological trauma. Usually people suffer but don't make it obvious, as they want the society to recognize them a strong personality. It happens so often, but when it is overwhelmed people cannot go through it and they are seen broken and depressed. A conclusive description of appearance has been given. It leads us understanding the emotional imbalance and psychological trauma. Though she seems beautiful but she is unclean and dirtied. Apparently it seems as she is going through worse but she is actually suffering psychologically. If someone suffers physically or he suffers from a disease he never seems to be a sympathetic or hapless one. But when someone suffers psychologically he never knows what he is doing or how he looks. That is what in actual happening here with Alicia, the protagonist.

"This painting was Alicia's sole communication, her only testimony. It was saying something I had yet to comprehend. I made a note to revisit the gallery to look at the painting again." (93)

The representation of one's soul and it's also the suppression of internal desires of an individual on a larger scale. In front of the social surroundings depicts the person as a rebel and also anti-socialist. The only action found in the novel from the side of the protagonist was silence and this is what in real must exist with such a person who is passing through a Traumatic present.

"She doesn't want to be found? Yeah, it's true. She's hiding." (101)

The death of one's Desire and wishes leads an individual to a complete isolated and barren world of the death and dystopian form of a world. The world which never allows an individual to express and explain his thought, feelings, and emotions and in this state an individual is never capable of living himself fully.

No. A woman who lived near me. A very beautiful woman. It was love at first sight. I saw her on the street. It took me a long time to get the courage to talk her. I used to follow her.... I'd watch her sometimes, without her knowing. I'd stand outside her house and look, hoping she would appear at the window. (103 when Yuri betrayed his wife.)

Not only the protagonist but several other characters are also facing the traumatic relationship hence the character of Yuri also faces this dilemma in the relation making aspects of life of the individual but he never is emotionally that severe to kill or even to harm his wife, like in case of Alicia and her husband.

"No. It was over with her. But it took falling for this woman for me to admit it ... to face the truth about me and my wife. Sometimes it takes courage, you know, and a long time, to be honest." (Yuri towards his wife)

The reality in actual is the hardest to face. And this is what Alicia fears of encountering in her situation. The burden of the murder of her beloved husband makes her throat being tied all the time makes her voice to be buried in her heart for ever unless and external disturbance is being made.

"Let me give you some advice. Go home to your wife. Go home to Kathy, who loves you.... And leave Alicia behind." (105)

The reality that makes one suffer is always ignored and also kept as a darkest secret that must not be attempted to get revealed. The reality that one hides is in real the unconscious sin or unethical desires that the Sub-conscious tries to make veiled in front of the society. The Diary or the story that is being narrated by Alicia in her diary that in real is found to narrates a totally different story that makes the revelation of the truth and the action that being taken when Alicia killed her husband the scene reveals the characters and also the true murderer of Gabriel, Theo Faber, the psychotherapist of Alicia. The narrative of Alicia helps us find that how Theo manipulated the psychological state of Alicia to get the revenge on his behalf. The manifestation of the illness through which Alicia was passing was made very finely by Theo that not even a single mark of his presence in the action is being found out.

This is how in general people manipulate the situation and the person in the situation for the sake of timely and effective profit that in returns provides them with the desired pleasure and leaves the other individual in a complete of a disaster. The parasitic nature of these people of feeding over someone's soul and Identity is the root cause behind the innocent people being punished. The psychological overtake of Theo over the psyche and responses of Alicia made him be more easily acting upon his criminal thoughts in case of killing Gabriel. And finding himself a controlling authority over Alicia's mental state he made her to be unconsciously obeying his order too quietly without any sort of hesitation at all. This sort of submission on the part of Alicia also remains unveiled but an emotional breakdown can be considered as the root cause of the conflict being aroused in the novel.

Conclusion:

In the beginning of this study the main objective of the study was to unveil the psychological attempts of an individual and also manipulative psychological trauma or illness that can be of her or of anyone else's. Mental illness of human mind leads them towards illogical actions. The hypnotic mode of exploitation, the same case is with the Alicia she lost her control on her own body. What she is doing she is not familiar with it. She killed her husband but she didn't want to kill him. A psychotherapist Theo, who is manipulating her just for the sake of his revenge because his aim and target was Alicia's husband who had ruined his relation with wife Kathy.

There is another case, the behavior of artists in the society because the majority of the society do not accept artist the reason is they do not follow the norms of society. Alicia who is a painter and makes a portrait of herself naked, it might be possible she is going to reveal or predict something. Because, the question is, why she presents herself naked? After the murder of her husband she became a silent patient. This study has attempted to explore the psychological attempts of an individual to perform a criminal act without getting his hand involved in it. Dragging an innocent individual into a crime, leading the destruction of his mind, heart and soul leaving him in identity crisis. The meanness of such individual is tried to be explored in this thesis using psychological strategies of conscious, unconscious, sub-conscious and related techniques. The study unveils the unconsciously suppressed beings and its severe damages on individuals and society as a whole.

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