

“THE SILENT STORM: AN EXPLORATION OF EMOTIONAL SUPPRESSION IN KAZUO ISHIGURO’S ‘THE REMAINS OF THE DAY’”.

Mobi M. Das

Ph.D. Scholar, CT University, Ludhiana

Dr. Amita Dhawan

Assistant Professor (English)

CT University, Ludhiana

Abstract:

In Kazuo Ishiguro’s compelling narrative, “The Remains of the Day,” the protagonist Stevens, a butler of unwavering dedication, uses emotional self-control as both a shield and a cage. His steadfast adherence to professional decorum masks a storm of unexpressed emotions, hidden even from himself. As we traverse Stevens’s universe, we find instances where self-restraint is commendable, but also situations where it hinders authentic relationships. Ishiguro skillfully uses unreliable narration and subtle dialogue to expose the intricacies of suppressed feelings. Through Stevens, we observe the price of leading a life devoid of emotional engagement, a touching testament to the regret that often accompanies the road not taken.

Keywords: Emotional Restraint, Unreliable Narration, Suppressed Feelings, Regret

Kazuo Ishiguro’s highly acclaimed novel, “The Remains of the Day,” published in 1989, delves into themes of loyalty, regret, self-deception, and the intricacies of human existence. The narrative unfolds in post-World War II Britain and revolves around Stevens, a dedicated English butler serving at Darlington Hall. The novel provides an insightful exploration of Stevens’ internal struggles and the societal transformations impacting his world. Ishiguro’s meticulous storytelling, stimulating ideas, and profound character development distinguish his work. After securing the 1989 Man Booker Prize for Fiction, “The Remains of the Day” has been recognised as a literary classic.

The objective of this chapter is to scrutinise a theme that “The Remains of the Day” subtly sidesteps. The chapter will adopt a systematic approach to achieve this. It will commence by tracing the book’s history and its significance in the literary world, providing readers with a context-rich understanding of the book’s themes and the relevance of the chosen topic. Subsequently, the chapter will outline its primary aim, which is to delve into the subtleties embedded within the narrative of “The Remains of the Day.” It will scrutinise pivotal scenes, character dynamics, and the literary techniques employed by Kazuo Ishiguro.

This chapter will be segmented into various sections to facilitate the analysis. Each segment will delve deeper into a specific theme, offering an exhaustive examination of its representation and its

influence on the narrative. By the conclusion of this chapter, readers will gain a comprehensive understanding of the title and its implications in “The Remains of the Day.” It will also serve as a springboard for additional research on the subject, encouraging a more profound exploration of Ishiguro’s literary techniques and their impacts. Broadly, this chapter aims to augment the existing discourse on “The Remains of the Day” by illuminating a less scrutinised aspect of the theme and its importance in shaping the storyline and the character experiences.

In the narrative landscape of “The Remains of the Day,” repression emerges as a psychological defence mechanism, a tool employed by individuals to navigate or suppress distressing thoughts, memories, or emotions. This concept is integral to understanding the inner motivations of the novel’s key characters and the subsequent impact on their lives. The novel offers a nuanced portrayal of repression, providing insights into the repressive measures adopted by the central characters and the enduring effects of suppressed emotions. Repression is depicted as a force that pervades the characters’ psyche, involving the deliberate evasion or denial of certain emotions, memories, or urges that are perceived as distressing or harmful to one’s well-being. It serves as a protective mechanism, shielding the characters from unsettling incidents and maintaining an illusion of normalcy in their lives. This exploration of repression in the narrative not only enriches our understanding of the characters but also offers a fresh perspective on the bypassed aspects of this matter. It underscores the significance of emotional engagement in shaping the storyline and the experiences of the characters, thereby contributing to the existing discourse on “The Remains of the Day.”

The examination of repressive actions undertaken by key characters reveals their struggle with internal conflicts, with several characters in the novel demonstrating suppressive tendencies. A prime example is the main character, who buries the traumatic memories of his childhood abandonment. He consciously avoids reflecting on his past, concealing his pain behind a facade of apathy. This self-imposed restraint inhibits him from forming meaningful relationships, leaving him emotionally distant. Characters mask their authentic selves and conform to societal expectations out of fear of judgment from others or their own self-doubts. As individuals suppress their true identities to blend in, this repression leads to internal turmoil and a profound sense of dissatisfaction.

The Impact of Suppressed Emotions: The lives of the characters are significantly influenced by repression, leading to profound consequences. Hidden emotions often resurface in unexpected and unpredictable manners, manifesting as emotional turmoil, fits of anger, or even physical ailments. These long-buried emotions can abruptly awaken, disrupting the characters’ relationships and daily routines. Repressed emotions also compromise one’s authenticity and hinder personal growth. Characters become estranged from their true selves as they mask and disregard their feelings, leading to a sense of emptiness and emotional desolation. They grapple with a severe internal conflict due to the disparity between their outward demeanour and their inner torment, which ultimately bars them from attaining genuine happiness and satisfaction.

Repression also impedes the formation of relationships as it obstructs the path to intimacy and vulnerability. The inability to communicate candidly and express one's authentic feelings can lead to misunderstandings, disconnection, and a breakdown of trust. Individuals who repress their emotions may struggle to forge enduring bonds and maintain healthy relationships, thereby perpetuating their cycle of isolation. Thus, in the novel, repression is depicted as a psychological tactic employed by characters to cope with distressing emotions, memories, or desires. However, repression has extensive implications on the characters' interpersonal relationships, mental well-being, and personal growth. The characters' repressive behaviours not only affect their individual lives but also their interactions with others. The emotional walls they build to protect themselves from pain also serve as barriers that keep others at a distance. This lack of emotional openness can lead to a sense of alienation and loneliness, further exacerbating their internal conflicts. Moreover, the characters' inability to confront and process their repressed emotions can lead to unexpected emotional outbursts, further straining their relationships. In the long run, these repressed emotions can stifle their personal growth and prevent them from achieving a sense of self-fulfillment. Thus, the novel presents a compelling exploration of the far-reaching effects of repression on the characters' lives and relationships.

Through the exploration of repressive behaviours exhibited by key characters and the detrimental impacts of suppressed emotions, we gain insights into the intricacies of the human psyche and the importance of acknowledging and addressing our authentic selves. The novel underscores the significance of freely expressing our emotions and fostering an environment conducive to doing so. This ultimately paves the way for personal growth, authenticity, and fulfilling relationships.

Emotional detachment is a psychological state where an individual disconnects from their feelings, either deliberately or subconsciously, often as a defence strategy to protect themselves from emotional distress or suffering. While a certain degree of emotional detachment can be beneficial in some situations, prolonged detachment can have detrimental effects on individuals and their relationships. This chapter delves into Kazuo Ishiguro's "The Remains of the Day," focusing on the theme of emotional detachment, especially in relation to Stevens, the main character, and its impact on interpersonal relationships and personal growth. The exploration of this theme provides a deeper understanding of the characters' emotional landscape and the consequences of their detachment on their relationships and self-development.

"The Remains of the Day" provides a striking depiction of emotional detachment. Stevens, a quintessential British butler, embodies emotional restraint and professionalism. The narrative unfolds in the backdrop of post-World War II England. His unwavering commitment to his role and his stern demeanour underscores his emotional detachment, which evolves into a central theme of the story. Throughout the novel, Stevens suppresses his emotions, denying himself the opportunity to explore and articulate his true feelings. His belief that his role as a butler necessitates utmost self-control and subjugation of personal desires forms the crux of his emotional detachment. This emotional aloofness is a byproduct of the societal norms and cultural

expectations prevalent during that era. Both Stevens' interactions with others and his self-perception are marked by a sense of emotional detachment. He consistently prioritizes his professional responsibilities, suppressing any personal emotions that could compromise his professionalism. He shies away from forming close relationships and conceals his vulnerabilities. This emotional distance becomes a source of personal loneliness for him and hinders the formation of enduring friendships. This examination of emotional aloofness not only deepens our comprehension of the characters but also sheds new light on the frequently neglected facets of this theme. It highlights the importance of emotional involvement in crafting the narrative and the character's experiences, thereby adding a new dimension to the ongoing conversation on "The Remains of the Day." This rephrased sentence maintains the original meaning while ensuring a fresh and original presentation.

Stevens' interaction with Miss Kenton, a fellow servant at Darlington Hall, serves as a prime example of his emotionally detached disposition. Despite their mutual affection, Stevens opts to uphold the strict boundaries of their professional roles, foregoing any pursuit of a personal relationship. By suppressing his feelings for Miss Kenton, he denies himself the opportunity for personal happiness, thereby exacerbating his emotional isolation. Emotional detachment takes a toll on both interpersonal relationships and personal growth. In the case of Stevens, his emotional aloofness prevents him from forging genuine connections with others. His inability to express his emotions and establish meaningful relationships leaves him feeling isolated and disconnected from the world.

Stevens' emotional detachment has profound implications for his personal development. His prioritization of professional duties over personal needs results in a neglect of his emotional growth. His detachment serves as an obstacle to self-awareness and self-discovery, leaving him unable to understand his own desires, concerns, and regrets. Consequently, he is unable to progress personally or attain genuine fulfillment, finding himself ensnared in a cycle of emotional repression. Stevens' emotional detachment also colours his perception of the past. He misinterprets his past actions, defending them as demonstrations of his loyalty and professionalism. However, this self-deception hinders him from acknowledging his mistakes and learning from them, ultimately stunting his personal growth. In "The Remains of the Day," emotional detachment is depicted as having detrimental effects on one's relationships and personal evolution. Kazuo Ishiguro explores the limits of emotional detachment through the character of Stevens, underscoring the importance of human connection and the value of vulnerability. As readers, we are encouraged to reflect on the role of emotions in our own lives and recognise the importance of genuine emotional engagement for personal fulfillment and growth, thereby deepening our understanding of the impacts of emotional detachment.

In the process of storytelling, writers often employ a range of narrative strategies to portray the complex emotional states and psychological conditions of their characters. Techniques such as repression and emotional detachment can shed light on a character's internal struggles and the

overall narrative structure. This chapter explores the interplay between narrative style and suppressed emotions, examines how unreliable narration portrays emotional detachment, and delves into how subtext and indirect communication serve to underscore repression. The aim is to provide a fresh perspective on these narrative techniques and their role in character development and plot progression, thereby enriching our understanding of the narrative dynamics in “The Remains of the Day.”

To delve into the psychological complexities of characters grappling with repressed emotions, the narrative framework plays a crucial role. Writers often resort to non-linear storytelling methods to portray the disjointed nature of suppressed memories or emotions, employing techniques such as flashbacks or fragmented narratives. These structural choices disrupt the chronological sequence, reflecting the mental chaos and disorientation experienced by characters confronting their repressed emotions. This narrative approach allows readers to partake in the emotional odyssey of the character, fostering a deeper understanding of their repression and its impact on their mental state. Moreover, this narrative style not only enhances the readers’ engagement with the characters but also provides a more nuanced understanding of the theme of emotional repression. It underscores the transformative power of storytelling in conveying complex psychological states and offers a fresh perspective on the exploration of repressed emotions in literature.

To underscore the dichotomy between a character’s outward actions and their internal emotional state, authors often employ diverse perspectives or fluctuating narrative voices. The narrative framework accentuates the stark contrast between what is verbally expressed and what is truly experienced, juxtaposing the character’s public image with their private thoughts and feelings. This juxtaposition illuminates the character’s struggle to reconcile their deepest desires with societal expectations, amplifying the sense of repression and emotional detachment. Moreover, this narrative approach not only amplifies the reader’s grasp of the characters’ inner struggles but also offers a more detailed investigation of the theme of emotional suppression. It highlights the potent role of narrative in articulating intricate mental conditions and introduces a unique perspective on the study of suppressed emotions in literary works.

Unreliable narration emerges as a powerful narrative tool that can effectively portray emotional disconnection. The reader is left uncertain about the character’s true emotional state when the narrator intentionally or inadvertently distorts or omits crucial details. This ambiguity underscores the character’s emotional detachment, as they may either be unaware of their own suppressed emotions or may be actively trying to suppress them. Unreliable narrators may employ a variety of techniques to conceal their emotional detachment. They may offer inconsistent accounts, downplay or ignore significant emotional experiences, or resort to insincere language narrative method not only deepens the readers’ connection with the characters but also offers a more intricate comprehension of the theme of emotional suppression. It highlights the potent role of storytelling in expressing multifaceted psychological conditions and presents a novel viewpoint on the study of suppressed emotions in literary works. Furthermore, it invites readers to consider the profound

impact of emotional restraint on the characters' lives and the narrative as a whole. This exploration serves as a testament to the power of literature in shedding light on complex human emotions and societal norms, offering readers a unique lens through which to view and understand these themes.

These narrative choices, which underscore the character's emotional distance, can make it challenging for readers to fully grasp the character's psychological complexities. Authors prompt a more comprehensive exploration of the character's emotional repression by inviting readers to decipher the truth concealed within the narration. Narrative techniques such as subtext and indirect communication can effectively cultivate repression and emotional detachment. By subtly conveying unspoken emotions and thoughts, authors empower readers to infer deeper implications. Characters may resort to coded language or employ metaphors and symbols to discreetly express their suppressed emotions. This concealed communication accentuates the character's profound repression, mirroring their struggle to verbalize their feelings. Through the use of subtext, authors stimulate readers' curiosity and generate suspense as they attempt to navigate the hidden emotional landscape. The unvoiced desires and emotions unveiled through subtext enable readers to gain a deeper understanding of the character's internal conflicts and suppressed feelings, thereby enhancing the overall complexity of the story. Emotional distance can also be reinforced through indirect communication, such as non-verbal cues like body language, gestures, or actions that contradict verbal expressions. Characters may engage in superficial interactions while concealing their true emotions behind a facade of detachment or indifference. These non-verbal signals serve as indicators of suppressed emotions, allowing readers to penetrate the character's emotional defences. This in-depth examination of emotional aloofness not only deepens our grasp of the characters but also provides a novel viewpoint on the frequently bypassed facets of this theme. It highlights the compelling role of narrative in expressing intricate mental conditions and introduces a unique perspective on the study of suppressed emotions in literary works.

Narrative tools such as repression and emotional detachment allow authors to probe deeply into the complex psychological states of their characters. By manipulating the narrative structure, employing unreliable narration, incorporating subtext and indirect communication, and adjusting the characters' struggles related to emotional repression, authors can effectively portray the challenges and intricacies of these characters' experiences. These narrative techniques offer readers a unique window into a character's mind, revealing the layers of emotional distance and repression. Readers can empathize with the characters' struggles as authors mirror the internal turmoil they undergo through non-linear storytelling, shifting viewpoints, and fragmented narratives. These narrative techniques not only amplify the readers' connection with the characters but also offer a more detailed insight into the theme of emotional suppression. They highlight the potent role of storytelling in articulating complex mental conditions and present a unique viewpoint on the investigation of suppressed emotions in literary works. Furthermore, they invite readers to consider the profound impact of emotional restraint on the characters' lives and the narrative as a whole. This exploration serves as a testament to the power of literature in shedding

light on complex human emotions and societal norms, offering readers a unique lens through which to view and understand these themes.

The use of unreliable narration adds an additional layer of uncertainty, complicating the reader's ability to discern the character's true emotional state and highlighting the disparity between their internal thoughts and outward actions. Characters navigate through coded dialogues and non-verbal signals to express their suppressed emotions, with subtext and indirect communication serving to amplify the sense of suppression. Ultimately, readers are prompted to reflect on the universal aspects of human emotions and the consequences of concealing one's true feelings by employing repression and emotional detachment as narrative techniques. Through the art of storytelling, we gain deeper insights into the profound impact that suppressed emotions can have on an individual's psychological state, interpersonal relationships, and the overall narrative arc. This examination not only deepens our comprehension of the characters but also sheds new light on the frequently neglected facets of this theme. It highlights the potent role of narrative in articulating intricate psychological conditions and provides a novel viewpoint on the study of suppressed emotions in literature.

These literary techniques serve as potent tools that enable authors to articulate more intricate thoughts and emotions in their writing. In this chapter, we delve into the notions of loyalty, regret, and missed opportunities in the context of emotional suppression and detachment. We will also scrutinize the symbolic imagery employed to encapsulate these concepts. By exploring these themes and symbols, we can gain a deeper understanding of the intricate relationship between emotional repression and its repercussions. This investigation not only deepens our comprehension of the characters but also provides a novel viewpoint on the frequently bypassed facets of this theme. It highlights the compelling role of narrative in expressing intricate mental conditions and introduces a unique perspective on the study of suppressed emotions in literary works.

In literary works, the themes of loyalty and emotional repression often intersect. Characters with a strong sense of devotion frequently suppress their emotions to uphold their allegiance to a cause, a relationship, or an ideal. This emotional repression, borne out of loyalty, can be perceived as a form of self-sacrifice. For instance, in William Shakespeare's tragic play "Macbeth," the protagonist's unwavering commitment to his ambition leads him to repress his emotions. Driven by his overpowering ambition, Macbeth commits heinous acts such as regicide, all the while suppressing his feelings of guilt and remorse. Macbeth's dedication to his ambition ultimately engulfs him, underscoring the detrimental effects of emotional suppression.

Regret and missed opportunities are common repercussions of emotional detachment, both in literature and in real life. Characters who create an emotional barrier between themselves and others often find themselves isolated, unable to form meaningful connections. This emotional chasm often leads to a profound sense of regret over lost opportunities. Take, for instance, the protagonist of F. Scott Fitzgerald's "The Great Gatsby." Gatsby becomes emotionally

disconnected from reality due to his obsession with amassing wealth and his desire to turn back time. He eventually realises that his emotional detachment has deprived him of the chance to experience genuine happiness and love, as it prevents him from forming sincere relationships. His palpable regret serves as a stark reminder of the adverse consequences of emotional detachment. Adding to this, emotional detachment not only impacts the individual but also affects their relationships with others. When characters distance themselves emotionally, they often struggle to understand and empathize with the feelings of others. This lack of emotional connection can lead to misunderstandings and conflicts, further isolating the individual. Moreover, emotional detachment can prevent individuals from fully experiencing life. By suppressing their emotions, they may miss out on the joy of shared experiences and the growth that comes from overcoming challenges. Thus, through the exploration of emotional detachment in literature, we gain a deeper understanding of its far-reaching impacts on individuals and their relationships.

Writers often employ symbolic representations to articulate the themes of repression and emotional detachment, enabling readers to delve into the deeper meanings of these concepts. These symbolic depictions facilitate a better understanding of the characters' emotional states by providing a visual and metaphorical lexicon. A prime example of this can be found in Nathaniel Hawthorne's novel "The Scarlet Letter," where the scarlet letter itself serves as a potent symbol of emotional repression. The letter "A" is a representation of Hester Prynne's act of adultery, and her wearing it results in societal stigma and ostracisation. Hester's emotional repression is physically embodied in the scarlet letter, serving as a perpetual reminder of her transgression and the accompanying guilt. It emphasises the powerful role of narrative in expressing complex mental states and introduces a unique perspective on the study of suppressed emotions in literary works.

The intricate dynamics between emotional suppression, detachment, regret, and lost opportunities in literature are undeniably unravelled through themes and symbolism. By examining the themes of loyalty and its connection to emotional repression, as well as the outcomes of emotional detachment manifested as regret and missed opportunities, we gain insights into the profound impacts these emotional states have on characters and their lives. Furthermore, symbolic depictions paint a vivid and emotive picture of these concepts, enhancing our understanding of the characters' emotional trajectories. In the novel "The Remains of the Day," the character of Stevens, an English butler, provides a deep exploration of the themes of suppression and emotional detachment. Throughout the narrative, Stevens reflects on his life and profession, demonstrating a profound tendency to restrain his emotions and adhere to a strict professional ethos. This repression has a significant impact on Stevens' personal life, hindering his ability to connect with others and find genuine happiness.

Stevens' role as a butler in the British aristocracy is pivotal in shaping his emotional aloofness. His profession demands an unwavering commitment to duty and a constant display of composure, leading him to suppress his personal desires and emotions. This suppression manifests as an emotional barrier that becomes a permanent part of his identity. This emotional detachment

significantly impacts Stevens' interpersonal relationships, particularly with Miss Kenton, a former colleague. Their relationship is complex and fraught with unspoken feelings. Stevens' inability to express his true emotions and form deep emotional bonds hinders his chances of establishing meaningful connections. This lack of emotional intimacy amplifies his feelings of isolation and regret. Stevens' profession as a butler not only dictates his conduct but also shapes his emotional landscape. His commitment to his role leads to an emotional self-denial that permeates his personal relationships, leaving him in a state of perpetual loneliness and regret. This exploration of Stevens' character underscores the profound impact of societal roles on personal identity and emotional well-being. It also highlights the tragic consequences of emotional repression, a theme that resonates throughout the novel.

The narrative underscores the profound impact of repressed emotions on personal growth and self-realization. Stevens embarks on a journey to confront his past and reassess his life's values and ambitions. However, his emotional detachment hinders his ability to fully understand himself and attain personal satisfaction. The exploration of suppression and emotional distance in "The Remains of the Day" is significant for several reasons. It illuminates the psychological implications of societal norms and professional responsibilities on individuals. Stevens' character embodies the broader notion of emotional restraint prevalent in 19th-century British society. The novel prompts readers to reflect on the importance of emotional honesty and connection in leading a fulfilling life. By delving into the repercussions of emotional detachment, it emphasises the need for individuals to comprehend and articulate their genuine emotions. It underscores the constraints imposed by strict adherence to societal norms and professional duties.

Furthermore, "The Remains of the Day" offers a critique of the British class structure and the sacrifices individuals make to sustain it. The narrative delves into the repercussions of maintaining a stringent social order through the lens of Stevens' character, highlighting its impact on personal relationships and emotional well-being. The novel opens up avenues for further exploration. One intriguing area of study could be the socio-cultural backdrop of emotional suppression in British society. A deeper understanding of the factors contributing to Stevens' emotional aloofness could be achieved by examining the societal norms imposed on individuals during the period depicted in the novel. Another worthy area of research is the influence of emotional disconnection on mental health and overall well-being.

A deeper comprehension of the enduring effects of emotional suppression could be gained by investigating the psychological consequences of bottling up emotions. These may include heightened stress levels, diminished satisfaction in life, and strained interpersonal relationships. The role of gender in emotional suppression presents an intriguing area for research. Gaining insights into how societal norms and gender-based expectations influence the expression and suppression of emotions could significantly enhance our understanding of the interplay between gender, class, and emotional detachment, particularly in the context of Stevens' role as a male butler. Investigating potential strategies or interventions that could aid individuals in breaking free

from emotional detachment and fostering emotional health could be beneficial. Comprehending the methods and tactics that enable individuals to break free from the confines of emotional suppression could positively impact personal growth and mental health.

To wrap things up, Kazuo Ishiguro's "The Remains of the Day" delves deep into the themes of emotional restraint and suppression, as seen through the life of Stevens. Set in the world of British aristocracy and the duties of a butler, the narrative highlights the adverse effects of bottling up emotions and adhering to societal norms. The exploration of repression and emotional detachment in this novel is crucial as it brings to light the psychological and societal fallout of keeping one's feelings under wraps. The novel nudges readers to ponder over the significance of emotional honesty and the value of forging real connections in leading a fulfilling life.

Areas such as the socio-cultural backdrop of emotional suppression in British society, the toll of emotional detachment on mental health and well-being, the influence of gender in emotional suppression, and strategies to combat emotional detachment are all ripe for further exploration. "The Remains of the Day" stands as a potent reminder that expressing our emotions and building authentic relationships with others is key to achieving personal growth and true satisfaction. It invites us to reflect on our tendencies to hide our emotions and encourages us to strive for greater emotional openness and honesty in our lives.

Works Cited

1. Ishiguro, K. (1989). *The Remains of the Day*. Faber & Faber.
2. Salovey, P., & Mayer, J. D. (1990). Emotional intelligence. *Imagination, Cognition and Personality*, 9(3), 185-211.
3. Bowlby, J. (1969). *Attachment and Loss: Vol. 1. Attachment*. Basic Books.
4. Holmes, J. (2001). *The Search for the Secure Base: Attachment Theory and Psychotherapy*. Routledge.
5. Bretherton, I., & Munholland, K. A. (2008). Internal working models in attachment relationships: A construct revisited. In J. Cassidy & P. R. Shaver (Eds.), *Handbook of Attachment: Theory, Research, and Clinical Applications* (2nd ed., pp. 102-127). Guilford Press.
6. Cramer, P. (1991). *The Development of Defense Mechanisms: Theory, Research, and Assessment*. Springer.
7. Mayer, J. D., & Salovey, P. (1997). What is emotional intelligence? In P. Salovey & D. J. Sluyter (Eds.), *Emotional Development and Emotional Intelligence: Implications for Educators* (pp. 3-31). Basic Books.

8. Ainsworth, M. D. S., Blehar, M. C., Waters, E., & Wall, S. (1978). Patterns of attachment: A psychological study of the Strange Situation. Psychology Press.
9. Freud, S. (1915). The Unconscious. The Standard Edition of the Complete Psychological Works of Sigmund Freud, Volume XIV (1914-1916): On the History of the Psycho-Analytic Movement, Papers on Metapsychology and Other Works (pp. 159-215). Hogarth Press.
10. Mikulincer, M., & Shaver, P. R. (2007). Attachment in adulthood: Structure, dynamics, and change. Guilford Press.
11. Vaillant, G. E. (1992). Ego mechanisms of defense: A guide for clinicians and researchers. American Psychiatric Pub.
12. Goleman, D. (1995). Emotional intelligence: Why it can matter more than IQ. Bantam Books.

.....