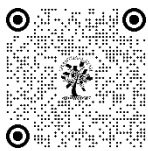


EMOTIONAL EXPERIENCE OF THE EVENTS IN LIFE IN THE WRITINGS OF JOJO MOES

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ABSTRACT

Trauma is an emotional response to a terrible event that takes place in life such as an accident, rape, or natural disaster, after the event, as shock and denial are typical afflictions in the life of an individual. There are longer-term reactions that include unpredictable emotions, flashbacks, strained relationships, and even physical symptoms like headache or nausea and other physical issues. Jojo Moyes writes confidently on the human emotions that affect them when it is experienced abruptly in life. The experiences from the traumatic expressions involve at times threat to life or the safety of a person. From the experiences, it has been identified that in any situation that leads the person's feelings overwhelmed. The individual is also isolated in such a way that could result in trauma, sometimes involving no physical harm. There are objective circumstances that determine an event as traumatic, however, the subjective emotional experience of the event causes traumatic experience. The frightened and helpless feel have more options to have the experience of being traumatized. This article deals with the environment and how it makes the traumatic experience with negation with the writings of Jojo Moyes from the various experiences he attained through multiple approaches applied in the career of human beings.

Keywords: Traumatic, Experience, Environment, Psychological

1. INTRODUCTION

Emotional response to individually affected environments causes a person to have the bitter aftermath in the behaviour with stress and depression and with a physical reaction. The shocking from the horrible events could take place in the life of an individual by accident, rape, or natural disaster. From the astounding experience, one could have self-denial that leads the individual to possess un-curable stress and behaviour.

Thinking that they have lost security, the traumatic sufferers do not even leave the house, they are stuck in a place with a sobbing tone of insecurity. For them, the world was unsafe thinking that all the people were dangerous. They are distress and anguish that one's efforts and intentions can protect oneself from bad things. As in the findings of Jojo Moyes whose environment of emotional experiences has given him the mode of learning life and its meanings, Janoff-Bulman makes it clear from the study finding an individual to perceive personal vulnerability in the traumatic environment mentioning that "Traumatic experiences can affect and alter cognitions. From the outset, trauma challenges the just-world or core life assumptions that help individuals navigate daily life" (63).

The reaction to the shock makes the afflicted have regular flashbacks of the daily events of life. The strained relationship with the other is an expression and passing of message to the other with irritation and temper. The feelings and emotions have changed after the shock from the unpleasant experience. Viewing the accident of a girlfriend, the approach towards life takes its turn and the continuity of life arises into a question in the work of Jojo Moyes in *Me Before You*. The physical symptoms from pain to shivering are explicit in the persons with the traumatic expressions. The following are the apparent displays of the person's experiences of reaction to the shock and automatic reactions through headache to any nausea, with no exception to physical Emotional and psychological trauma such as,

- an accident, an injury, a violent attack or any physical attack from known persons, the neighbours or the friends' circle from unexpected happening in childhood gives depression.
- Stress that is produced from the living experience of life-threatening illness repeatedly possessed with traumatic events
- The affliction is leading and pulling out the individual by bullying, domestic violence, childhood neglect or vigorous expressions.
- Causes of stress and depression lead to surgery or counselling depending on the way one has been hit by the assault.

Varied expressions are available depending on the person's physical and mental stability. When there is a sudden death of someone closer to the individual, makes the other obsessed with a kind of depression or suppression. It makes the person inactive for some time and makes the person move with a positive approach towards life. They face life with challenges and move on with an optimistic sense of approach. However, serious afflictions, such as the breakup of a significant relationship become a humiliating and disappointing experience. The aftermath of the trauma is so cruel as depression. The words of Jojo Moyes in "Authorlink" explicate the reason why his writings are centred on emotionally based thoughts as,

... I do use music but only instrumental or ambient – I can't write if there are lyrics inside my head. I try to take half an hour to clear my mind writing different characters and 'think' my way into their heads. Then hopefully, if I've done my homework, their voices will come naturally (3).

There are many events that affect an individual on many factors, specially, the characteristics of an individual affecting the activities. It has been identified that the experience of the shock is known is the developmental processes, the meaning of the trauma, and socio-cultural factors remain specific from person to person.

Trauma is the most afflicting feeling that affects one's beliefs about the future through loss of hope. It limits the expectations about life making one feel so depressed and inactive in all fields of human activities. There are several factors including the fear that life will end abruptly or early having the feeling of anticipation that normal life events won't occur. For example, the traumatic feeling makes one-stop access to education. The *Giver of Stars* published in 2019 is a historical fiction novel by Jojo Moyes that goes on about packhorse librarians in a remote area of Kentucky, which is set in the depression era of America. The *Giver of Stars* as the story of five extraordinary women and their journey through the mountains of Kentucky and beyond, display the way how traumatic experiences are felt in the human inner thought making life static and insane. There are many options to possess the ability to have a significant and committed relationship, which gets afflicted by trauma. There are also good opportunities for work in the world that is paused by the storage of the feeling of traumatic experiences. Making the initial reactions to trauma, there are valuable things to be included as the following,

The first reaction is that it can include exhaustion which makes the individual affected by the shock or bitter experience. The feeling of tiredness or overtiredness would cause the afflicted individual lose the self confidence automatically. The second reaction to traumatic experience is the confusion that makes the people affected by shocking experiences. The feeling of bewilderment would delay the decision-making in the process of life experience that goes on naturally for any individual to have a successful life.

The third reaction to trauma is sadness. It makes the affected person of shocking experiences forcefully avoid happiness. It keeps always the person with a falling face with no interest in working or being active. This natural phenomenon of sadness in serious afflictions keeps the person inactive and lifeless. Anxiety and nervousness are the fourth kind of reaction that makes the person pretentious with a shocking experience. It is going against the nature of being bold and working with a strong force of stability. It keeps the continuity in delaying the chance of possessing a stable living with charms and cheers.

Agitation is the fifth symptom of reaction that obsesses the person with a shock or unpleasant experience. Other than mental obsession, there are various physical harms, such as numbness that is caused due to the inactive nature and laziness to be awake. Dissociation is another nature of a person who is affected by the trauma as a reaction to it. It is also caused by the pessimistic approach made by the person. Confusion is the other factor that falls as the reaction to the shocking experiences that make the person stay workless and lazy. Though it is caused by the thought that clouds the mind with the shock, the healing is open to the individual for cleansing the trauma, however, the act of being natural is taken away by an obsession with the negation of thought and depreciation of the self.

Physical arousal is a common phenomenon among people who are with the thought of the ill feeling of being lost in the shocks in life. It is vivid due to the dip into the process of being in the lost feeling. Almost all the responses and reactions against the traumatic experiences are quite normal and casual with everybody in day-to-day life. However, people with deep thoughts of depression have the natural expression extraordinary with the loss of flexibility and mobility to be normal which causes sickness in nature and instability in the mindset. Van der Kolk, Roth, Pelcovitz, & Mandel identify the problems amidst the traumatic individual survivors who are studied from the emotional point of view, "Some trauma survivors have difficulty regulating emotions such as anger, anxiety, sadness, and shame—this is more so when the trauma occurred at a young age" (34).

Considering the responses, most of the responses are normal. They affect most survivors of trauma. They are also socially acceptable in the human condition. They are psychologically effective making the decision-making of the mind. They are with self-limitedness that has been portrayed in the literature of life, identified in the writings of Jojo Moyes. The indicators of more severe responses are studied by the research scholars and have come out with auspicious moves that are continuous distress without periods of relative calm or rest.

There are severe dissociation symptoms that keep the person with trauma that is quite conspicuous in the activities of the individual. There is an intense intrusive recollection that continues despite a return to safety. The delayed responses to trauma are made proven with the persistent fatigue that does not move the person to be brisk in action but with idleness. Sleep disorders is another delayed response to trauma that forces the individual to have regular illness and continuous medication. Me before you expresses the life of Louisa Clark who arrives in New York getting ready to start a new life. As she is confident of a new adventure, she steps into the world of the superrich, working for Leonard Gopnik and his much younger second wife, Agnes. Jojo moves the story with experiences of sudden shocks finding traumatic feelings a healing process ever. Nightmares of shock and other shock-related sights make the person lose confidence in acting to be a participant in life is vivid in the writing.

Fear of recurrence creates false belief and escapism from the realities of life. The anxiety focused on flashbacks sustains with number of memories to return to the same shock again and again as experience reoccurring bringing back the shock once again. Depression pushes the individual to be submissive of the self itself. Avoidance of emotions is very much evident among the people who perceive the shock as an emotional imbalance, which leads to abandoning of the self by the individual themselves.

Studies on reactions observed after trauma have proved that most survivors exhibit immediate reactions. They are resolved without severe long-term consequences, for that trauma survivors are highly resilient and develop appropriate coping strategies. It is done with the usage of social supports dealing optimistically with the aftermath and effects of trauma. Finding with minimal distress, many survive effectively throughout the major parts of life even successfully. With a few people after the trauma, there is a little impairment that may be sustained with subclinical symptoms or symptoms. They do not matter much with diagnostic criteria for acute stress disorder (ASD) or PTSD.

From the series of studies, only a minimum percentage of people carry on with a history of trauma showing impairment and symptoms with trauma-related stress disorders, such as mood and anxiety disorders. The emotional and psychological trauma is the result of one's sense of security. It is the abandonment that makes the individual feel helpless in a dangerous world suffocating with distress and depressive notions and thoughts. The affliction with psychological trauma possibly leads to struggling with upsetting emotions, memories, and anxiety, which they cannot do without. They suffer from feeling numbness and disconnected from social activities and relations including the close circle of friends.

Anger, fear, sadness, and shame may be encountered by the traumatic individuals identifying the aforementioned feelings for various reasons. Since the shock or trauma is an abrupt happening, the lack of experience gives them exposure to emotional expression in their family or community where they have been living. The availability of a wide gap in accepting the reality may associate strong feelings with past trauma. This feeling and belief in their emotional

expression than in the intellectual application, their emotional expression becomes too dangerous leading the feeling out of control. They have many feelings associated with their traumatic experiences and they define their reactions as numbness or lack of emotional balance and stability in life.

Normalizing trauma symptoms becomes a challenge in the current world, where several methods are used by various people who apply to heal as it could be explained that there are symptoms that are not a sign of weakness to live on the earth or to lose a life just because an incident took place in life. It is not a character flaw for the afflicted, however, it is a natural trauma that happens to anyone at any situation without prior intimation beyond the human ability. The way one is supported to get rid of being damaged both psychologically and mentally, it need not put the person down to the level of going crazy from the ordinary way of living that they had been. The following positive modes of counselling could heal them from what they are.

- Expressing hope, the affliction of a traumatic individual could come out of the feeling of depression. that they are not alone,
- They could be explained that they are not at fault in any circumstances that something had taken place, however, it is to face and tackle intellectually and rationally.
- The confidence that is given through proper counselling could keep them from the suffering to have recovery as possible and as anticipated.

Identifying trauma biology as burgeoning research offers promise to get healed and start the ordinary life as they had earlier from being in the closet of more complex and perplexed. There are more explanatory findings yet to come, however, there are thorough presentations on the biological aspects of trauma, which are at times beyond the scope of these publications and presentations. Though exposure to trauma leads to a cascade of biological changes and stress responses, there are alterations available in association with healing mechanisms in future.

CONFLICT OF INTERESTS

None.

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