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**Carl Jung's Shadow and Persona: The Process of Individuation in
Gone Girl by Gillian Flynn (2012).**

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Dedication

I dedicate this dissertation to my family and friends, especially my friend Hanane Zahra Abzouzi. She is one of the greatest people I have ever known. Thank you for being there whenever I needed you. I wish you all the best.

Dedication

First and foremost, thank you Allah for answering my prayer and giving me the strength and wisdom. I would like to dedicate this study to my beloved parents who provided me with the values necessary to be where I am today.

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Abstract

The psyche of characters within literary works has become one of the essential elements for analysis because it contributes to the values of the story. Since the persona and the shadow archetypes are constantly recurrent in *Gone Girl* novel by Gillian Flynn, we will use Jung's theory of the archetypes to examine the individuation process in the main characters. Considering that the analysis focuses on characters' personalities, we will use the psychoanalytical approach to conduct this study through the descriptive, analytical, qualitative research method. We will use the novel as a primary source alongside documents, papers and related works to collect data. The first chapter provides the theoretical background of psychology and its impact on personal and social life. It also discusses the influence of Freud's psychoanalytic theory on literary works. The second chapter represents the theoretical framework upon which the analysis will take place. It focuses on the Jungian theory of archetypes, persona and shadow, and their effect on individuation. Finally, the third chapter gives a summary of Gillian's *Gone Girl* novel plot. In addition to the analysis of Amy and Nick characters to examine individuation. The objectives of this study are first to explore the role of psychology in comprehending human behaviours. The second one is to highlight the influences of Carl Jung's psychoanalysis on literature. Lastly, to investigate the way the novel portrayed individuation in the main characters. There are two points to conclude based on the findings and discussion. First, Amy failed to achieve self-realisation because her shadow is more dominant than her persona. Second, Nick did not completely fail, but he is working towards individuation.

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One of the first signs of the beginning of understanding is the wish to die. This life appears unbearable, another unattainable. One is no longer ashamed of wanting to die; one asks to be moved from the old cell, which one hates, to a new one, which one will only in time come to hate. In this there is also a residue of belief that during the move the master will chance to come along the corridor, look at the prisoner and say: "This man is not to be locked up again, He is to come with me. (Kafka, 1948)

General Introduction

The daily life of each person is full of situations that jeopardize his mental and psychological health. Hence, people's need for an escape became crucial for maintaining their well-being. They used all forms of art to express their inner thoughts, emotions, and experiences. Literature is one of those forms that people used to convey their deepest wishes and dreams. Moreover, writers use literature to transmit what is inside and replicate what is outside like a mirror. When literature is an imitation of life, literary works are bounded by the conventions, norms and genres of society. However, some authors tend to mess with the concepts of those standards such as Gillian Flynn. Her ideas contradict what is usually known, especially the notion of the innately good woman. We will use her novel *Gone Girl* as a case study for our research. In order to get more information about the novel, we used previous studies that analysed it. The first two works are specifically related to the psychological side of the main character Amy Elliot Dunne, and the third work discusses how Gillian Flynn visualized her female protagonist in a new lens.

One of the main works that dealt with the psychopathic tendencies of Amy Dunne is *The Psychopath Phenomenon Reflected in Gillian Flynn's Gone Girl novel (2012): A Psychoanalytic Approach*. This work is divided into three parts. In the first part, the writer analyses the psychopathic traits of the main character using *Robert Hare, The Hare Psychopathy Checklist (1991)*. According to the checklist, the main character has six traits. Firstly, glib and superficial charm in which the main character uses her looks and social skills to appeal to people and attract them with her smooth talk. Secondly, grandiose self-worth, and that is a defining characteristic of narcissism, the main character thinks that she is special and believes that she is better than anyone else. Thirdly, the main character is a pathological liar; she uses deceit and manipulation for her sake. Fourthly, cruelty and lack of empathy, the main character does not care about others and does not have any remorse. Fifthly, she is

aggressive; the main character has difficulty in controlling anger and managing her temper. Finally, criminal versatility, Amy Dunne does not conform to social norms nor respect the laws which mean it can range in severity from occasional bad behaviour to breaking the law and committing serious crimes. In the second part the writer explores the individual and environmental factors that led to the manifestation of those psychopathic traits. The third part is about what motivated Gillian Flynn to include mental disorders in her book (Wahid, 2016).

Another work that dealt with the psychological side of the main character, Amy, is *Personality Disorder of Amy Dunne in Gone Girl by Gillian Flynn* by Patricia Nadia Rahma Pratiwi (2019). The researcher shed light on the personality disorder of the main character and discussed its distinct triggers. Personality disorder identifies ten types categorized into three groups called a cluster, cluster A, B, and C based on similar symptoms. Amy shows three types of personality disorder, antisocial personality disorder, narcissistic personality disorder, and borderline personality disorder. The three of them have similar symptoms such as manipulation, aggressiveness, selfishness, and breaking laws. All of those symptoms belong to cluster B. After pointing out Amy's personality disorder, the researcher discussed the environmental triggers that led to the main character's mental illness (Pratiwi, 2019).

According to Stephanie Orman (2016) in her work *What a Perfect Monster Gone Girl Destabilization of Feminine Archetypes in popular Media*, *Gone Girl* presents a resemblance of a female villain defined as chick noir by some reviewers because the representation of an image that shows the woman as victim of a brutal and merciless man, totally contradicts with a dreadful female. Therefore, this novel tries to perform and play with the concept of archetypes. The researcher used *Gone Girl* to look at the archetype of the monster woman. A psychoanalytical interpretation of the novel would indicate that the protagonist represents psychological fear embedded in the female organism, which Barbara Creed referred to as Monstrous Woman. In the portrait of Amy Elliot Dunne, Gillian Flynn set the ground basis of

the archaeological portrait of women as victims of male monsters before the deliberate and brutal revocation of the presumption. *Gone Girl* is a repeal to literary traditions that reproduce gendered archetypes and the media that manifest women as simplified incarnations of either the victim or the monster. Barbara Creed in *The Monstrous Feminine: Feminism, psychoanalysis*, believed that certain cultures retain terrible definitions of the incredible female. These definitions originated from folklore and myths of our ancestors. Creed used post-psychoanalytical feminist speeches, citing the ideas of Freud and Jung, to name the various facets and embodiments of the monstrous feminine. Especially the Jungian theory of the archetypes and the collectively inherited unconscious (Orman, 2016).

Speaking of norms and genres, Jung claimed that the environment of the person shapes his personality in accord to a certain pattern as well as the past experiences that are passed on by his ancestors through what he called the collective unconsciousness. Moreover, every social aspect is related to the balance of the archetypes within the individual's psyche. Jung stated that those archetypes are recurrent human behaviours which influence the personality of a person and the process of individuation. He pointed out four major archetypes that greatly impact the psyche which are persona, shadow, self, and anima/animus (Schultz, 2015, P 91,95). In this research, we will use Carl Jung's archetypes the shadow and the persona to investigate self-realisation in the main characters Amy and Nick in *Gone Girl* by Gillian Flynn (2012). Both of Amy and Nick can be an example of the perplexity of the psyche of an individual. Through the use of Jung's archetypes, the shadow and the persona, we shed light on the different sides of the main characters. The persona illustrates the public view of the main characters whereas the shadow projects their dark inner selves.

Since the analysis focuses on the characters personalities and behaviours, the psychoanalytical approach is the most suitable for conducting this study. We will use the descriptive, analytical qualitative research method to collect data through a primary source

which is the novel, and secondary sources which are documents, papers and related studies that were undertaken. Each work of the previous studies mainly dealt with the analysis of the psychological problems in Amy's character. Whereas in our research, we will use Jung's theory of the archetypes in both of the main characters to navigate the depth of the parts of the psyche and explore their effects on the individuation process to answer the question of how can Carl Jung's shadow and persona archetypes examine the process of individuation in the main characters of *Gone Girl*.

This paper consists of three parts. Each chapter will serve as an answer to one of the upcoming questions. The first chapter will answer the question about psychology's role in understanding human behaviour. In the second chapter, we will reply to how Carl Jung's psychoanalysis affected literature. Lastly, the third chapter will survey the way the novel depicted individuation process in the main characters.

The objectives of the study are formulated in regard of the questions above. The first objective is to explore the role of psychology in comprehending human behaviours. The second one is to highlight the impacts of Carl Jung's psychoanalysis on literature. Finally, to investigate in the way the novel illustrates self-realisation.

This research hypothesises that Psychology studies the inner world of individuals which makes it relatively easier to predict people's behaviours. Also, it relies on Psychoanalytical theories which are used in interpreting literary works. The novel under study is utilised to demonstrate individuation through analysing the main characters using Jung's shadow and persona archetypes.

This study focuses on analysing the shadow and persona of the main characters in *Gone Girl* alongside with the examination of their individuation process.

Chapter One:

Psychology as a Decoder of Human Behaviour.

1.1 Introduction:

The mind is the most intricate aspect of the universe that humans have yet to comprehend. Its laws are cryptic and difficult to grasp. Therefore, humans were engrossed in solving the mystery of the mind since Antiquity. Philosophy appears in resembling science. However, the differentiation between philosophy and science did not exist. Yet, there always has been implied psychology. This chapter will provide an overview of psychology, surveys its various sub-fields, states its influence on society, and gives an account of literary works concerning psychoanalysis.

1.2 Psychology Overview:

Psychology is a social science with scientific underpinnings. It investigates the organisation of human society as well as individual behaviours and interactions within the community. It is a renowned topic among students, a common topic in the news, and a daily part of our lives. Many television shows include psychologists who offer personal counsel to individuals experiencing personal or family troubles. Crime dramas such as *Criminal Minds* and others highlight the forensic psychologists who employ psychological concepts to assist in the resolution of crimes. A lot of people have a first-hand understanding of psychology because they have seen psychologists, such as school counsellors or family therapists.

1.2.1 Origins:

Psychology is a relatively new concept introduced in the sixteenth century, and ever since its occurrence, scholars have been arguing about its origins. According to Arun Kumar Sing, psychology used to be a part of philosophy. Since philosophy is about finding the mind, ancient Greek's most famous philosophers, Socrates, Plato, Aristotle, and Hippocrates, dedicated their lives to unravel the mystery of the human mind. Their views were the ground bases in shaping modern psychological theories (Sing, 2006).

However, Sven Hroar Klempe, in his book "Tracing the Emergence of Psychology 1520-1750: A Sophisticated Intruder to Philosophy", claims that even if the lineage of psychological theories goes back to ancient Greek philosophers, psychology did not develop from philosophy. He argues that during the sixteenth century, Europe was going through enormous changes in all aspects. Yet, philosophy was a marginal field. The focus of the societies of that era was medicine. Hence, medical practices led to the emergence of the need to present psychology as a separate discipline (klempe, 2020).

1.2.2 Definitions:

Psychology is the scientific investigation of behaviour and mental processes. It is also the profession that applies what science has learned to real-world problems. The word psychology is originally Greek; A combination of the word psyche means life, soul, and logia (logos in Greek) means speech, reason (Merriam-Webster.com dictionary, 2021).

Boris Sidis (1914) described psychology by saying:” Psychology is the science of psychic states both as to content and form, regarded from an objective standpoint, and brought in relation to the living corporeal individual”. Sidis’s description indicates that psychology studies the inner world of individuals depending on their similarities, and at the same time contradicting so clearly with the tremendous difference of the human conduct outside their minds.

1.2.3 Psychology as a Discipline:

In the early 19th century, Psychology emerged as a formal, independent, and scientific discipline due to the early pioneers of psychology, Wilhelm Wundt and William James. In 1897, Wundt established what is considered the first psychological laboratory in Leipzig, Germany. Wundt founded a system in psychology known as Structuralism. It focuses on the fundamental

elements of consciousness. Structuralists believed that the human mind functions by combining objective sensations and subjective feelings.

Unlike Wundt, William James was a Functionalist. He opposed Structuralism and was more interested in studying the importance of consciousness to everyday life and used his concept “Stream of Consciousness” to emphasise the difficulty of analysing the consciousness itself. James focused on how the mind allows people to function and adapt to their surroundings. However, Structuralism and Functionalism were not the only systems in psychology. There are schools of thought like Behaviourism, Gestaltism, and Psychoanalysis that contributed to psychology development (Sing, 2006).

1.3 Psychology's Sub-Fields:

Psychology is a diverse field, and because human behaviour is multidetermined and hard to predict, several branches have developed. Each one deal with the human mind and behaviour from a different standpoint. The focus of the fields is varied. Yet all share the same goal of observing and understanding human behaviour (Madolev, 2012).

In 1966, Abraham Maslow said, "I suppose it is tempting, if the only tool you have is a hammer, to treat everything as if it were a nail". This quote indicates that there are various ways to observe and interpret human behaviour. Therefore, different fields of psychology exist. There is no specific classification for the importance of those fields. Hence, we are going to mention four major branches. These sub-fields are clinical psychology, cognitive psychology, experimental psychology, and social psychology.

1.3.1 Clinical Psychology:

In 1896, the American psychologist Lightner Witmer first introduced the term “clinical psychology” and established the first psychology clinic at the University of Pennsylvania. In 1907, Witmer founded the journal *The Psychological Clinic* and published the article “Clinical Psychology” in which he explained its definition by saying: “I have borrowed the word “clinical” from medicine, because it is the term, I can find to indicate the character of the method which I deem necessary for this work” (Encyclopaedia Britannica, 2011).

Witmer’s statement indicates that clinical psychology is the application of psychology in clinical settings. It is treating short-term problems such as relationships issues and work stress. As well as predicaments like mental illness, irregular behaviour, and psychiatric disorders; Clinicians get trained in theoretical techniques and approaches. Hence, they do not deal with physiological difficulties. They often work in private systems, but as clinical psychology developed, they started working in social centres or universities and institutes. Clinical psychology practitioners work privately or collaborate with teams that may include physicians, psychiatrists, and other mental health specialists.

1.3.2 Cognitive Psychology:

Technology has always had an impact on science, and psychology is no exception. As a result, it is not surprising that many psychologists began to consider the brain and human behaviour in terms of the computer. The parallel between the brain and the computer, however far from perfect, generated inspiration for a new school of psychology known as cognitive psychology. Cognitive psychology is currently one of the most accomplished psychological specialty domains. Everyone is captivated by how the brain works. Cognitive psychology is one of the most accomplished psychological speciality domains nowadays. Everyone is engrossed in the way the brain functions. The first thing is that we will define cognition, then

we proceed to define cognitive psychology. Cognition is the mental operations of obtaining information and comprehension through thoughts, encounters, and senses (Oxford University Press, 2021).

Cognitive psychology is the study that uses psychological methods and principles to understand the mental processes related to perception, learning, language, attention, memory, problem-solving, decision making, and judgment. The mutual factor of these phenomena seems to be that all of them affect the process of “intelligence”. In other words, cognitive psychology is concerned with explaining the composition and mental operations of intelligence and its behavioural demonstrations suggesting that the brain stores and processes information much like a computer. This branch of psychology emerged in the 1940s and 1950s in opposition to Behaviourism that viewed human behaviour fundamentally in terms of its environmental conditions (American Psychological Association Dictionary of Psychology, 2021).

1.3.3 Experimental Psychology:

In the 19th century, Wilhelm Wundt introduced the scientific experimental approach to psychology; Wundt's contributions marked the beginning of psychology as an independent and academic science (Khaleefa,1999). Experimental psychology is a branch of psychology that uses scientific methods to investigate the mind and behaviour. These methods are getting used to research all aspects of human life, from childhood development to social issues. Experimental psychologists are intrigued in investigating hypothetical questions, often by formulating a theory and then initiating out to validate or discredit it through observing and studying several subjects (in addition to others) learning, cognition, perception, sensation (Piaget et al., 1963).

1.3.4 Social Psychology:

Social psychology is the empirical study of how people's thoughts, emotions, and behaviours can influence and get influenced by others (Merriam-Webster.com dictionary, 2021).

Social psychologists seek to explain and understand social behaviour and looks at many different phenomena like behaviours among groups, social interactions, violence, conformity, nonverbal communication, group influences, and group decision-making. Moreover, it explains human behaviour resulted from interactions with social situations (Baumgarden, 1977).

Social psychology started in the United States of America around the turn of the twentieth century. In 1898, Norman Triplett reported the first social experiment on the phenomena known as social facilitation, which states that the mere presence of others can boost performance on well-practised activities (Triplett, 1898).

1.4 The Impact of Psychology on Society:

Psychology is the systematic study that explains people's behaviour, performance and mental processes. It has created interesting theories to provide answers to human conditions. By the nineteenth century, psychology had become a visible aspect of human social life. Dr Keita (2013) stated, " I believe that psychology has immense power to improve people's life... ". It had a significant impact in increasing people's comprehension and awareness, allowing them to predict future behaviour. Hence, the subject matter of psychology has a large impact on various fields such as human development, health, education and business. So, it develops people's practical life while taking care of their mental health.

1.4.1 Psychology's Impact on Human Development:

According to Philippe (2021), psychology has benefited personal and social life since it allows people to develop a better knowledge of themselves, their motivations, and personalities, which results in increased self-confidence, better decision-making, and greater possibilities in improving connections. So, psychology has made social life easier because it helps individuals comprehend what others mean and why they behave the way they do, which adds to improved understanding and problem-solving.

1.4.2 Psychology's Impact on Health:

Psychology has made significant contributions in creating theoretical and conceptual models for comprehending human behaviour and attitudes about health care. It has also shown the impact of problems and stress on people's illness. Psychology has aided in treating people suffering from mental illnesses, allowing them to regain their health. The majority of instances benefit from a speech therapy session where patients can openly express their emotional and social grievances. So, the growth of the health care arena has helped in the reduction of many mental and physical health problems such as depression, anxiety, addiction, phobia, Alzheimer and trauma disorder, which made it the core component of any healthy program (Wahass, 2005).

1.4.3 Psychology's Impact on Education:

Psychology provides a positive impact on the development of the educational system more than other disciplines. It affects teaching as well as learning level because it enables the teacher to understand student mental capacities, intelligence and personality that differs from to another. So, teachers produce a relevant educational program that meets student needs and improve their learning process. Whereas, psychology has also helped students in showing their

best talents of critical thinking and proved their abilities in analysing information and gaining knowledge (Nezhad, Vahedi, 2011).

1.4.4 Psychology's Impact on Business:

Many major dimensions of business and companies were influenced by psychology it contributes to understanding employees and consumer behaviour. As famously said by Alfred Herrhausen (N.D) « 50% of business is psychology, business is part of people not computers ». Psychology has a vision for the future that helps in business investments and success and gives meaning to what it did. Psychologist tried to find insights that can be beneficial to business by studying consumer needs and desire. Therefore, they created appreciative business models that encouraged and increased industrial productivity (MBA Skool Team, 2016).

1.5 Psychoanalysis and Literature:

Psychoanalysis was one of the contemporary psychological theories pioneered by Austrian psychiatrist Sigmund Freud (1856-1939), the twentieth century's most important and well-known person in psychology history. Freud provides methods through which analyser unpack unconscious conflicts based on patient's behaviour (Sigmund Freud. www.Biography.com editors, 2021).

According to psychiatrists Dr Blumenthal and Notman (2006), psychoanalysis is a study system of the human mind and behaviour. Because it focuses on how one's inner world affects his or her behaviour, personality and even communication (Harvard Health, 2006).

Freud psychoanalysis has played a key role in treating many mental health conditions. By creating interesting approaches to help patients back to their mental health. For instance, the famous case of study was "Anna O" (real name Bertha Pappenheim). Who struggles with traumatic memories? Both Freud and her teacher Dr Josef Breuer helped the patient to recover and empty her painful feelings and memories of life experience, which influenced her conscious

mind. This case develops Freud's first ideas about psychoanalysis. Then he published with Breuer "studies on hysteria" (1895) (McLeod, 2018).

The term "Oedipus complex" was used by Sigmund Freud in his book "The Interpretation of Dreams" (1899). In which he suggested that children desire to have intercourse with opposite-sex parents. Freud inspired the term from the name of the Greek mythical figure, Oedipus Rex, who is the son that killed his father and married his mother (Oedipus Complex. The Editors of Encyclopaedia Britannica, 2020).

The conscious and the unconscious mind was one of Freud's basic ideas of psychoanalysis. The conscious mind is thoughts and emotions that one's is aware of. While the unconscious mind includes all of the things outside of one's awareness. As Tyson (2006) described the unconscious by saying "the unconscious is the storehouse of those painful experiences and emotions, those wounds, fears, guilty desires, and unresolved conflicts we do not want to know about because we feel we will be overwhelmed by them". So, consciousness may be easily influenced by the hidden thoughts of the unconscious mind, which most of the time is considered to be unpleasant and unacceptable (Tyson, 2006).

Freud had also shed light on an individual's inner conflicts by publishing "the mechanism of defence" (1936), which contains the techniques used by the ego to deal with the id and superego to defend itself from anxiety (Boeree, 2006).

Freud has divided the human personality into three parts in "the id, ego and superego" (1923). The id is the selfish and the unconscious part of the psyche that includes wishes, desires, needs and memories outside of one's awareness. The second part is the ego, which is « that part of the id which has been modified by the direct influence of the external world " (Freud, 1923). The ego is the part that connects the id to the external real-world and maintains a balance between the id and superego based on the reality principle. The superego is the third part of the

mind that includes conscious principles that direct one's behaviour according to social morals received from parents as a kid (McLeod, 2019).

Literature is a term used to describe any written work that transmits a specific period or culture. Literature has proved its distinction to pleasure the readers by producing the beauty of writing. Where writers produce their creative imagination in a higher art form. Literature can be classified to whether it is fiction or nonfiction. Literary fiction is the work created from the author imagination of characters and events to convey a certain viewpoint. Whereas literary nonfiction is the work that reflected reality based on facts such as textbooks, articles and history (Lombardi, 2021).

Literature includes different types like prose, poetry and drama. The prose is a form of literature, which is presented in lines and follows grammatical structures. Some writers said that prose succeeded in transporting the message to the readers that's why they consider it as the better kind of writing. While poetry is a distinctive art of literacy that expresses emotions and ideas. It is characterised by its being set in verses and ruled by a rhythmic structure that differs from prose which is written in sentences. Drama is a type of writing plays to be represented in theatres. It's representation through dialogue. Drama is considered the best literary form because dramatists performed directly in front of an audience and convey their values and thinking (Essay Hub.net, 2021).

All types of literature give a magnificent and unique shape that cannot be found in any other field since it helps readers comprehend the world and people by placing them in the shoes and experiences of others. So literary works have an important part in supplying strength and the creative mind since they encourage readers to look beyond the box and welcome new ideas.

1.6 Applying Psychoanalysis on Literary Works:

As contemporary psychology emerged in the early twentieth century, it was distinguished by the psychological analysis of literary works. It began in the medical profession and has since evolved to include disciplines such as culture, philosophy, religion, and is most commonly employed in literature since it is the study of the human soul and behaviour. In the same way that psychoanalysis portrayed reasons via the re-narration of people's acts, literature was concerned with depicting people's psychological circumstances because they both describe the complexities of human behaviour. Thus, the reciprocal interaction between psychoanalysis and literature began. (Hossain, 2017).

According to Holland (1990), literature has played a significant role in Freud's discovery of psychoanalysis. Freud analysed a variety of literary works, and while trying to explain their works he admired and inspired literature as a source to present his theory. Freud's theory attracted significant support from European writers like Sophocles, Heine, Schnitzler and Shakespeare, and the best example of this when he analysed the oedipal element of "Sophocles Oedipus Rex" with "Shakespeare's Hamlet".

Furthermore, psychoanalysis concepts marked a significant influence on literary works, where writers sought to use psychoanalytic theory as the creative purpose of literary productions. It also focused on the author as well as the characters in the work, because all of the characters are intended to be based on the creator's personality. On the other hand, it assisted readers in experiencing the work of literature since it describes the basic structures, behaviour, and motives of the characters. (Hossain. 2017).

So, the closest connection between the two fields helps to deepen understanding of each. Psychoanalysis served a depth understanding of literature where writers used psychoanalytic theories by reflecting the unconscious continent through characters behaviour within the work,

which resulted in enriching reader's minds through their analysis of decoding texts (Niaz, Stanikzai & Sahibzada, 2019).

1.7 Conclusion:

This chapter tracked down psychology's origins until it became an independent science. Then it highlighted the main sub-fields in psychology which are clinical, cognitive, experimental and social psychology. After that, it pointed out the important role of psychology to meet the changing needs of people and societies, and its positive impact on human development, health care, educational system and business. Finally, it explored the closest connection between psychoanalysis and literature, and how psychoanalysis created a good space in most literary works.

Chapter Two:

Carl Jung's Psychoanalytic Theory in Relation to Literature

2.1 Introduction:

This chapter will provide the theoretical framework on which literary psychoanalysis will take place. The first part of this chapter will introduce analytical psychology that is closely related to Carl Jung's life, which is going to be tackled briefly alongside his theories that opposed many of Freud's works; And then explore the link that connects psychoanalysis theory as one of the fascinating approaches in interpretive analysis and literature. The second part of this chapter will focus on the Jungian Model of the Psyche, in which the reader will get acquainted with the different elements that make up the human psyche. The third fraction will point out the four major archetypes that influence personality and human behaviour. The last section will perform as an exemplification of the influence of Carl Jung's archetypes on literature and how they affect the process of individuation.

2.2 Analytical Psychology Overview:

Analytic psychology is a term coined by the Swiss psychiatrist Carl Gustav Jung; Jung created his theory to demonstrate the complexity of the human mind. Unlike Freud, whose theories are based on the role of the libido in the neuroses and focusing more on the present experiences to unravel the dimensions of the person's problems, Jung's theory bases are that mysterious aspects impact the lives of everyone. He believed that each of us is not driven only by repressed experiences but also by experiences inherited from our ancestors. These obtained perceptions shape up what Jung called "The Collective Unconscious" (Encyclopaedia Britannica,2015).

2.2.1 Carl Gustav Jung:

Carl Gustav Jung (1875, 1961) was a Swiss psychiatric and psychologist who founded Analytic Psychology. He introduced the theories of the extraverted and the introverted personality, the process of individuation, archetypes, and the collective unconscious. His works

have been influential in psychology and beyond the boundaries of psychology as his ideas implied in religion study, archaeology, and literary analysis.

Jung was born in a heavily religious family; he grew up with a protestant father and a mentally ill mother. His childhood described as lonely. However, his isolation allowed him to develop a vivid imagination and a behavioural observation that made him examine people around him.

Jung's religious background made the impression that he would follow his father and serve as a clergyman. Nevertheless, He did not follow his family tradition because he was passionate about philosophy which he picked up through reading. Jung had difficulties when it came to choosing a major to study at university until he got inspired by his dreams to pursue science and medicine, which he studied at Basel University. In 1900, Jung worked as a researcher at the Burgholzi Mental Hospital in Zurich under Eugen Bleuler. He made acquaintance with Sigmund Freud through his work at the hospital (Darowski, 2016).

2.2.2 Carl Jung's Relationship with Sigmund Freud:

Carl Jung formed a close relationship with Sigmund Freud, the pioneer of psychoanalysis. Both of them shared an interest in the unconscious and the motivations that generate the behaviours of people. In 1910, Jung was appointed as the president of the International Psychoanalytical Association by Freud himself. However, in 1912, Jung declared his opposition towards Freud's theory of the Oedipus complex and the importance of the libido while he was on a lecture tour in America. Jung and Freud's impasses in theoretical positions eventually led to their break in 1913. Thus, Jung developed what is known as analytical psychology.

The concept of the collective unconscious is the most significant distinction between Jung and Freud. They both agreed that past childhood experiences shape a person's behaviours,

whereas Jung believed that his future aspirations do too. Ernest Jones, Freud's biographer, described Jung as having “descended into a pseudo-philosophy out of which he never emerged”. Jung's ideas often linked to metaphysical and conceptual ideas, and unlike Freud, he incorporated psychiatry with religious studies, philosophy, and folklore, leading to allegations that psychology had veered more toward the supernatural and occult than the empirical (McLeod,2018).

2.2.3 Jung's Psychoanalytic Theory and Literature:

Several professionals contributed to psychology throughout the previous centuries, each with his share of knowledge in the area. Their combined efforts broadened the breadth of this field, merging it into nearly every other independent discipline. Moreover, because life is a continual encounter between living beings in various circumstances, every aspect of their existence is probably psychologically interpreted. Given that literature is a kind of artistic production, psychoanalysis has proven effective in unearthing hidden meaning and significance in any given literary composition. Literary psychoanalysis became a phenomenon in this regard. Therefore, it is necessary to explore psychoanalysis and its link to literature before delving into the Jungian psychoanalytical theory and its literary implications.

Psychoanalysis is more than a medical or psychological discipline; it assists in the comprehension of philosophy, society, religion, and, most notably, literature. Sigmund Freud regularly related his psychoanalytic theory to art in general and literature in particular when developing it. He elaborated on the relationship between literature and psychoanalysis in his book 'Creative Writers and Day-dreaming' which was his attempt to comprehend creativity. Freud contrasted fantasies, plays, dreams, and works of art. He initially developed his theory on the construction of the literary work and conducted psychoanalytic research into the formation of literature. According to him, literary works are comparable to fantasies, and like

a daydream, embodies in its imagination the fulfilment of an unrequited desire and so improving on an unacceptable reality (Hossain, 2017).

Jung stated: “In the form of psychotechnics it [psychology] makes its voice heard in industry, in the form of psychotherapy it has invaded wide areas of medicine, in the form of philosophy it has carried forward the legacy of Schopenhauer and von Hartmann”, he elaborates on the relationship between art and psychology, despite their primary underlying differences, in his chapter On the Relation of Analytical Psychology to Poetry. These correlations lead to the conclusion that art practice is a psychological behaviour, therefore, may be addressed psychologically. Art is like any other human action motivated by psychological reasons and is a theme for psychology when seen from this perspective. Additionally, because literature is such an emotive art form, the literary work will adequately determine and disclose some parts of the writer's psyche and comprehension of human experiences, whether he meant to display them or not. Therefore, theories and applications of psychoanalysis are the instruments for disclosing them (Jung, 1966).

2.3 The Jungian Model of the Psyche:

We will go through the fundamental components of Jung's Model of the Psyche theory for the sake of this study, which we will use in the analysis of the psychological qualities of some of *Gone Girl's* primary characters.

2.3.1 The Psyche:

The psyche is not unified but rather an entity packed with different competing forces and impulses. As a result, it strives to maintain equilibrium between conflicting qualities while constantly and appropriately seeking its growth and “oneness”. Jung identified it as “The totality of all psychological processes, both conscious and unconscious”. He believed that

endeavours to create a complete theory of the psyche were bound to fail due to the enormous complexities of psychic events (Luton, 2021).

2.3.2 The Conscious:

According to Jung, consciousness is an element of the psyche. Therefore, he identified it as "any operation that connects the psychic components to the ego." When we have a perception of the outside world, we are at a level of consciousness. He referred to it by saying that consciousness cannot emerge from anywhere; rather, it arises from unfathomable depths. It gradually awakens throughout childhood, and it rises each morning from the depths of sleep from an unconscious condition throughout life. It's like a kid being born every day from the primal womb of the unconscious. It is not only impacted by the unconscious, but it also emerges from it regularly in the form of countless spontaneous thoughts and startling flashes of thinking. Individual consciousness from Jung's conception of the psyche is a construct that depends on and manifests from the unconscious. (Luton, 2021).

2.3.3 Personal Vs. Collective Unconscious:

Carl Jung proposed a distinction between a shared collective unconscious and a personal unconscious that was entirely different for each person (Schwefel, 2021). The interaction between the collective unconscious and the developments of a person's life produces what is known as the personal unconscious. Jung considered the psyche, or whole personality, to have a conscious and an unconscious dimension.

The personal unconscious is constituted of repressed aspects of one's own experiences, whereas the collective unconscious formed of impulses and archetypes shared by all people. Archetypes are cognitive frameworks that influence emotions, beliefs, and behaviours (Hopwood, 2021). Conversely, the collective unconscious is a set of preferences and concerns to common scenarios that humans faced since creation. The acute stress response provided by

the collective unconscious enables us to rest our conscious selves while carrying out tasks we've done numerous times before (Schwefel, 2021).

2.3.4 The Ego and Self:

Jung argued that the ego is the core of consciousness, the part of the psyche that houses our conscious awareness, our sense of being and existence. This part is responsible for our thoughts, feelings, intuition, as well as regulating memory access. It's the part that links the inner and outer worlds together, forming how we relate to it with what is external to us. As shown by Jung, how a person interacts with the outside world is governed by their degree of extroversion or introversion and how they employ thinking, emotion, sensing, and intuition. Some people have evolved more of these facets than others, which influences how they view their surroundings.

The ego derives from the self-archetype, which emerges throughout early childhood when the brain strives to add meaning and worth to its varied experiences. However, the ego is only a tiny part of the self; Jung considered that awareness as particular. Therefore, the ego is the part that is responsible for deciding a course of action based upon taking the most important input from the environment, while the remainder of the information sinks into the unconscious. As a result, it may manifest later in the form of dreams or visions, entering the conscious mind (The Jungian Model of the Psyche, 2021).

2.3.5 Complexes:

A complex, according to Jung, is a blend of memories, recollections, fantasies, expectations, and behavioural patterns or tendencies that are concentrated on a specific component and accompanied by overwhelming emotions. It emerges out of difficult and painful early developmental experiences that focus on unfulfilled goals and barriers. Moreover, complexes grow out of predicaments and the individual's attitude toward them. A complex is

spontaneous and tends to react freely or independently, giving the individual the sense that his conduct is beyond his control. We've all done something that appears to be out of character. Furthermore, they are a component of everyone's psyche but prominent mostly in mentally ill individuals because it is noticeable in an unstable state of mind (Virgil Zeigler-Hill, 2017).

2.3.6 Individuation:

Being an individual implies being a single, homogeneous entity, as well as being one's self, precisely as 'individuality' comprises our deepest, ultimate, and incomparable distinctiveness. As a result, individuation is equal to "self-realisation." (Collective Works of C.G. Jung: Volume 7, Carl Jung). Jung thought that the individuation process was necessary for a well-functioning personality. He claimed that individuation is a fundamentally natural process that occurs in all living beings. The goal of individualisation is universality, which seems to be the process where each individual becomes what it meant to be from the start. Eventually, for most people evolve and improve as a person is a lengthy process (Introduction to Carl Jung – Individuation, the Persona, the Shadow and the Self, 2016).

2.3.7 Archetypes:

Carl Jung claimed that the mind of a newborn is not a blank slate but an entity constructed upon already existing structures from our ancestors. He referred to these structures as archetypes and described them as heritable "identical mental structures common to everyone" that influence how people perceive the world. Jung believed that myths and religions are similar due to their effect on human cognition and behaviour. Moreover, he stated that archetypes are "universal patterns" and concepts that are part of the collective unconscious, and each archetype contributes to the formation of a person's personality (Carl Jung – What are the Archetypes? 2017).

2.4 The Four Major Archetypes:

One of the remarkable contributions of Jung is his emphasis on the existence of archetypes, which are common to humans, different from Freud's theory that focused on the childhood period as the most important and influential on the psychological development of personality. Jung's theory focused on archetypes because they form the patterns that shape and control people's personalities. These fundamental archetypes are as follows: The persona, the self, the shadow, and anima/ animus.

2.4.1 The Persona:

The persona is a necessary aspect of personality that allows people to reach a compromise and fulfilling the role of communication between the inner self and the surrounding external environment; in other words, the persona refers to the face or the mask that one's presents to society, it enables an individual to maintain his individuality while adapting to the demands of society (persona, the editors of Encyclopaedia Britannica, 2008).

2.4.2 The Self:

In Jungian psychology, the self is the centre of the human psyche; it is a paradoxical archetype that seeks unity among the conflicting parts. Since it contains both conscious and unconsciousness, it seeks union through accustoming the unconscious with the help of dreams. Jung claimed that individuals could achieve self-realisation only after embracing their shadow and anima/ animus parts, ultimately accomplishing the so-called individuation process (Jung, 1981).

2.4.3 The Shadow:

The shadow archetype is the dark or the unwelcomed side of the human psyche. It consists of unpleasant traits, desires, and emotions that lay within the personal unconscious.

Moreover, it gets pushed into the unconscious due to its destructive impacts on the personality. Furthermore, Jung claimed that the shadow embodies our survival instinct which we inherited from our primitive ancestors. So, the shadow is an inevitable part of the personality because it enables a person to become a real human being who can influence and be influenced by others, with all his weaknesses and defects (Dieckmann, 2018).

2.4.4 Anima/ Animus:

According to Robin Robertson's book "Beginner's Guide to Jungian Psychology," the anima symbolises the feminine component of a man's psyche, whereas the animus represents the masculine side of a woman's personality. As Carl Jung stated: "every man carries within him the eternal image of woman, not the image of this or that particular woman, but a definite feminine image... the same is true of the woman: she too has her inborn image of man". Jung noted that every man carries within him a woman who produces feelings and moods. Conversely, every woman has an inner man who is responsible for thinking. Hence, both men and women had to depict the characteristics of the opposite sex to become complete person (Robertson, 1992).

2.5 The Impact of Carl Jung's Archetypes on Modern Literature:

In 2020, Roula-Maria Dib noted that: "Jung's impact on modern literature in most apparent in the significance given to myth in the context of his psychological theory, such as the concept of archetypes and individuation... has had a great influence on literature and other aspects of modern culture". Freud's theory marked an influence on modern European writers. However, they were more radical in conjunction with Jung's analytical psychology. Carl pointed out the aspects of the human psyche that they once were ignored. The idea influenced writers such as James Joyce, Hilda Doolittle, W.B. Yeats, and Oscar Wild. Each of them created

his style concerning narrative, plot, character, and theme to provide a fruitful work of art (Dib, 2020).

Most modern literary works use Carl Jung's archetypes (the persona, the self, the shadow, and anima/ animus). For example, the Picture of Dorian Gray by Oscar wild, which is a work that reflected the impact of Jung's archetype of the persona and the shadow within the main character's life, so Jungian archetypes help writers and readers to travel and discover the depth of the psyche (Kurniawati, 2015).

2.5.1 Individuation and the Self:

A central idea of Carl Jung's analytical psychology is his concept of individuation. He referred to it as a complex process of self-discovery. Unfortunately, most people suffer from personality dysfunctions that lead to complex psychological problems. Some suffer from overexpression, and some lack it. Jung believed that one could achieve wholeness if he combined the conscious and unconscious parts to form the self. The latter represents the goal of personal development. The self, according to Jung, is the inner guide that develops in the process of individuation. It is the archetype that unified and organised all archetypes in the psyche of individuals. Carl described the self by saying: "... the self is our life's, for it is the completes expression of that fitful combination we call individuality...". This description indicates that the self is the centre of personality because it is the meeting point of consciousness and unconscious, which performs as a transformation tool leading to a more aware self, allowing individuals to achieve individuation (Introduction to Carl Jung – Individuation, the Persona, the Shadow and the Self, 2016).

2.5.2 The Failure of Individuation:

Jungian analytical psychology sees the self as the centre that depicts the totality of body and mind. The accomplishment of the self is to find oneself and overcome inner conflicts between the conscious and unconscious parts of the psyche, which achieve individuation process. However, the difference between the human inner and outer world hinders the development of human personality and may cause psychological problems. As a result, the human fails to achieve individuation (Schmidt, 2005).

2.5.3 The Failure of Individuation in “The Strange Case of Dr. Jekyll and Mr. Hyde”:

Literature is the mirror that reflects human life experiences and problems, upon which writers find a way to manifest human personality and behaviour, therefore, using psychology on almost all literary forms. One of the essential and influential theories applied in literature was Carl Jung’s archetypes that suggested the effects of the hidden parts of the psyche on human personality. Robert Louis Stevenson was among the writers that included archetypes in his famous novel “The Strange Case of Dr Jekyll and Mr Hyde” (Kurniawati, 2015).

Stevenson’s novel does not attempt to separate the righteous and the wrong. It represents the nature of duality between the good and the evil sides of humanity. Robert depicted the shadow archetype in Dr Henry Jekyll, the handsome, middle-aged and respected man. He attempted to separate his shadow, Mr Edward Hyde, the murderer and brutal person, from himself through drinking an elixir. Carl believed that archetypes are common to humanity, and one’s cannot achieve his self-realisation and individuation process only if he balanced his unconscious parts. Unlike what happened with Stevenson’s main character Dr Jekyll. His attempt to free himself from his shadow, Hyde, made him more of a prisoner than a free man. In the end, Mr Hyde consumed Dr Jekyll till the latter became unable to recreate the potion that separates them, leaving Dr Jekyll with no choice but to end his life (dawnsnidget14745, 2016).

2.6 Conclusion

To sum up, this chapter provided a clear description of Carl Jung's life and analytical psychology that differs from Freud's theory and the way psychoanalytic is related to literature. Then, it tackled the model content of the human psyche from Jung's point of view. After that, it showed the four main archetypes that shape human personality. Those four archetypes are the persona, the self, the shadow, and anima/animus. Finally, it represented the influence of Jungian Archetypes on literary works and provided examples of authors who used archetypes to depict the process of individuation failure within characters.

Chapter Three:

The Projection of the Shadow and the Persona Archetypes in the Main Characters: The Examination of the Individuation Process through Amy and Nick

3.1 Introduction:

Gone Girl, by Gillian Flynn, is one of the novels in which the main characters, Amy and Nick, clearly display their archetypes. Amy and Nick both struggled with their real personalities. The third chapter of this study will mainly focus on analysing the key characters who exhibited their shadow and persona archetypes prominently. It will first provide the reader with a brief biography about the novel's author Gillian Flynn in which we give an account of what motivated the writer to produce such a story. The second part of this chapter will provide a thorough summary in which the reader will apprehend the plot. The third part will focus on the most prominent events in which the main characters demonstrated their shadow and persona archetypes. Finally, through using Carl Jung's archetypes, the shadow and persona, we will reach the goal of this study which is whether Amy and Nick controlled their impulses and achieved individuation or failed.

3.2 The Author's Biography:

Gillian Flynn is an American author who grew up in Kansas City, Missouri. She worked as a journalist and television critic after getting degrees from Kansas and North-western Universities, all while composing her stories. Flynn gained fame in the literary world after the publication of her highly praised debut novel *Sharp Objects* in 2006. Her third novel, *Gone Girl*, was inspired by the themes she addressed in her first book, secrets and lies, and the false notion of the "innately good" woman. In its first year, the novel sold two million copies, translated into 40 languages, converted into a movie, and regarded as one of the most remarkable works in contemporary literature; one of the motivating factors behind the imaginary events in *Gone Girl* is the Great Recession of the late 2000s. When Flynn lost her job as a journalist in New York, she projected her experience through the characters of Nick

and Amy. Another factor is the 2002 murder of the pregnant Laci Peterson committed by her husband, Scott. Flynn's reading and observing books, plays, and films that probed into the roots of humanity's depravity for authentically disturbing depictions of marriages, affairs, and schemes gone wrong, provided her with the strategic interweaving of true-crime clichés and fallacies with more sinister literary perceptions. She has cited Edward Albee's *"Who's Afraid of Virginia Wolf?"* and Ira Levin's *"Rosemary's Baby"* as direct inspirations for *Gone Girl's* narrative and style (Tanner, 2019).

3.3 *Gone Girl's* Summary:

Nick Dunne and his wife Amy moved from Brooklyn to Carthage right after they gave up their jobs during the Great Recession. On the day of Nick's fifth wedding anniversary, he and his twin sister Margo, whom the characters call "Go", are at their bar having a conversation about Nick's wedding, which became dull and boring. Nick receives a call that tells him that his cat is out. He drives to his home to find the front door wide open and no sign of his wife. When the investigation begins, Nick's present overlaps with Amy's journal entries over the past seven years. Amy recalls the euphoric early days of her and Nick's romance. She describes how she fell for Nick and married him, vowing never to be a stereotypical wife. In the present, Nick cooperates with investigators, lead detectives Rhonda Boney and Jim Gilpin, and secretly tries to solve a treasure hunt that Amy has left for him, which was their yearly tradition.

While Nick solves more of Amy's clues, the police become suspicious when they confront him with a debt of over two hundred thousand dollars. Moreover, one of his students at the local community college, Andie, revealed that they had an affair for over a year. Amy's journal suggests that she was pregnant and began to feel insecure around Nick. Nick calls Tanner Bolt, a famous defence attorney known for acquitting guilty spouses. After flying to New York to secure Tanner's help, Nick figures out the last of Amy's treasure hunt clues. Terrified, he runs over to Go's house to visit the woodshed at her backyard referenced in Amy's

clue. He opens the doors to find expensive luxury merchandise. On top of all of them lies a shining present wrapped in silver paper.

Amy takes over narrating. She has spent over a year becoming acquainted with police protocol and setting the framework for her disappearance. She arranged the whole incident to frame Nick for her death and imprisoning him as retaliation for his affair with Andie. Amy believes Nick murdered her soul, so he deserves the worst penalty. She admits that the claims of abuse and rape she made against him in her diary were false and that she was never pregnant but lied about it on her medical records by using her neighbour's, Noelle, results. Amy left enough evidence to convict Nick. Nevertheless, she intends to commit suicide on the Mississippi in a few months and have her body washed up as the final piece of evidence to grant the death sentence for Nick.

Back in Carthage, Nick tells Go that Amy is framing him and displays the woodshed as evidence. They carry the gift inside and unwrap it, revealing a pair of antique Punch and Judy puppets. Judy's handle is gone. Go finds out that the violent puppet play depicts Punch murdering Judy and their newborn. Nick becomes worried about his affair with Andie, so he ends things with her. After that, he, Go, and Tanner discover that Amy has left proof at each location on the treasure quest. Nick's father's house, which is now vacant, is the only location with no evidence found. Meanwhile, Amy settles in a motel in the Ozarks. She meets her neighbours, Jeff and Greta, and spends her spare time watching TV coverage of her disappearance, enjoying Nick's suffering and marvelling at how perfectly the media portrays her.

To expose the truth, Nick begins contacting people from Amy's past. Amy framed Hilary Handy and Tommy O'Hara for crimes they did not do and spread rumours about them, so according to them, she would do anything that benefits her. He then walks to a bar when a

female reporter approaches and asks him if he could answer some questions. Nick agrees and decides to take advantage of the chance to tell his wife precisely what she wants to hear.

Back in the Ozarks, Amy's purse money unintentionally got exposed to Jeff and Greta. She becomes paranoid and considers leaving, but before checking out of the motel, she goes to the library to check the news and come across the interview with Nick, in which he admits that he let her down and pleads for her safe return. Amy is fascinated yet confused about following out with her plan. When she returns to her cabin to pack out, she gets robbed by Jeff and Greta.

Meanwhile, Nick is in Carthage preparing for another TV interview with Sharon Schieber. When Amy meets with Desi Collings, a former boyfriend, in a casino on the Mississippi, he offers to hide her at his luxurious lake estate. As Amy and Desi exit the casino, they pass by a TV and see Andie attending a press conference in which she reveals her relationship with Nick. Even though the press already reached Andie, Nick gives another interview appealing for his wife's safe return. The team triumphantly return to Go's house, but detective Boney confronts them with a warrant to check Go's woodshed relying on an anonymous tip. After investigating the woodshed, Boney and Gilpin send Nick and Tanner down to the police station for interrogation, where they display Amy's fake journal in front of Nick and point out that the Judy puppet's missing handle could be a murder weapon.

When Desi and Amy arrive at the lake house, they watch the Sharon Schieber interview together, and Nick's genuine responses moved Amy that she decides she needs to find a way home. In Carthage, Nick is in his house thinking about killing Amy, waiting for the cops to arrest him any time, which is what happened several days later. Meanwhile, Amy realises that she is trapped, Desi forces her to lose weight, and he warns her not to leave the house. She decides to prepare an escape strategy. One evening, she deceives Desi and murders him, then escapes after planting evidence to make him appear to be her kidnapper. Whereas Nick is waiting for his trial forty days after Amy's disappearance until one afternoon, Amy showed up

on his doorstep, messed up and covered in blood. She rushes to him as the reporters take pictures. Inside their home, Amy explains to Nick how Desi showed up at their house, beat her with the Punch and Judy handle and kidnapped her.

Amy tells the cops that Desi assaulted her and that she cut his throat so she could escape. While the police are on their way to St. Louis to recover Desi's body, Boney and Gilpin interrogate her about the facts of her abduction. Amy had thoroughly thought of every aspect, despite Boney's attempts to find holes in her story. Back at home, Amy checks Nick for any wires before telling him the actual story. As a result, he decides that he no longer wants to be with her. Nick calls Tanner, but she interrupts the call. They get into a horrible fight, and Nick almost chokes her to death before releasing her.

Nick's father dies that autumn, and he turns to his wife for comfort. Unfortunately, this is what Amy wants, and when Nick figures it out, he tries desperately to free himself and begins writing a book. Five months after Amy's return, Nick finally has finished his book. He gives Amy a copy and tells her he's leaving. In return, she hands him a positive pregnancy test using his stored sample. The agony of losing his father, along with the desire to be one, forced him to admit defeat leading him to destroy the book and accept that he and Amy are each other's perfect match.

Amy has been home for almost a year, and her baby is due tomorrow, the same day as her and Nick's sixth wedding anniversary. Determined to have the last word, she writes that earlier this morning, she asked Nick why he was nice to her, and he replied that he feels sorry for her because she has to wake up every day and be herself. His comment puzzled her, and she could not stop thinking about it (Flynn, 2012).

3.4 The Projection of the Shadow Archetype on the Characters Amy and Nick:

The novel contains many scenes that work as an example of the dark side of the human psyche. The shadow archetype is most prominent in the main characters Amy and Nick. Therefore, we will use them to show the influence of the shadow on the personality.

Amy Elliott-Dunne is one of the main characters. People often view her character as the cool girl. The girl that everyone loves and adores. However, that is just what she wants people to think. When in fact, Amy is an anti-social, mentally disturbed person whose shadow controls almost every move she does. Likewise, Amy's husband, Nick, is shown as an attractive, funny guy when in reality, he is a lazy, irresponsible liar. As the story develops, Amy catches her husband, Nick, cheating on her with his student. As a consequence of her rage and devastation, she starts thinking of a revenge plan which would be the best punishment for her cheating husband.

...I held a box cutter to my wrist first, but looking at that crisscross of veins, I felt like a bomb technician in an action movie: Snip the wrong line and you die. I ended up cutting into the inside of my upper arm, gnawing on a rag so I wouldn't scream. One long, deep good one. I sat cross-legged on my kitchen floor for ten minutes, letting the blood drizzle steadily until I'd made a nice thick puddle. Then I cleaned it up as poorly as Nick would have done after he bashed my head in. I want the house to tell a story of a conflict between true and false. (Flynn. 2012, p. 215)

Amy's narration indicates how well planned her revenge is. She familiarised herself with police protocols, befriended her neighbour Noelle only to use her as a witness. Moreover, she cuts her arm to get enough blood on her kitchen floor, then cleans it so it would look like a crime scene, and leaves the house after preparing the first clue of her treasure hunt. While Nick proceeds with solving the treasure hunt, he is shocked by the revelation of his findings.

Each clue was hidden in a spot where I'd cheated on Amy. She'd used the treasure hunt to take me on a tour of all my infidelities. I had a shimmer of nausea as I

pictured Amy trailing oblivious me in her car – to my dad's, to Go's, to goddamn Hannibal... (Flynn, 2012, p. 221)

This statement is an example that shows the dark side of both Amy and Nick. Amy concealed her clues in every area where her husband cheated on her as part of her revenge plan to make him look to the world as an unfaithful killer. On the other hand, it is proof of the way Nick's shadow resembled his inner thoughts of dissatisfaction and disloyalty and acting upon them, which led him to constant cheating.

Due to Amy's plan, Nick became a murder suspect, and he is waiting in his house for his trial. Everything that happened since Amy disappeared led him to dwell in sorrow and anger, eventually letting his shadow surface. Hence, he started to consider killing Amy.

I wanted to kill her. Had we been alone, my hands might have found their place around her neck, my fingers locating perfect grooves in her flesh. To feel that strong pulse under my fingers ... but we weren't alone, we were in front of cameras, and they were realizing who this strange woman was, they were coming to life as sure as the cuckoo clock inside, a few clicks, a few questions, then an avalanche of noise and light. (Flynn, 2012, p. 360)

Nick's dark ideas of murdering Amy demonstrate how much he suffered due to her planning. Those dark thoughts prove that he gave in to his evil side and was ready to carry out his intentions, provided they were alone. The more the story goes further, the more Amy's shadow is portrayed in her every move. One of the most horrible scenes that depict her utter darkness is when she kills her ex-boyfriend Desi Collings. After Amy's return, she tells Nick the true story of what happened “Then I-She pantomimed slicing his jugular. That easy, huh?” Nick asked. “You just have to decide to do it and then do it. Discipline. Follow through. Like anything. You never understood that” she said (Flynn, 2012, p.377). Amy used Desi Collings as a sacrificial lamb so she could cover up her disappearance. She did not want people to find

out that she incriminated her husband for revenge. Instead, she brutally killed the man who helped her and got away with it.

3.5 The Projection of the Persona Archetype in the Main Characters:

The importance of acceptance of the social requirements leads people to wear a mask in order to interact with other individuals. Jung's theory indicates that each of us has his own mask, which he called the persona, according to him it is a necessary aspect that allows us to fulfil the role of communication between our inner selves and the society. But, on the other hand, person sometimes pretend to be someone which is not himself. Means he seems to be an element of individuation, but in fact expresses the collective unconscious. This what Gillian's main character Amy and Nick shows in the novel.

3.5.1 The Persona Archetype in Amy's Character:

Amy's parents pushed her to act as "Amazing Amy". She was growing up with high standards which make her year to be perfect, even she is not. Amy uses persona to hide her dark negative quantities and to prove herself as a bright and kind woman in the eyes of society. This what her diary indicates "...I write personality quizzes using the knowledge gleaned from my master 's degree in psychology... I am the inspiration for a beloved children's-book series, I am sure you know it, amazing Amy?" (Flynn, 2012, p 15).

For revenge plan, Amy fabricates stories to punish her cheating husband, therefore, she starts to arrange herself to get people to love her and to grieve her death. So, she uses persona to present the nice and naive woman who suffers with her husband. Noelle, Amy's best friend, was tricked by Amy's fake mask and accused Nick of killing his wife, but she does know that Amy's used her medical results to fake her pregnancy.

I know I needed a client friend for my plan some I could live with up with awful stories about Nick someone who could become overly Attached to me someone

who would be easy to manipulate who wouldn't think too hard about anything I said because she left privileged to hear it Noel was the obvious choice and when she told me she was pregnant again triplets weren't enough apparently, I realize I could be pregnant too. (Flynn, 2012, p252)

Moreover, Amy shows persona during her escape after she gets into trouble she meets her ex-boyfriend, Desi. She knows he is still in love with her so she tries to play in the role of oppressed woman to get his attention and help.

I can't ever go back to my old life Desi; Nick will kill me I'll never feel safe but I can't let him go to prison I just wanted to disappear I didn't realize the police would think he did it. (Flynn, 2012, p316)

Although it was Amy's plan to punish Nick for his affair, she tricked Desi that she disappeared for her own safety and for the safety of her child who didn't exist and she couldn't return to her husband because he will kill her.

3.5.2 The Persona Archetype in Nick's Character:

Nick Dunne the lazy liar and cheater husband who pretends to be someone else's perfect to gain people's admiration and respect. Although Nick decided to divorce Amy on their fifth wedding anniversary but as soon, she disappeared Nick knows that she wants to punish him because all evidence suspected Nick has killer of her wife of his wife therefore, he acts correctly in the way husband act when he loses his wife when he said “we ask you to contact us with any information we light candles tonight in the hope she comes home soon and safely, I love you Amy” (Flynn, 2012, p191).

Nick thought how to fix an image and manipulate circumstances to his advantage to interact and influence on people's opinion in doing so he decided to take a part in an interview in national TV where he perfectly was persona to show the affectionate and loving husband to

gain centre, he by confession to his crime which is cheating on Amy this what he refers by saying

I did a bad thing, an unforgivable thing. I can't make any excuses for it. I let myself down. I've never thought of myself as a cheater. It's an excusable, it's unforgivable, and I just want Amy to come home so I can spend the rest of my life making it up to her, treating her how she deserves. (Flynn, 2012, pp323-324)

Additionally, when Nick greeted Amy at his doorstep, he hugged her with both his arms to make a dramatic scene in front of the press and this's Nick's persona that is greatly portrayed just to keep his face in public.

3.6 The Examination of self-realisation within the main characters:

Amy is a nice and intelligence girl who is famous from the fictional character “Amazing Amy”, a series of stories written by her parents. Amy maybe seen like a kind and perfect girl from the outside but we discover through the novel that she just pretends to present a beautiful picture. While she was trying to be the amazing Amy the character of the book was living under the shadow of perfection.

At first Amy shows the fake mask of that type of cool girl in Nick's eyes who was her first victim. Amy's drama goes well till she discovered that he was cheating and lying on her. Therefore, Amy planned to get revenge on Nick mirrors her own shadow when she thought to mislead the police and the public by writing fake diary entries that contains evidence against Nick to imprison him and protect her perfection at the same time. Thus, what the following statements referred to: “So I began to think of a different story, a better story that would destroy Nick for doing this to me a story that would restore my perfection. It would make me the hero, flawless and adored” (Flynn, 2012, p229)

During Amy's disappearance, she was robbed by Greta and Jeff in the hotel. She does not have any money left so she thought of changing the plan and go to the casino where she met Desi, who would be her next victim. Amy believed that he will be useful to her if she convinced him that she escaped from her abusive husband. As soon as Amy saw on the television that Nick wants her back, she started planning of a way home, which could only be done by killing Desi.

I array myself and Desi's favourite look delicate flowers my hair and loose waves perfumed my skin has peeled after a month inside I am almost without makeup a flip of mascara... I wear a clingy pink dress he brought me and when he arrives after lunch without invitation, I greet him with pleasure I have been increasingly sweeter to him the past few weeks but this is new this is clinging. (Flynn, 2012, p354)

Finally, Amy proved that she was not that perfect girl which she seems to be, she was just living under the shadow of perfection this appears when she decided to seduce Desi then murder him all the while planting evidence against him to cover up her disappearance. So, most of times Amy was controlled by her Shadow which leads to her failure of individuation process. However, Nick shows both persona and shadow archetypes in the beginning of the novel. He depicts the cheating husband who wants to divorce his wife. However, after Amy disappearance, Nick begins to project a different mask to change the public opinion. He shows the persona of a cool and perfect husband when in fact, he is a lying cheater driven by his instinct which could lead to the failure of individuation.

Moreover, when Amy returned Nick was sure that her disappearance was the plan to punish him, he was even thinking to kill her but greeted her with open arms to preserve his image in society. Nick managed to use persona to cover his shadow thoughts.

Yes, I am finally a match for Amy. The other morning, I woke up next to her, and I stared at the back of her skull. I tried to read her thoughts. For once I didn't feel like I was staring into the sun I am rising to my wife's level of madness because I can feel her changing me again: I was callow boy, and then a man, good and bad.

Now at last I am the hero. I am the one to root for in the never-ending war story of our marriage. It's a story I can live with. Hell, at this point I can't imagine my story without Amy. She is my forever antagonist. (Flynn, 2012, p402)

Ultimately, Nick had to give up his plan of exposing Amy's secrets, instead he chose to be the best husband and father in the world, which indicates that Nick is trying to achieve individuation.

3.7 Conclusion:

Based on the analysis, we conclude that Gillian's *Gone Girl* main characters Amy and Nick demonstrate the persona and shadow archetypes that influence a person's behaviour and personality. Jung believed that archetypes have a great impact on the self-realisation process by which each of us becomes what it meant to be. Through the novel, Amy and Nick seem as a perfect couple but that is only how people view them. In other words, being individuated means becoming one entity in which all of the aspects of the psyche are balanced, hence, achieving uniqueness. Therefore, we use Amy and Nick's characters to examine individuation process. Amy was controlled by her shadow when she thought of taking revenge from others and by killing Desi, which leads to her failure of individuation. However, her husband Nick was trying to achieve individuation when he manipulates people by being ideal husband who wants to build a perfect family.

General Conclusion

Gone Girl is a thriller novel written by Gillian Flynn (2012). What inspired Flynn to write her story was the ideas and themes she addressed in her previous works as a contrast to the notion of the innately good woman. The novel sold two million copies, translated into 40 languages, converted into a movie, and regarded as one of the most remarkable works in contemporary literature. To better understand the story, we look through the main characters of this novel. Amy and Nick Dunne hold an intriguing idea of the Jungian theory about the archetypes that control people's personalities.

Through applying the psychoanalytical approach, we analysed the main characters using Jung's archetypes, the shadow and the persona, to investigate the individuation process depicted in the novel. After analysing Amy and Nick, we conclude that Amy failed in achieving self-realisation. Her character is an example of the perplexity of the psyche because her shadow archetype is dominant than her persona, whereas Nick did not entirely fail to individuate. He managed to use his persona archetype to control his shadow.

The results of analysing the main characters in *Gone Girl* prove how much the environment affects the psyche of humans. Each of us struggles daily to go through the hardships of our lives. However, there are times when one cannot overcome those conflicts. Amy's character represents the depravity of human life and how dangerous dark thoughts can be. Conversely, Nick's character demonstrates the typical individual. Even though he has a dark side, he manages to control and keep it from surfacing so he could live as a part of society.

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ملخص البحث

لقد بات الاهتمام بنفسية الشخصيات في أي عمل أدبي أحد أهم عناصر التحليل التي تساهم في قيمة وقيم القصص الأدبي. بما أن القناع والظل نموذجان واسعي الإستخدام في رواية الزوجة المفقودة (Gone Gril) (2012)، نستخدم نظرية النماذج الأولية لكارل يونغ لفحص عملية التفرد لدى شخصيات الرواية. يهدف هذا البحث إلى استكشاف دور علم النفس في فهم السلوك الإنساني إضافة إلى توضيح تأثير التحليل النفسي ليونغ في الأدب، مع اظهار الطريقة التي تجسدت بها عملية التفرد في الرواية. بما أن التحليل يركز على نفسية الشخصيات، يعتمد هذا البحث على منهج التحليل النفسي في إطار وصفي تحليلي وكيفي. كما نتخذ من الرواية إضافة إلى وثائق متعلقة بها لجمع المعطيات. يقدم الفصل الأول الخلفية النظرية لعلم النفس وأثره في حياة الفرد والمجتمع إلى جانب أثر فكر سيغمند فرويد في الأعمال الأدبية. ويعطي الفصل الثاني المبادئ النظرية ليونغ متمثلة في النماذج البدائية والقناع والظل وأثرها في إيجاد الذات. وأخيرا يحتوى الفصل الثالث على تحليل الرواية المذكورة مع التركيز على إيجاد الذات من خلال شخصيتي أيمي ونك. ومن أهم النتائج هي فشل شخصية أيمي في الوصول إلى تحقيق الذات نظرا لطغيان الظل على القناع في شخصيتها، على عكس الشخصية الثانية والتي لم تفشل كليا في ذلك بل تعمل على تحقيق ذاتها.