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Working Through the Trauma in the John Green's *The Fault in Our Stars*

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Letter of Approval

This Thesis entitled “Working Through Trauma in John Green’s
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submitted to the Central Department of English, Tribhuvan University
by Ek Kumari Gurung has been approved by the undersigned
members of the research committee.

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Letter of Recommendation

Ek Kumari Gurung has completed her thesis entitled “Working Through the Trauma in the John Green’s *The Fault in Our Stars*” under my supervision. she carried out her research from October 2016 to March 2017. I hereby recommend her thesis to be submitted for viva voice.

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Keshab Sigdel

Supervisor

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Mr.

Date:...

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Abstract

This thesis examines the traumatic experiences of the characters and the ways they respond to it in John Green's novel The Fault in Our Stars. The study uses Dominic LaCapra's concept of "working through trauma" and "acting out trauma" to analyze the text. In the novel, the characters who are the cancer victims cope with their trauma by sharing their pain with friends, family and reading the novels. This study argues that trauma can be lessened by giving an outlet to the sufferings through literary activities and other sharing mechanisms.

[Key words: trauma, working through, acting out, psychological trauma]

Introduction

This paper is an inquiry in to John Green's *The Fault in Our Stars* (2012), a fiction written in the context of unpleasant suffering of cancer patients which uncovers the struggle of Hazel and Augustus, who despite being just teenagers have to undergo serious suffering caused by an attack of harsh, unbearable illness. They are fighting with disease until the last moment of life. Knowing of the fact that one is dying in a few months is very unbearable pain than disease of cancer itself. The novel portrays the traumatic lives of characters that are haunted by the memory and jolting in the painful course. They are healing their pain by sharing with friends, family and reading the novels. The three sufferers of trauma Hazel, Augustus and Isaac share their memory of past differently with each other by visiting other sufferers and narrating the horrible pains that helps them to reduce the intensity of trauma.

In the novel, Hazel is a patient of throat cancer in lungs at the age of thirteen. Augustus had cancer in his leg at the age of fifteen so he cut off his leg and now he has prosthetic leg. Another character Isaac has eye cancer and now he is blind after eye surgery. Hazel reads a novel called *An Imperial Affliction* written by Peter Van Houten which is a story about an eight year old girl who died of cancer. She reads this book many times and is inspired and gets herself inside the novel. Here, author uses other

characters to provide comic relief while tackling the serious, traumatic issue of teenagers dying with cancer. First, the main leader of support group Patrick shares his miserable life story of cancer and how he survived which gives other members of support groups some relief. Similarly other cancer victims also share their feeling which provides other victims a sort of relief.

This thesis analyses John Green's novel in the light of Dominick LaCapra's concept of working through trauma. It consider how the concept of trauma theory can be extended to the context of the novel and how the victims are able to reduce their pain by reading and writing fictional work with the distinct notion of traumatic situation. Hazel and Augustus are cancer patients in their teenage. In fact their very survival from day to day is in question. They struggle to survive. Through the novel, *The Fault in Our Stars*, John Green has expressed the feelings of teenagers who are brought together in a common battle against cancer. He has demonstrated the value of life and recommended to live meaningful life though Hazel and Augustus have limited years to live. Green tries to show the traumatic condition of cancer patients. He portrays not only the death of characters but also the big and exciting dreams of teenagers.

The overall plotline of the novel revolves around the story of cancer victim and also the story successfully depicts the experience of its characters along with their alienated, fragmented and melancholic

circumstances. In the novel Green's reveals the brutal realities of cancer victim.

The Fault in Our Stars has received several critical judgments since its publication. Different critics have analyzed the novel from different perspectives which proves the multifocal nature of novel. According to Gwynne Ellen Ash, the protagonist of the novel has strong passion and courage. They laugh with friends and family by hiding their pain inside. He writes:

I believe that they way this one teen found friends passion, and laughter, even in the face of terminal illness ,tell us much about the power of online communities and how they help us define and express who we think we one. Of course, the fault in our star is here, too. (241)

The lines suggest that despite the terminal illness characters are courageous and strong. They laugh by hiding their pain and suffering. The victims are supporting each other. Although they know they are going to die but they are enjoying their short period of life and fulfilling their dreams and desire.

Similarly Katty Kay discussed has discussed the novel from the perspective existential questions of life and death. He writes:

Hazel and Augustus the main character in the young adult novel *The Fault in Our Stars* are not your average teens.

They both have cancer and for their age, spend a lot of time thinking about by life questions like mortality and how their deaths may impact those who love them. (13)

Here Katty Kay discusses the tragedy of the characters and how death approaches to them in a horrible way. It brings into the philosophical questions about why people want to live when they know that death is inevitable.

On the other hand Tim Challis discusses this novel as a story of the modern absurdity of ideal dreams and the gruesome reality. He writes:

These are characters wrestling with the big issues of life and death hands are capable of waxing eloquent about them. In fact, in this book the teenagers complex and the parents are shallow. In that way it is subtly rebellious, an upside down world where the kids get it and the parents do not. Green writes as an adult who is down on adults as an adult who gives young people what they want to heal. (45)

The above line suggests that the characters are fighting with life and death and at that traumatic situation parents are supporting their victim children. They want to fulfill their children dreams and wishes. Kids are more aggressive and egoist but parents are very much polite and want to give happiness to their kids. This novel addresses the story of young cancer victims and their depressive feelings.

Since this novel has not been analyzed from the angle of trauma theory, this research aims to study *The Fault in Our Stars* using insights from trauma theory. The research focuses how the characters try to reduce the intensity of their trauma through sharing with other people and reading the novels. The process of working through does not lead the characters to completely heal trauma but it minimizes their trauma. The protagonist of the novel Hazel, reduces her traumatic feelings by sharing her traumatic experiences with others.

Cathy Caruth in *Unclaimed Experience: Trauma and the Possibility of History* describes trauma as an “overwhelming experience of sudden or catastrophic event in which the response to the events occurs in the often delayed and uncontrolled repeated occurrence of hallucination and other intrusive phenomenon” (181). A person can be traumatized by his/her past events like rape, child abuse, auto and industrial accident and disease also. Trauma is experienced after the incident occurred to the person which uncontrollable repetitive image which is unforgettable. In this research paper the protagonist character are traumatized by cancer and they always remember they are going to die in few month.

Trauma is deeply distressing or disturbing experience, emotion, shock following a stressful event or a physical injury. It is an emotion response to a terrible event like an accident, rape or natural disaster. The

understanding of trauma has frequently been dominated by interpretation rooted in the psychoanalytic tradition. But, now its scope is wider to history, culture and so on. Trauma becomes attached to psychic injury when cancer victims criticize of remaining mental and physical disorders.

As Caruth argues:

While the actual definition of post traumatic stress disorder is contest, most description general agree that there is most description general agree that there is a response, something delayed to an overwhelming events or events, which takes the form of repeated, intrusive hallucination, dreams, thought or behaviors stemming from the event, along with numbing that may have begun during or after the experience and possible also increases arousal to (and voidance of) stimuli recalling the event. (25)

Traumatic events are unbearable in their horror and intensity; they often exist as memories that are not immediately recognizable as truth. Such experience is best understood not only by adding the fact but also through process of discovering where and why conscious understanding and memory fail. Caruth's work frames the traumatic experience as essentially unknowable except in it summary in the presence of an outside observer.

Another trauma theorist Dominic LaCapra attempts to use

psychology and historical studies in order to analyze trauma. Trauma victims often repeat the traumatic event disorder in mind since they can never forget what has happened to them. LaCapra mentions two fundamental forms of remembering traumatic event: “acting out” and “working through”. He defines these processes in the following way:

I would argue, or at least suggest, the undecidability and unregulated *difference*, threatening to disarticulate relations, confuse self and other, and collapse all distinction, including that between present and past, are related to transference and prevail in trauma and in post-traumatic acting out in which one is haunted or possessed by the past and performatively caught up in the compulsive repetition of traumatic scene-scene in which the past returns and the future is blocked or fatalistically caught up in a melancholic feedback loop.

Working through is an articulator practice: the extend one works through trauma, victims is able to distinguish between past and present and to recall in memory that something happened to him back then realizing that one is living here and now with opening to the future. (55)

In acting out, tense implode, and it is if one were back there in the past reliving the traumatic scene. Any duality of time (past and present or future) is experientially collapsed or productive only of aporias and

double binds. This doesn't mean either that there is pure opposition between past and present or that acting out whether for the traumatized can be fully transcended towards a state of closure or fully ego identity. But it does mean that process of working through may counteract the force of acting out and the repetition compulsion. The processes of working through, including mourning and modes of critical thought and problematic but still function as limits and as possibly desirable resistances to undecidability, particular when the letter is the same as to confusion and the annihilation or blurring of all distinction. In acting out the future is totally blocked but in working through the traumatic person try to forget his past event by sharing with friends, family and so on. And he/she tries to get relief from the trauma by sharing it. In working through trauma the future is bright so the traumatic person can run his/her future smoothly.

Trauma can be caused by a wide variety of events and it involves the responses of individual in terms of dealing with the situation. The Freudian distinction between melancholic and mourning into 'acting out' and 'working through' are conceptually very similar. Acting out or melancholia is a state of mind in which the victims notion of tenses like past, present and future impulses. The traumatic past haunts people and makes than aware of the future. It effects with the present as well as future. Acting out disable trauma survivors to express what they feel and

forces them to express what they can't feel. Remembering past traumatic event and lost ones make them more traumatized.

Working through on the other hand is what LaCapra term as “articulating practice, necessarily an effort at testimony (42). Slowly, the process of mourning enables traumatized people to develop a narrative memory of the traumatic event. It shows them to remember what happened to them at a certain point in the past, while at the same time realizing that they are living now. In this sense “critical consideration of the traumatic past itself and of coping with the past lessons the danger of lapse into melancholia related compulsive behaviors” (22). Acting out is related to repetition even repetition compulsory on the tendency to repeat something the compulsively working through for him is a kind of countervailing force in which the person tries to gain critical distance on a problems. In the context of repetition LaCapra brings example in flash backs or in nightmare or in words that are compulsively repeated and do not seem to have their ordinary meaning because they are taking different connotation from another situation and another place. In working through a person tries to gain critical distance on problem and distinguish between past, present and future. LaCapra argues in the context of working through it doesn't mean avoidance, harmonization simply, forgetting the past or sub merging oneself in person critically engaging the tendency to act the past and even to recognized why it may be necessary and even in

certain respect desirable at least compelling(144). Similarly he argues that:

Trauma brings about a dissociation of affect and representation: one disorienting feels what one can't represent; one numbingly represents what one can't feel. Working through trauma involves the effort to articulate or rearticulate affect and representation in a manner that may never transcend, but acting out, of that disabling dissociation. (77)

Trauma describes as an overwhelming experience of sudden or catastrophic events, in which the response to the event occurs in the often delayed and uncontrolled repetition occurrence of hallucinations and other intrusive phenomena (2). Trauma happens after effect of events. People are traumatized by after accident remembering past events makes them more traumas. So trauma can't express and represent that one's feeling. Trauma can be articulate or rearticulate by working through. Trauma can be healed by writing the novel and sharing with others. But acting out is disabling dissociation because he/she can't distinguish between past, present and future. He /She remains in past and frequently remembers the past event. In this novels Hazel is saying to Augustus about after all we are death no one is left for remembering human existed or did anything. In this universe no human being is

mortal so earlier or delayed all we are dead.

In the novel the protagonist character Hazel is traumatized by disease cancer. She always thinks about her death. At this age, teenager make friends and go to college but here Haze has daily routine to visit hospital received chemo. She frequently thinks about her death. Hazel recounts how her parents thoughts her to be dead three years ago.

I had a surgery called radical neck dissection, which is about as pleasant as it sounds. Then radiation. Then they tired some chemo for my lungs tumors. The tumors shrank then are grown. By then, I was looking pretty dead- my hands and feet ballooned; my skin cracked; my lips were perpetually blue. They've got this drug than makes you can't breathe, and I had a lot of it flowing into me through a PICC line and more than a dozen other drugs beside. (24)

Hazel's stage IV thyroid cancer was diagnosed when she was thirteen which was incurable. After chemo in her lungs tumors at age of fourteen her lungs started to fill with water, her hands, feet ballooned, her skin is cracked and lips were perpetually blue. From this situation her parents thought she will die. They all are hopeless. She also thought that this is her last day. From that she wouldn't be awake. Everyone figured that she was finished but her cancer doctor Maria managed to get some of the fluid out of her lungs and thereafter the antibiotic they'd given her for the

pneumonia kicked in (25). The drug was Phalanxifor, this medicine is designed to attach itself to cancer cells and slow their growth. It didn't work in about 70 percent of people but it worked in Hazel. In this way Hazel is fighting with cancer and she come out of mouth of death. Hazel is traumatized with disease cancer of being died but she is not fully traumatized. She has hope of cure and she want to live her remaining day happily and fulfilling her dreams and desires.

In the following lines Hazel is sick again. She has pain in her head. She has taken to hospital by her parents. She has bad pain in her head which make her temporarily unconsciousness. That unbearable pain makes her happy to die rather than living.

My headache was be poor oxygenation which caused by my lungs swimming in fluid a little and half of which had been successfully drained from my chest[...] where there was, hey look at that, tube that went from my chest into a plastic bladder half full of liquid that for all the world resembled my dad's favorite ale. (107)

The chest signifies illness and it remains of death. In Hazel's case this reminder of death is steeped more fully in her cancer is terminal and its decline may indicate her condition is worsening. Here she thinks better to die than living in painful. Hazel's description of amber ale can be read as another method of tolerating and familiarizing her illness. She has

humors, evidence here thought the text, works to make her narration voice is accessible. In the novel the protagonist's is very traumatized by diseases cancer as well as its pain.

In this novel Hazel is saying to Augustus about after all we are death no one is left for remembering human existed or did anything. In this universe no human being is mortal so earlier or delayed all will die.

There will come a time when all we are dead. All of us.

There will come a time when there are no human beings remaining to remember that you ever existed or that our species ever did anything. There will be no one left to remember Aristotle or Cleopatra, left alone you. Everything that we did and built and wrote and thought and discovered will be forgotten and all of this will have been for naught.

May be that time is coming soon and even if we survive the collapse of our sun, we will not survive forever. There was organisms experienced consciousness and there will be time after and if the inevitability of human oblivion worries you, I encourage you to ignore it. God knows that's what everyone else does. (13)

The above abstract is assumed by Hazel to Augustus when she met Augustus in Support Group. After talking with each other they become best friend. They both share their inner feeling as well as their disease. In

Support Group before starting their conversation, they first pray to god Jesus Christ and read the name list of dead people. At that time Hazel shares her thought to Augustus after some day our name list also read after our death. There is no human being is mortal so everyone should die before or later. So everything discover by scientist and build by Aristotle or Cleopatra are no one is left for remember.

These lines show Hazel sharing her inner feeling with Augustus. Before she comes in Support Group she was depressed by cancer so she read same book time and again. Here Hazel is time and again remembers her death and keeps talking about death. According to LaCapra in working through process a victim get critical distance from past event and victim live his/her present life by acknowledging past event. In the novel Hazel knows that she is going to die in early age. So she acknowledges her reality and lives her present life by sharing with friends, family and reading novels, watching movie etc. But her trauma is not fully healed by working through process. She is always afraid of dying. Hazel mentions that her mother thought that she was depressed by cancer because she read the same book time and again. She didn't go with friends and spent her time with alone. But she is depressed and she always thinks about her death which make her traumatized:

Late in the winter of my seventeen years, my mother decided
I was depressed, presumably because I rarely left the house,

spent a quite. Whenever you read a cancer book or website or whatever, they always list depression among the side effect of cancer. (Cancer is also a side effect of dying. Almost everything is really). But my mom believed I required treatment, so she took me to see my regular doctor Jim, who agreed that I was veritably swimming in a paralyzing and totally clinical depression and that therefore my meds should be adjusted and also I should attend a weekly Support Group. (3)

Hazel lived in gloom and she rarely left her house and spent quite a long time in her bed. She read the same book over and over and ate frequently. In free time she thinks about death. She is not depressed by cancer but by the thought she is dying. In her free time she only thinks about her death. According to LaCapra “acting out” is related to repetition even the repletion compulsory on the tendency to repeat something compulsively. Here Hazel is repetitively thinks of her death.

Similarly, Isaac is another cancer victim, who is suffering from eye cancer and going to be blind in couple of weeks after eyes surgery. In the process of working through Isaac shares his agony with support group to get relief from his pain.

Yeah, said Isaac. “I’m Isaac. I’m seventeen. And it’s looking like I have to get surgery in a couple weeks, after which I’ll

be blind. Not to complain or anything because I know a lot of us have it worse, but yeah, I mean, being blind does sort of suck. My girlfriend helps, though. And friends like Augustus.” He nodded toward the boy, who now had a name. “So, yeah,” Isaac continued. He was looking at his hands, which he’d folded into each other like the top of a tepee. There’s nothing you can do about it. (10)

Isaac who is going to have eye surgery in couple of weeks, after which he will be totally blind. He is shocked when he hears this news. He feels bad but reality can’t change. So he easily accepts reality. According to LaCapra in working through trauma the victim gain a critical distance of past event and able to distinguish between past, present and future. Here the Isaac also distinguishes his past event and he wants to forget his past event and he wants to live his present life as well as future smoothly. Earlier he had difficulty to accept the reality but later his family and friend’s supports makes it easy to accept his bitter reality which is invited by cancer.

The following lines illustrates about Peter Van Houten, writer of the novel *An Imperial Affliction* which is the novel inside the novel. Peter Van Houten mentions that he had a dead person in his family none other than his own daughter Anna. Early death of his child makes him traumatized so he leaves his profession and becomes alcoholic:

“I’m trying,” he said. “I’m trying, I swear.” It was around then that I realized Peter Van Houten had a dead person in his family. I considered the honesty with which he had written about cancer kids; the fact that he couldn’t speak to me in Amsterdam except to ask if I’d dressed like her on purpose; his shittiness around me and Augustus; his aching question about the relationship between pain’s extremity and its value. He sat back there drinking, an old man who’d been drunk drunk for years. I thought of a statistic I wish I didn’t know: Half of marriages end in the year after a child’s death. I looked back at Peter Van Houten. I was driving down college and I pulled over behind a line of parked cars and asked, “You had a kid who died? (285)

One of the characters of Green’s, Peter wrote this novel remembering his daughter called Anna, who died at the age of eight due to cancer. He was traumatized by the death of his young child Anne. He is panic and he does not talk with other people and lockup himself inside the room. Houten drinks from early morning to evening. When Augustus visits Peter home, he is totally traumatized and does not want to talk about that novel. But later he comes to attend Augustus funeral some relief by reading mail of Augustus who writes about impossible death. He writes about the tragedy in the world knowing about the death of own. In the

process of acting out trauma, Peter repetitively memorizes his past event and wholly trapped in the past.

This line is about Hazel. She is feeling bad of her life. She behaves differently than other teenager.

I'm a grenada, I said again. "I just want to stay away from people and read books and think and be with you guys because there's nothing I can do about hurting you: you're too invested so just please let me do that , okay? I'm not more. And I can't be a regular teenager because I'm a grenada. (99)

Hazel is saying to her parents that she is grenda so; she wants to live away from people and read the same book time and again. And she is thinking about her death. She is very sorry to her parents because she can't do anything but she can do only hurting them. So, she saying to her parents she is not depressed by cancer. She doesn't like to go out more like other teenager. She is sick so her life is different than other teenager. In this novels Hazel is shown as sick character and she is traumatized by her upcoming death. To get little bit relief from trauma so she reads same book time and again. Hazel is showing as traumatized character and sometime showing as process of working through trauma.

The following line is said by hazel to her parents when she is angry with them. Here she is traumatized by Augustus death. She is feeling bad

too much hovering by their parents.

I was really pissed off for some reason. “I can’t eat, Mom. I can’t okay?” I tried to push past her but she grabbed both my shoulder and said, “Hazel, you’re eating dinner. You need to stay healthy. No! I shouted. I’m not eating dinner and I can’t stay healthy because I’m not healthy. I am dying, Mom. I am going to die and leave you here alone and you won’t be a mother anymore, and I’m sorry, but I can’t do anything about it, okay? (296)

Hazel is feeling bad of her life because of death of Augustus. When she arrived home from outside her mom said to her eat your dinner. She said you should stay healthy. And she angrily shouted and said she doesn’t want to eat her dinner. She doesn’t want to be healthy because she is going to die in few mouths and leave their parents alone. Then she said to her parents they no need to hover around her. Hazel is furious about her life so she doesn’t want to like too much hovering of her parents. In this novel Hazel is showing traumatized by Augustus death and as well as upcoming her death. According to Caruth the traumatic person repetitively thinking about his/her past events like as Hazel is repetitively thinking about her death and feeling bad of her life.

This quote lines describe the Hazel eulogy to Augustus. Before his death he wants to hear some word from Hazel’s mouth. So Hazel

expresses her love to Augustus:

There are infinite number between 0 and 1. There's 1 and 12 and 112 and an infinite collection of others. Of course, there is a bigger infinite set of number between 0 and a million. Some 2, or between 0 and a million. Some infinity is bigger than other infinities. A writer we used to like taught us that. There are days many of them, when I resent the size of my unbounded set. I want more numbers for Augustus Waters than he got. But, Gus, my love, I can't tell you how thankful I am for our little infinity. I wouldn't trade it for the world. You gave me a forever within the numbered days, and I 'm grate full". (260)

The above lines explore Hazel eulogy of Augustus pre-funeral. They had fallen in love during Peter Van Houten's upsetting lecture in Amsterdam. Augustus inspire her to live. Augustus asked Hazel to write an eulogy for him before his death. So Hazel is telling her eulogy to Augustus before funeral.

According to Lacapra in 'acting out' trauma the victim remembers his past event frequently and live with past event. In the present novel, Augustus knows that he is going to die in few days. So, he is traumatized and finds it difficult to forget his family and friends. And he requests his friends to write eulogy for him in his pre-funeral rites. Augustus is

unwillingly accepting his death. He wants to live more but unfortunately the disease cancer compels him to die. He doesn't want to leave his family and friends as well as this world.

Patrick is another cancer survivor. He is another character who works through trauma. He is sharing his bitter past experiences to support group members to get rid of his traumatic past. He is encouraging cancer victim to get victory from it and inspiring them to spend the remaining life beautifully:

So here's how it went in God's heart. The six or seven or ten of us walked/wheeled in grazed at a decrepit selection of cookies and lemonade, sat down in the circle of Trust and listened to Patrick recount for the thousandth time his depressingly miserable life story how he had cancer in his balls and they thought he was going to die but he didn't die and now here he is a full grown adult in a church basement in the 137th nicest city in America, divorced, addicted to video games, mostly friendless, eking out a meager living by exploiting his cancer taste past, slowly working his way toward a master degree that will not improve his career prospects, waiting, as well all do for the sword of Damocles to give him relief that he escaped to those many years ago when cancer took both of his nuts but spared what only the

most generous soul would call his life. (4-5)

The above lines are about the leader of Support Group Patrick in the church, one of the survivors of cancer. He has cancer in his balls. They thought he was going to die but he did not die and grew adult in a church basement in America. He is addicted to video games and mostly friendless, eking slowly and gradually he come out from his past event to member of Support Group. He becomes an inspiration to cancer victims. He makes some relief from trauma in Support Group. He had a bitter past event and give inspiration to other cancer victims. According to LaCarpa the victim tries to gain the critical distance and distinguish between past, present and future. In this regard the Patrick, survivor of cancer slowly and gradually forgets his bitter past event and lives by encouraging other cancer victim. He is getting little bit relief from trauma by sharing past event to Support Group members.

This line is said by Hazel. After death of Augustus she regularly goes to support group and here she talking about support group where they are praying to god especially for Augustus.

I stayed quiet for the rest of support group and Patrick said special prayer for me and Gus's name was tacked onto the long list of the dead- fourteen of them for everyone of us and we promised to live our best life today and then I took Issac to the car. (295)

Hazel is sharing her visit to support group after Augustus death. Augustus name is already in the list of death people. Patrick gives special pray for Augustus as well as her. And Patrick encourages supporting group member to live their remaining life better. According to Lacapra in “working through” a person tries to get a critical distance and distinguished between past, present and future. Here Hazel is also doing so she is slowly and gradually forgetting her past life and moving her life smoothly. Here she is trying to work through trauma.

The given line is said by Hazel to herself. She is thinking about her death. She is comparing her life with Anne which gets some relief from trauma.

That is probably true even if you live to be ninety although I’m jealous of the people who get to find out for sure. Then again, I’d already lived twice as long as van Houtens daughter. What he wouldn’t have given to have a kid die at sixteen. (305)

Hazel is accepting her better reality of her death in few months. She compares her life to Van Houten’s daughter who is died in six years. At that time she feels better because she lived twice as long as her. So, she is thinking that it’s fine that the kid die in sixteen than the kid die in six years. In the novel the Hazel is traumatized by her upcoming death so, she tries to get relief from it. She compares her life to Van Houten’s

daughter and so she gets little bit relief from it.

In this novel *The Fault in Our Stars* the protagonist characters as well as their family member, relative and society all are traumatized by diseases cancer. It is like one of the monster who kills human beings. The characters parents are very supportive. They help their children to fight against the diseases. Hazel mother left her job and always stay around her daughter. She always takes care of her daughter. She goes anywhere along with her daughter. She thought her daughter is clinical depression so she consulting her doctor and send her to attend a weekly support group (4). Protagonist's parents fulfilled her dream to visit Amsterdam instead of her critical condition. Here Augustus said to Hazel "You know they've got hand controls for people who can't use their legs," (23). The new technology also made friendly to sick people and as well as who lost their leg. The government experiments different medicine to cure cancer patients. "Those experimental trials that is famous in the Republic of Cancervania. The drug was Phalanxifor, this molecules designed to attach itself to cancer cells and slow their growth" (25). And for the cancer kid's government made Cancer Perk as well as cancer victim gets some concession about free passes, on late homework, unearned driver's licenses etc. They have made support groups for cancer victims and they share their feeling and suffering as well as chemo, diagnosis etc.

The two main characters face the psychological consequence of

dying by talking and thinking about it together “what happens to us when we were dying” they “get” each other to Augustus, if he wasn’t remembered greatly, he wouldn’t consider himself remembered at all. He is able to tell Hazel “there is no glory in illness. There is no meaning to it. There are no honors in dying of (217). Augustus yearned to be a hero in some way before he died. He wanted to be remembered. Being a cancer patient made that a million times more difficult. From his perspective he would not be able to achieve something that would make him “new worthy”.

But as genuine as Hazel can be, she can have her doubts as well. To have death frightening around every day can only negatively affect the mind. “I just don’t want this particular life” (121). Sometimes life can be overwhelming, especially as a teenager and very confusing. Throw in a little cancer, and life takes on a whole new spin, “depression is not a side effect of cancer. “It is a side effect of dying” (3). Here Hazel is depressed by her death like other teenagers she has dreamed and desired. It was something Hazel and Augustus had to face. But facing it together gave them support that they needed to be strong. Depression, withdrawal, and denial all mark the psychological reactions to death. The emotional scar of death is in the loss of someone who was deeply loved. Many people fear falling in love in general, but Hazel Grace fears falling in love because of the limited time she has left. “I’m a grenade and at some point

I'm going to blow up and I would like to minimize the casualties" (99). Nobody wants to fall in love with someone who is going to die, or be the one who is dying. Because when they are gone, it's over, it is the end and there is no way to get it back. Hazel Grace struggled with wanting to be the one that leaves him behind and hurts him. But she really can't help whom she loves. And though Augustus knows that will experience potential heart break in Hazel's death he is still willing to take the risk in loving. When Augustus informs Hazel that his cancer has returned the situation appears hopeless. "I lit up like a Christmas tree Hazel Grace. "The lining of my chest, my left hip, my liver everywhere" (214). Here, Augustus is telling that he is going die in a few days. They both love each other knowing about their death. They always thinking and repetition of death so they are physical mental and emotional aspects of death in *The Fault in Our Stars* by John Green are affectively portrayed. Augustus Water's and Hazel Grace Lancaster's physical sufferings essentially brought them together. They were able to support each other, understanding exactly how the other one felt. But the story tells us that death is essential nothing last forever and the emotional anguish undeniably must be felt. The physical and psychological damage they experience in dying can bring out the best through self sacrifice, service and love. Here in the novels the characters are reducing their trauma through self help strategies, and support group which can speed their

recovery. According to Lawrence Robinson and others said that coping with emotion and psychological trauma are as follows:

Emotional and psychological is the results of extraordinary stressful events that shatter your sense of security, making you feel helpless in a dangerous world. Traumatic experiences often involve a threat to life or safety, but any situation that leaves you feeling overwhelmed and isolated can be traumatic even if it doesn't involve physical harm.

It's not the objective facts that determined whether an event is traumatic, but your subjective emotional experience of the event. The more frightened and helpless you feel the more likely you are to be traumatized. (N. pag)

The above lines suppose that the traumatic person can be overwhelming and isolated. She/he does not harms physically but emotional. They are more frightened and helpless and more like to be traumatized. Similarly, in the novel the characters are not physical harm but they are isolate from the society. Their mind let them go far from other "normal" people. So they do not live the home like Hazel in earlier and stay away from her school friends. From Lawrence and others to reduce the trauma they have some points they are participate in social group, reconnect with old friends join in support group, make new friends etc. Like their point the character of novel join the support group. In the novels support group is

formed by the having a same problem to reduced the sense of isolation and hearing how others problem as well as inspired them. In the novel the character Patrick also formed the support group for cancer victims. He share his bitter past events to support groups and he talk and ask to cancer victim. And encourage and inspired them to live happy life. Like other cancer victims Hazel, Augustus and Issac also join the support group. After joining the support group they make new friends having same problem. They share their feeling and suffering to each other and little bit they reduce their trauma. So in the novel characters are using self help process like working through trauma to heal their trauma. In the novel the protagonists are facing the earlier death but they do not feel traumatized because of their family support, love, emotion and friendship.

In this research character like Hazel, Augustus, Isaac and Peter Van's daughter all are suffering from cancer of lungs, bone, eye and blood respectively. They all have passes their days in severe pain. Here in the novel all characters are traumatized by the cancer, pain and death. They are traumatized by their early death but they don't emotional, cognitively and physically overwhelmed. In this novel the characters are traumatized and they are try to get relief from trauma .They are in process of working through. Peter Van is favorite writer of Hazel who has written a novel about her daughter, died of cancer at the age of seven.

According to LaCapra working through, the victim tries to gain

critical distance on problem, to be able to distinguish between past, present and future. So protagonist character are doing different activities to healing the trauma .Such as the protagonist characters go to support group for cancer patients which is run by a person who is also a cancer patient. They read books based on their disease to overcome their trauma. By spending time with the group, they get relief from their trauma and live some happy moments before they leave the world. Fulfillment of each other's dreams becomes the last aim of the couple. They have acknowledged their death and do the every sort of activities they wanted to do in their life. The characters are not traumatized of their early fixed death. Hence they make themselves busy on discussing, reading and writing their feelings concerning their disease. In this research the character Hazel and Isaac are living her present life happily forgetting their bitter past events. The protagonist characters are trying to healing their traumas as well as they are acting out their trauma in the novels. In the text introduces that idea of positive effects of relationship transcend death and hope for future is innocent to mutual understanding and share love. After Augustus death Hazel's future is still uncertain at the conclusion of the Green's text.

Though the key characters are deeply distressed, they try to cope with the suffering and painful circumstances caused by cancer. The main characters exchange their traumatic experiences with each other and the

healing processes are initiated through reading, writing and sharing their suffering. These activities facilitates in the working through of the trauma in the life of those characters.

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