



Tales of Heart breaking in *It Ends With Us* by Colleen Hoover

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Abstract

This article aims to explore the contemporary romance in the novel *It Ends With Us* by Colleen Hoover. This paper aims to find out the cycle of abuse and how it changes a person's character drastically, both positively and negatively by using Social Learning Theory. It explores the love complexities, offering a raw and emotional journey of self-discovery and empowerment. This paper also explores domestic violence, explicitly the romantic content and generation abuse. Lily Bloom is the protagonist who tries to break down the word abuse and re enters her life. In the survey, the novel was not suitable for the age groups it involves emotional, physical, and sexual abuse. This article also explores the main characters Lily, Atlas, and Ryle relationship of love and how Lily breaks the pattern of domestic violence.

Keywords: Emotional Abuse, Jealousy and Generational Abuse

Introduction

Colleen Hoover is an American young adult romance author who was credited with helping establish the category known as new adult fiction. She was named one of the 100 most influential people in the world by Time magazine in 2023. Her best for her 2016 romantic novel *It Ends With Us* before self-publishing her works was picked up by a publishing house and translated into twenty languages. *It Ends With Us* is currently adapted into a movie and inescapable dark-sided romance and it has published 26 books. The Blake Lively –Film Adaption of her best-selling hit remains on the writer's strike. It is time to catch up on her works dating way back to 2012. She signed the contracts with several different houses.

Glimpse of the Novel

Lily Bloom is a 23 year old graduate and moved to Boston to start her business. She never stopped working hard in life after the death of her father she concentrated on her father's business and her position was top in a marketing firm she used her inheritance to open the flower shop because gardening is her passion. During her college days, she navigates a complicated relationship with Ryle Kincaid, a neurosurgeon and they form a passionate and seemingly perfect relationship. The book is known for its emotional depth and thought-provoking themes, shedding light on the complexities of love and relationships, especially in the face of difficult circumstances. The book provides a glimpse into Lily's life as she navigates the highs and lows of her relationship with Ryle and reflects on her past experiences with an abusive father. However, it becomes clear that Ryle has passed and struggles with commitment leading to conflicts and challenges in their relationship. On the other hand, Lily's past love, Atlas, resurfaces and she finds herself torn between her relationship with him and her commitment to Ryle. Throughout the story, readers witness Lily's inner turmoil as she grapples with her feelings for Ryle and her determination to break the cycle of abuse. The story delves deep into the complexities of love's personal history and the difficult choices Lily must make regarding her relationships. Lily confronts her past and makes difficult choices throughout the story and her journey forms the heart of the novel as she navigates the complexities of love and personal growth. It offers a glimpse into the complexities of human emotions, resilience, and the difficult choices people sometimes have to make to protect themselves and those they care about in relationships

Social Language Theory

“Reinforcement purges our mind, soul and body with or without our knowledge” (Suganya et al, 879). What people see and observe repeatedly will create a huge impact in one's lifestyle. Social Language Theory is about how people often behave in relationships by observing the behaviors of those around them such as parents, husbands, or peers. They may model their communication styles, conflict resolution strategies, and expression of attention based on what they have observed (web). Role models within a person's social circle including family members, friends and even fictional characters in media can influence their understanding of what a healthy relationship looks like. Role models can shape expectations and behaviors in relationships and both positive and negative experiences within relationships can serve as reinforcement or punishment for certain behaviors.

Social Language Theory's concept of self-efficacy applies to relationships as well. Individuals with high relationship self-efficacy are more likely to believe they can communicate effectively, resolve conflicts, and maintain healthy relationships (web). This self-belief can impact their relationship satisfaction and success but the communication theory also highlights the role of cognitive processes in communication within relationships. Effective communication is essential for building and maintaining relationships, and Social Language Theory emphasizes the importance of attention, memory, and motivation in this process. In this theory, it can help us to understand how individuals acquire relationship-related behaviors and attitudes through observation, modeling, and reinforcement. It emphasizes the influence of the social environment and cognitive processes on the development and maintenance of relationships. In the article, “ Gender Performance on the Reinvigoration via Food”, Suganya.et al discusses that food serves as a source of communication and helps to build the interpersonal relationship (Suganya et al, 888). This understanding can be valuable for improving the quality of interpersonal relationships and fostering healthier communication and interaction patterns

Cycle of Abuse Trauma

The cycle of abuse refers to the pattern that often occurs in abusive relationships. In this phase, there is a gradual increase in tension and conflict between the individuals involved. Communication breaks down, and there's a feeling of walking on eggshells when the abuse, whether it is emotional, physical, or verbal, actually occurs (Hoover, 2016). It's the explosive phase where the abuser exerts control or power over the victim. Following the abusive incident, the abuser may feel guilty or remorseful. They may apologize and make promises to change. This can lead the victim to believe that the situation will improve if there is a temporary period of relative calm. The abuser may be kind, loving, and attentive, which can make the victim hopeful that the relationship will get better. However, this calm phase is often short-lived. It is important to understand that this cycle can be extremely harmful, and breaking free from an abusive relationship is challenging. If you or someone you know is experiencing abuse, it is essential to seek help from a support network or a professional who can provide guidance and resources to escape the cycle of abuse.

Conclusion

It Ends With Us is a powerful and emotionally charged novel that delves into complex themes of love, resilience, and the cycle of abuse. The conclusion of the book leaves readers with a profound sense of hope and strength, as Lily Bloom's journey of self-discovery and empowerment serves as a reminder that one can break free from toxic relationships and build a better future. Ultimately, the book's conclusion underscores the importance of making difficult choices to prioritize one's well-being and happiness, even when faced with heart-wrenching decisions. In conclusion, *It Ends With Us* by Colleen Hoover is a thought-provoking and emotionally charged novel that explores the complexities of love and the cycle of abuse. The book's conclusion emphasizes the importance of self-discovery, empowerment, and making difficult choices to break free from toxic relationships. It leaves readers with a message of hope, resilience, and the potential for a brighter future when we prioritize our well-being and happiness.

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