

CHARLIE'S FEAR OF ABANDONMENT IN STEPHEN CHBOSKY'S *THE PERKS OF BEING A WALLFLOWER*

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Abstrak

Penelitian ini membahas tentang ketakutan akan pengabaian yang dialami oleh karakter utama bernama Charlie. *The paranoid-schizoid position* oleh Melanie Klein adalah teori yang digunakan untuk menganalisis penelitian ini. Penelitian ini berfokus pada informasi tekstual dalam novel yang menjadikan penelitian ini sebagai studi kualitatif deskriptif. Data utama diambil dari *The Perks of Being a Wallflower* oleh Stephen Chbosky dan artikel jurnal sebagai data pendukung. Fokus utama penelitian ini adalah Charlie. Tujuan penelitian ini untuk menganalisis gejala ketakutan akan pengabaian Charlie dan faktor-faktor yang menyebabkannya memiliki rasa takut ini. Mekanisme penelitian dilakukan dengan menganalisis keadaan awal mental Charlie dengan teori *Paranoid-schizoid position* oleh Melanie Klein. Hasil dari analisis menunjukkan bahwa gejala Charlie memiliki ketakutan akan pengabaian disebabkan oleh orang-orang yang ia cintai, juga kurangnya cinta dan kasih sayang yang ia terima dari keluarganya. Analisis dan diskusi membuktikan bahwa teori Melanie Klein tentang kebutuhan cinta dan kasi sayang yang dimiliki ketika dewasa berasal dari absennya figur ibu yang dapat mengakibatkan beberapa permasalahan di masa dewasa salah satunya ketakutan akan pengabaian.

Kata Kunci: Fear of abandonment, Paranoid-schizoid, Trauma, Mental State.

Abstract

This study discuss about fear of abandonment on the main character named Charlie. The theory uses to analyse the study is paranoid-schizoid position by Melanie Klein about children psychoanalysis. It focuses on the textual information on the novel which made this study a descriptive qualitative study. The main data is taken from Stephen Chbosky's *The Perks of Being a Wallflower* and journal articles as the supporting data. Charlie is the main focus of this study. This study's purposes is to analyze the symptoms of fear of abandonment Charlie has and the factors that caused him to have this fear as his displacement. The mechanism of this study is by analyzing the early mental state of Charlie with the paranoid-schizoid position theory by Melanie Klein. The analysis point out that Charlie's symptoms of having a fear of abandonment is caused by trauma of being left by people he loves when he was a child and by the lack of love and affection he receive from his family. The analysis and discussion prove that Melanie Klein's theory about the hunger of love and affection the adult may have when they grow up came from the absent of a mom figure which may result several displacement in adulthood including the fear of abandonment.

Keywords: content, formatting, article.

INTRODUCTION

All of us must have something we are afraid of. From a common fear to a very complex fear. Some of us may have and may grow up with the fear of being abandoned. They worry they will be rejected by partners or entire social circles. According to Susan Anderson, the author of *The Journey from Abandonment to Healing*, Abandonment is a loss of love or the loss of connectedness (Anderson, 2000). In this study, the writer will discuss Charlie's fear of being

abandoned and how Charlie overcome his fear as his displacement.

Stephen Chbosky's *The Perks of Being a Wallflower* is used as the study object because this book has an interesting story plot and also because it steals the world's attention for the author's braveness in putting so many sensitive issues such as drugs, alcohol, gay relationship, sexual abuse, and depression.

Wallflower according to urban dictionary is someone who invisible to everyone because they are antisocial. They avoid talking to people or may fake their act around their

friends to hide their true selves. In this novel, the 'wallflower' is Charlie. He becomes a wallflower due to several trauma and loss he had as a child. The significance of the title with the problem in the novel are why does Charlie become a wallflower and how it affects his social life.

The Perks of Being A Wallflower is written by Stephen Chbosky. He is a novelist, screenwriter, and director who was born in Pittsburgh, Pennsylvania, on January 25th, 1970 (Feinberg, 2012). He got influenced by J.D. Salinger's novel entitled *The Catcher in The Rye* when he was young. Salinger met Stewart Stern after he finished his study in Upper St. Clair High School. They become close friends later on and Chbosky was inspired by Stern and reflected by his positive influence into the character Bill in *The Perks of Being a Wallflower*.

In Stephen Chbosky's *The Perks of Being a Wallflower*, the story begins with Charlie, a quiet boy who has not got so many friends and who is about to enter high school after having survived a rough year because of trauma. He was molested by his aunt named Helen and being left by her in a car crash when he was a child. After that, his only best friend committed suicide. Those memories traumatize him. Besides all of the bad memories he had, his family do not seem to have concern for him. His older sister and older brother did not help him to overcome it. Charlie then pours his thoughts and all the things that trouble him into letters which addresses to an anonymous friend.

As he lives his high school life, he gets close to his English teacher named Bill. Bill is the one who accompanies him through his mental journey and helps Charlie to be a better version of himself. Charlie's second real-life friend is Patrick and Sam who are a senior in his school. Getting to know both of them makes Charlie gain more senior friends. But the problem starts when all of them begin to graduate. Charlie feels left out and has a mental breakdown.

This study focuses on the fear of abandonment Charlie has which is caused by the ignorance of the society and most importantly, family. Family is the first and the closest environment we ever met. It is a place when we first receive love and affection we need as human beings. Receiving less or more of that would surely make a big difference into what we are onwards. In this study, the writer uses paranoid-schizoid position by Melanie Klein to analyze the topic about fear of abandonment. The paranoid-schizoid position is a psychoanalysis and the foundation of object relations theory.

The data source used in this study is a literary work, the method that the writer uses to analyze the problem are reading the novel, highlighting, classifying, and elaborating it into the analysis. The first step is reading, including understanding every problem in the novel, after that the writer collects the data which are the textual information in the novel such as dialogue, and narration. Done with collecting the data, the writer classifies them based on the symptoms of fear of abandonment and ways Charlie uses to overcome it which later used in the analysis. Paranoid-schizoid position by Melanie Klein is used to analyze the problem about the fear of abandonment. The supporting data is taken from journal articles which related to the fear of abandonment to support the analysis.

Fear of Abandonment

Fear of abandonment is a strong and continuous fear when you are afraid that whoever you get close to someone, you are afraid they may leave you (Lucas, 2016). It is about loss of connectedness or the loss of love which includes breakup, betrayal and aloneness (Anderson, 2000). Abandonment portrays core human fear (Anderson, 2000).

The signs or the symptoms of people who suffer from fear of abandonment are jealousy, assuming people as a threat to their relationship, giving too much or wanting too much in a relationship, having thought about being left, demanding unrealistic amounts of time from their loved one, having trust issues, avoiding intimacy, and staying in an unhealthy relationship.

The Cause of Fear of Abandonment

The roots of this fear relate to human needs. The needs are the psychological needs or emotional needs. Each of us has a natural emotional need to feel safe, loved, accepted, appreciated, cared about, in control, to feel important, supported, valued and worthy. Besides all of that, the important thing for childhood and adulthood is nurturance. It is about the feeling of being protected, guided, and cared by others. If they lack of nurturance, they will have to rely on themselves and may feel unaccepted because they are not getting enough of what they need.

As stated in Kleinian theory about an infant who relates to their object in reality and in phantasy from birth onwards, the infant is not only dependent on their human caretakers for their physical survival, but also for a sense of development. If the infant does not receive both physical and mental needs, they may likely have much fear onwards.

The Concept of Kleinian Psychoanalysis

METHOD

The Psycho-analysis of Children is the first text of child psychoanalysis and the foundation of object relations theory (Harris, 2015). Klein stated that infant do not depend their physical survival to their caretakers, they also depend on emotional experience (Carlson, 2015). According to her, adult mental health and dysfunction obviously relates to the attention given by the parents which received in the formative years (Carlson, 2015).

The most authentic theory in Klein's theories is the 'position'. Position is a group of inner world, phantasies, external object relation, feeling, anxiety, and defense (Elliott & Prager, 2016). It is the new concept which she use to distinguish the previous psychoanalytic of 'phase' and 'stage' (Elliott & Prager, 2016). The concept of position itself is a structure uses to understand two different configurations of object relation, the anxiety that grows from them, and the defense mechanism to against such anxiety (Roth, 1946). The difference about both positions is the person with depressive position has concern and worry about his object or his loved ones, while a person with paranoid-schizoid position has anxiety for himself and for his own safety (Roth, 1946).

The Paranoid-Schizoid Position

Klein approach about the paranoid-schizoid position focuses on the angle of anxieties and their changes (Klein, Heimann, Isaacs, & Riviere, 1946). Paranoid-schizoid position is a constellation of anxieties, defenses, internal and external object relation that Klein claims as the characteristic of the earliest life of an infant.

Even though paranoid-schizoid is characterized by high anxiety from death instinct, the anxiety could be projected outside 'the self' by splitting the good and the bad object (Karlsson, 2016). From that we know that the main defense against anxiety in this approach is projective (Roth, 1946). Projective is an attempt to deal with a great anxieties which the individual projects the fear into the external object (Feldman, 1922). The 'good object' simply means that 'the object' will satisfy the infant expectation (Roth, 1946). It is also expected to fulfill the infant's hunger, and be the receiver of the infant's love (Roth, 1946). By that, the 'good' for the infant equal to 'me' which made up from good object and the 'bad' equal to 'not me' which made up from bad object (Roth, 1946).

The first external anxiety source can be found in the birth experience. The birth characterized as pain and discomfort, those discomfort feelings are felt by the infant. Then, the infant experiences 'the mother' as the good and the bad object in the paranoid-schizoid position (Sussal, 1998). When the mother or the primary caretakers is not there or is absent, its self-preservative needs and sensual desires are not fulfilled because the infant is left unfed and hungry. The infant feels the anxiety and frustration in these

situations, and having an urge to destroy the cause of frustration.

According to Klein, both constitutional and environmental factors affect the paranoid-schizoid position in functioning, she stated that life and death instincts in the infant are the central main factors.

DISCUSSION

Charlie's Fear of Abandonment Symptoms

People with fear of abandonment must have the sign or the symptoms which indicate them having the fear of abandonment. the sign are jealousy, assuming people as a threat to their relationship, giving too much or went too much in a relationship, having thought about being left, demanding unrealistic amounts of time from their loved one, having trust issue, avoiding intimacy, and staying in an unhealthy relationship (Battles, 2018)

The first thing that will be analyzed is Charlie's childhood life because paranoid-schizoid position by Melanie Klein is used to analyze it. As explained previously that the roots of the fear related to the human emotional needs which are the need to feel safe, loved, important, supported, worthy, accepted, appreciated, cared about, and in control. Infant are not only depend on their human caretakers for their physical survival but also their emotional side (Carlson, 2015). If infant did not receive both physical and mental needs, it may likely have much fear onward, including the fear of abandonment.

Those who struggle with abandonment issues are those who suffer from early disconnection (Anderson, 2000). In the book, Charlie who suffers from fear of abandonment has experienced several parting in his childhood. The 'object' for Charlie is his aunt Helen who unconsciously filled the 'mother' role for him. Her absent is just as important her presence. Unfortunately, Charlie lost his only source of nurturance because aunt Helen died on her way to buy him present for his birthday. It left a big impact on Charlie and he broke down due to shockness.

"I don't really know what happened next, and I never really asked. I just remember going to the hospital. I remember sitting in a room with bright lights. I remember a doctor asking me questions. I remember telling him how Aunt Helen was the only one who hugged me. I remember never saying goodbye to my Aunt Helen." (Chbosky, 1999: 145-146)

The second loss Charlie has experienced was when his only bestfriend named Michael committed suicide without telling him anything before.

The Lack of Attention and Affection in Charlie's Childhood

Charlie's childhood is not as good as his grade in school. The young Charlie who should have receive enough

love and affection did not get that from his family and friends. This lead to the fear Charlie has as he grew up. Melanie Klein stated that adult mental health and dysfunctional obviously relates to the attention given by the parents they receive in the formative years (Carlson, 2015). In the book, Charlie's parents and siblings did not give him enough love, attention, and attention. And all of the things they did not give him were filled by aunt Helen just like what he said in the book.

"My Aunt Helen would always let us kids stay up and watch Saturday Night Live when she was babysitting or when she was living with us and my parents went to another couple's house to get drunk and play board games."(Chbosky, 1999: 35)

Charlie showed the sign of people who suffer from fear of abandonment. He showed jealousy towards his cousin who got more attention and more time with his dad. He always feel left out because no one really paid attention to him. Hence, seeing his cousin got his dad's attention made him jealous because he never really felt the attention giving by his parents.

Charlie's family is not responsive toward his good grades or whatever he does at school. Those act from his parents resulting him to feel unworthy or unspecial in the family. Experiencing relationship with people who are unresponsive and rejecting will makes the individual see him/herself as unworthy(Bowlby, 1973). "I don't think that there is a favorite kid in our family. There are three of us and I am the youngest. I get straight A's now like my sister and that is why they leave me alone"(Chbosky, 1999: 18).

Charlie thinks his presence doesn't really matter and that's why he often not participate in life. He tends to avoid intimacy with people and being passive which is also a sign of people who have fear of abandonment (Lucas, 2016).

Loneliness

In Charlie's family, besides his parents, his siblings also did not give him enough attention. That makes Charlie feel lonely even if he has two siblings. "It has been very lonely because my sister is busy being the oldest one in our family. My brother is busy being a football player at Penn State"(Chbosky, 1999: 23). Other evidence which shows Charlie's loneliness is also stated in the book. "I miss him terribly, which is strange because we never really talked much when he was here. We still don't talk, to be honest"(Chbosky, 1999: 24). Not only his brother, him and his sister also do not talk much at home, neither at school. "It was nice sitting with my sister that night

because she almost never likes to talk to me"(Chbosky, 1999: 83)

Another factor that makes Charlie feel lonely is Michael death. Michael is his close friend and after he committed suicide, Charlie always feel lonely, especially during school.

"In middle school, Michael and I would go to the games sometimes even though neither of us was popular enough to go. But this time, I went alone because Michael is gone."(Chbosky, 1999: 39)

When Charlie finally attached to a new senior friends named Sam and Patrick, he start to depend on them. However because the intimacy Charlie has felt towards both Sam and Patrick, Charlie often felt left out and felt alone not-by-his choice in certain situation. When he was at a party with Sam, Patrick, and Sam and Patrick's friends. They were exchanging present and Charlie receives presents from Sam and Patrick only, although he gave everyone presents.

"I have to admit, I felt a little sad because other than Sam and Patrick, nobody got me a present. I guess I'm not that close with them, so it makes sense. But I still felt a little sad."(Chbosky, 1999: 110)

Like what has been stated before, Charlie has built intimacy with Sam and Patrick. The intimate relationships among individuals can provide a healthy personality, emotional, and social development, while lacking intimate relationship can make an individual to be at risk for psychological disturbances, such as depression and anxiety(Grabill & Kerns, 2000). so being left alone without Sam and Patrick makes it a lot worse for Charlie mental health. Charlie admits that it is so hard for him to go days without Sam and Patrick. Sometimes he would pretend that he can be independent without them by trying to act as he participates in life. Like he said in the book "And I'm trying to participate. It's just hard because Sam and Patrick are in the Grand Canyon." (Chbosky, 1999: 119)

The fear of abandonment symptom again shown when Charlie was at The Big Boy and saw Sam and Patrick hanging with Brad and Craig. He said "it made me very sad because I wanted to be

alone with them. This has never come up before." (Chbosky, 1999: 150). In this case, Charlie unconsciously shows an act of jealousy. Jealousy is a complex reaction of a response to something that seen as a threat which could ruin an important relationship (Madran, 2008). He was afraid that by the presence of Craig and Brad, Sam and Patrick will ignore him or not giving him attention as much as when there were just three of them. He wanted their full attention to feel better, and he was afraid of being left out or abandoned.

Charlie feels lonely again when he has to keep distance with his seniors friend including Sam and Patrick after he broke Mery Elizabeth's heart. He couldn't do anything about the situation because knew that was his fault and he couldn't blame them for leaving him alone. That's why he got distracted and anxious about being alone as explained in the book.

"I don't know how much longer I can keep going without a friend. I used to be able to do it very easily, but that was before I knew what having a friend was like." (Chbosky, 1999: 222)

Having a friend helps him to fill the emptiness he felt when the love ones left him. it makes him feel special and worthy. Most importantly, he receive the love, care, and affection he was unable to feel when he was a kid. That is why going on without a friend is hard for Charlie after he knew what it is like to have a friend.

Afraid of Saying No

As stated on the previous chapter that Charlie has been experienced in several parting which leads him to feel alone and abandoned not-by-choice, teenage Charlie now is having difficulties in being himself. He always did what others thought him to do and always feel uneasy when he did otherwise. This is shown in the books when Charlie's sister hold a party in their house and Charlie was told to stay in his room and he did. But the problem is that he really stays in his room no matter what the circumstance is. When there was a couple who make love in his room, he doesn't say anything and was being still in his room. He stays still even if he know something is not right just because his sister told him to.

Charlie has a lot of worries and thoughts after becoming friend with Sam and Patrick, and also other seniors. He was thinking to do this and that and what

if he didn't do or did do this and that. He also questioned everything. It first shown in the book when he accidentally saw Patrick and Brad make out. Patrick told him to not saying anything and to pretend like he did not see anything. Charlie agreed to that even though that he was actually wondering why he is not allowed to say anything to others about this. He bury his thought and keep that for himself.

The worst part of him pretending to be okay with doing what he ordered to, and not giving a single statement about his true opinion and feelings come from Mery Elizabeth. Mery Elizabeth is a friend of Patrick, and a close friend to Sam. Charlie never being himself whenever he was around Mery Elizabeth. All the things he did to Mery Elizabeth are the things that have been said by Sam. He also is so passive in the relationship. Even if he doesn't like or doesn't agree with certain things, he wouldn't tell Mery Elizabeth nor anyone even Sam and Patrick because he doesn't want to be hated and left for not being in the same mind.

"Maybe I was lying by not telling her that it was hard to listen to her all the time without getting to say anything back. But I was just trying to be nice like Sam said I should. I don't know where I went wrong." (Chbosky, 1999: 204)

The Way Charlie Overcome His Fear of Abandonment As His Displacement

Charlie once hospitalized because of his shockness on the death of aunt Helen. "I don't know how long I kept going to the doctor. I don't remember how long they kept me out of school. It was a long time." (Chbosky, 1999: 146) He had a hard time dealing with his own feelings and mind. The thoughts he had ever since the death of aunt Helen is overwhelming and wanted to stop it. "Despite everything my mom and doctor and dad have said to me about blame, I can't stop thinking what I know. I would do anything to make this go away" (Chbosky, 1999: 147)

Despite the disturbing thoughts Charlie had, Charlie said that he made promise to aunt Helen to not cry over her, and the only way to accomplish that is to stop thinking about her or anything that would make him sad. "Anything to not feel like crying. Because I made the promise to aunt Helen. And because I don't want to start thinking again. I can't think again. Not ever again" (Chbosky, 1999: 150)

Because of the strong will to overcome his fear and anxiety, Charlie tried so many things to prevent, or even to stop him in having the fear and also anxiety. The first thing he do to overcome his fear and displacement is to write. There are many benefits from personal writing (Kerner & Fitzpatrick, 2007). It has been an important form of self-reflection and self-therapy (Murnahan, 2010). In this book Charlie pours his fear and anxiety in writing. . As we know that Charlie is a wallflower who doesn't talk much and don't make a mess because of his passiveness, he tends to be active in writing. He pours all of his thought in letters which addresses to anonymous. "The reason I wrote this letter is because I start high school tomorrow and I am really afraid of going" (Chbosky, 1999: 20)

At the first chapter, Charlie is anxious to start high school alone considering what has been happened in the past school life and also his childhood life. Moreover, it seems like he scared to go to school because there is no Michael, the only friend of him who was always be with him. New place, new situation, new friends, this high school life seems to be a whole new environment for him. "I keep Quiet most of the time, and only one kid named Sean really seemed to notice me" (Chbosky, 1999: 22)

Besides writing, he read to distract his bad thoughts. With reading he can be drown in the story and being exhausted from it so that he have no time for thinking anything bad.

"I read the book again that night because I knew that if I didn't, I would probably start crying again. The panicky type, I mean. I read until I was completely exhausted and had to go to sleep. In the morning, I finished the book and then started immediately reading it again. Anything to not feel like crying. Because I made the promise to Aunt Helen. And because I don't want to start thinking again" (Chbosky, 1999: 149)

Other thing he does to overcome his displacement is to socialize or to have companion. By having companion, he may fill the emptiness he felt in his childhood about love, and affection. "I just need to know that someone out there listens and understands and doesn't try to sleep with people even if they could have. I need to know that these people exist" (Chbosky, 1999: 14)

Charlie feel accepted in his surrounding after he met friends with Sam, Patrick, and other seniors. He likes the fact that he can be quiet and still be accepted by his surrounding. Also, Sam and Patrick introduced him to their friends as "their friend" which makes him feel counted and existed. This much recognition and attention given by Sam and Patrick are very needed for Charlie who receive not enough love and feel un-special.

"I didn't know that other people thought things about me. I didn't know that they looked. I was sitting on the floor of a basement of my first real party between Sam and Patrick, and I remembered that Sam introduced me as her friend to Bob. And I remembered that Patrick had done the same for Brad. And I started to cry. And nobody in the room looked at me weird for doing it. And then I really started to cry." (Chbosky, 1999: 68)

Asides having companion, Charlie also needs assurance from those whom he counted as a friend. He needs to know that they will not leave him or abandon him even when they can not always be by his side. In the books, Charlie tried to believe all the assurance his friends, family, and relatives tried to give him. Here is a conversation of Sam giving an assurance to Charlie.

"Sam said, "I'm really scared to be alone at college. Just like you really scared to be alone here."

"Okay." I nodded.

"So, I'll make you a deal. When things get to be too much at college, I'll call you. And when things get to be too much here, you call me."

"Could we write letters back and forth?"

"Of course," she said.

I nodded and calmed down." (Chbosky, 1999: 298)

In the conversation above, Sam surely knows what Charlie deals with and what he needs. She gives Charlie assurance that she will call him and makes sure that he involves in her new life by telling him when she is having a hard time at college. She makes sure that nothing will change to their relationship even if they are not always together.

Moreover, she makes sure to make Charlie know that she will not abandon him even if they are physically apart.

"The only good class was Bill's because I got to talk to Bill. It was hard saying goodbye to him after class was over, but he said that it wasn't a goodbye. I could call him anytime over the summer if I wanted to talk or borrow books, and that made me feel a little better." (Chbosky, 1999: 300)

Because Bill is the only teacher Charlie has been attached to, not being able to see Bill in a class makes Charlie feel anxious. However, Bill's assurance helps Charlie to overcome his fear of abandonment. He knows that Bill will always be available for him.

All the assurance and accompany from Family, and relatives also help the most for him to overcome his fear. "The thing that helped me the most, though, was the time I could have visitors. My family, including my brother and sister, always came for those days" (Chbosky, 1999). The rare act of them makes a big difference for Charlie who feels unloved and unspecial in the family. The relatives who couldn't be there for Charlie also showed a lot of love and attention from letters, and flowers, which makes him feels better just like he said in the book. "It was nice to know that they were thinking about me" (Chbosky, 1999)

Patrick and other seniors including Mary Elizabeth also showed love and attention to Charlie by coming for a visit. It makes everything seems normal for Charlie as they light up the mood when they visited him. Bill and his girlfriend also came to see him and invited him to their wedding which made Charlie feel counted and wanted as a friend. Moreover, it makes him worthy because he wasn't alone and everyone wants him.

CONCLUSION

People might not aware of the fear of abandonment because it is not very shown unless you pay attention to those who are going through it. Through the discussion and analysis, this study sums up that Charlie has the symptoms that indicate the fear of abandonment. It all shown in his act and behavior. First, Charlie has a trust issue. He doesn't believe that anyone can be good without any intention that he become introvert and doesn't talk a lot. He writes all his thoughts into a diary with a form

of letter because he thinks it is a safe place for him to pour his thoughts.

Second, Charlie avoids an intimate relationship with others and withdraw himself. He doesn't participate enough in the real world and tends to be more active in his thoughts. He also spent most of his time writing and reading. He afraid that if he being too attach to someone, he'll have difficulties when they are not there for him. While being inactive in life, he was overanalyze people. He wonders what people do, the reason they do that, and how do they feel about that.

Since he was already attached to certain people, Charlie always has a bad thought and fear that his friend, family, and his loved one will leave them if there is something happening in their life. His first fear is for the seniors when he breaks MeryElizabeth's heart. His second fear is for Bill when he was about to be a sophomore, he was afraid that the relationship of him and Bill will end with Bill's class. The last fear he felt is for Sam and Patrick who will leave him after they were graduate. He afraid they are all going to leave him as they leave college. However, all his thought about them leaving him turns out to be just his thought.

Being attached also makes him demand more time from those he loves the most. In this case, it is Sam and Patrick. He can't help but demand that more time to spend together with them because whenever he is alone his anxiety about abandonment increases, and all the bad thoughts come to reach him.

The fear of abandonment issues Charlie had, force him to stay in an unhealthy relationship. It is when he dates Mery Elizabeth. He respects and love her as a senior and friend, but doesn't say a thing when Mery asked him out. He also doesn't say a thing when Mery Elizabeth did things that don't go well with his perception. He repressed his feelings due to his fear. He afraid that if he said something wrong or if he ever hurt Mery Elizabeth, other senior will hate him and leave him including Sam and Patrick.

Charlie can overcome his fear and anxiety in the end by doing certain things. First, he writes. He writes a diary kind of letters which and pour all his thoughts there. It helps him to reflect himself and remain calm because he can organize his thought in a paper and feel relieved after as he has told someone about those which burden his thought. Besides writing, the second thing that helps him to overcome his

displacement is reading. He likes to read. A lot. He uses it as a distraction of his fear and anxious thoughts. By reading, he could be drowned by the story he read and be exhausted from it and don't have the time and energy to think about his fear and anxious thoughts.

The fear Charlie had come from the lack of love, affection, and care he received when he was a child. And to be able to heal, he needs to fill those empty parts. Charlie socializes. He made friends with Sam and Patrick at first, and continue to have a group of seniors as his friend. He also made friend with his teacher, Bill. From being friend with Sam, Patrick, and Bill, Charlie receives what he always wanted. He received love, care, and affection from them.

The most important part that helps Charlie overcoming his fear of abandonment is the assurance from the people he afraid of losing. Those are his friends and family. When they give Charlie assurance by words and actions that they will not leave Charlie psychically and mentally, Charlie feel calm. He no longer feel alone or afraid that people will leave and abandon him.

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