

## CHAPTER IV

### FINDING AND DISCUSSION

#### 4.1 Findings

The self-identity construction of Post-Traumatic Stress Disorder survivor was found in *Bait* by Alex Sanchez. This novel uses the third person perspective. The issue is reflected in Diego, as the main character in this novel. The construction of Diego's self-identity as a PTSD survivor can be observed through the narration in this novel. There are two causes as the core of PTSD in Diego. The causes involved the abuse from his stepdad, Mac, and the neglect from his mother. Those causes are growing into symptoms of PTSD. The symptoms involved recalling the events of trauma through nightmares, avoiding places or things that remind the victim of the trauma, difficulty of sleeping, and easily getting irritated.

During the construction of his self-identity, there is the contestation of Diego's mind. The contestation between id, ego, and superego also reflected in the narration during the way of healing the PTSD. From the long journey, Diego can accept his past and overcome the trauma, and construct his self-identity.

##### 4.1.1 Exposition

In the exposition, there are important events that portrays the symptoms of PTSD which reflected in Diego. In the very first page of the first chapter of this

book, Diego is at the juvenile court because of his case: Punched his friend, Fabio Flores, at school. Diego was angry because of Fabio, who is a gay, kept grinning at Diego. At juvenile court, Diego has to take a responsibility because of his fault. The narration shows one of PTSD symptoms; getting irritated easily and feeling jumpy. At the court, Diego was helped by his probation officer, Mr.Vidas, that later will be the helper to healing Diego's trauma.

Overall, in the exposition can be concluded that there is one event indicate the beginning of Diego's journey to construct his self-identity. The event is dominated with the narration that explains the first time Diego met Mr.Vidas as his PO. After this, Diego start has appointments with Mr.Vidas to talk about Diego's life. In the beginning, Diego was so isolated, he never open up about his life to somebody. The contestation of Diego's mind also starting from here.

#### **4.1.2 Raising Actions**

In rising actions, there are four important events that illustrated the PTSD was reflected in this novel. Based on these four important events, the narration illustrates how PTSD affected Diego's life and people around him. The first event is on chapter three of the novel. It started when Diego had his first appointment to meet Mr.Vidas at his house. Mr.Vidas held a home visit to know more about Diego's life. How Diego and his family background, how Diego act at home, and asking questions about Diego. The contestation of Diego's mind is worsened. Diego won't open up about his life, particularly his past with Mac. Diego hates it when someone calls Mac's name or talk anything about him. But during his

therapy with Vidas, slowly, Diego wants to open up about his private life and starts to consult about things that are good for his life.

The second event is when Diego punch his friend, again, named Guerrero. Diego punch him, because Guerrero called Diego a gay, and Diego really hate it. Because of Diego inability to control his temper, he have to get into a juvenile detention center. This thing makes Vidas angry at Diego, and start from this event, Diego tells Vidas that he was abused by Mac in the childhood. The reasons of Diego's attitude all this time seems clearer by Vidas.

The third important event is when Diego and Ariel have a gap in their relationship. Inner conflict still wrestle inside Diego. It is hard for Diego to open up to somebody else, meanwhile Ariel wants Diego tell everything about himself. Diego also scared that someday he will hit Ariel because he cannot control his temper.

The last important event is when Diego saw Vidas at the mall with his partner and their children. Because of that, Diego know that Vidas is a gay, and his world feels like twisting. Diego was disappointed with the truth that somebody that he trusted so much is a gay. Diego is a homophobic because he is afraid because of Mac. So, Diego avoiding the thing that remind him to Mac. After knew the truth, Diego's trust to Vidas faded.

#### **4.1.3 Climax**

The climax in this novel is when Diego tried to face his fears of ocean and shark by himself. Not only for ocean and shark, Diego also want to prove that he

can face all his trauma and his problems. In the middle of the night, Diego went to the beach and swimming as far as he can go. There Diego had a battle with his mind, his fears, and the flashbacks of all his past appear continuously. Diego fight it all but almost did not make it, or the other words he could die at that time because of the waves current. But finally, he can pass the battle.

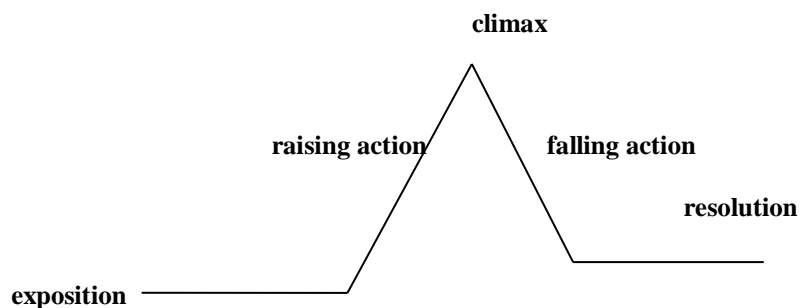
#### **4.1.4 Falling Action**

There are two important events in falling action. The first falling action is after climax event, Diego finally meets Vidas and talk about what he was doing the night before their appointment day. He tells Vidas everything what is on his mind and his heart, including the day Diego knew that Vidas is a gay. Diego tells that he is scared that Vidas will hurt or do something to Diego like Mac did. But Vidas convince that he will not hurt Diego and not all gays are bad. After that Diego start to trust Vidas again, and they both start to make a plan to heal the trauma in Diego.

The second falling action is when Vidas ask Diego to tell her mom about himself. Diego tells everything that happened to him because of Mac. At the beginning, he got a rejection and disbelieving from his mother. But then Vidas makes it all clear and fix the relationship between Diego and his mom. The contestation still happening in falling action. Here Diego's self-identity construction almost complete.

#### 4.1.5 Resolution

Resolution began with Diego finally can overcome the trauma of his past by free association, transference, and visualization. The narration describes how Vidas slip into Diego's unconscious mind to release all Diego's trauma. Diego realizes that he wont to be trapped forever with his past and start to motivate himself to be a better person. Throughout the therapy, Diego talked to himself that he was braver than he can ever imagine, and his trauma is tiny. Consider at the end of the story, the reader is led to start the new journey of Diego's life after the therapy.



#### 4.2 Discussion

In this subchapter, the self-identity construction based on main character's contestation between id, ego, superego, and Post-traumatic Stress Disorder shown will be discussed. Diego is a child sexual abuse victim who experienced PTSD wants to construct his self-identity and healing his trauma of his past. His defense mechanism appears to defend him from the traumatic event and from his environment. Then one day he meets Mr. Vidas as his PO that brings Diego out from his trauma. Freud felt that traumatic experiences had a strong effect on the

victim in the future. This chapter uses psychoanalysis that will relate to literature. In psychoanalysis, the victim or patient can be healed by few major points of therapy (Freud in G.Feist & J.Feist, 2008, p.15).

#### 4.2.1 Causes of Post-Traumatic Stress Disorder

Post-Traumatic Stress Disorder is a set of reactions that can occur after someone has been through a traumatic event (*Phoenix Australia*). Everyone can have PTSD, including children and teenager. There are several factors and events that cause a PTSD in Diego. The first factor is Diego got sexual abuse when he was a child, from Mac his stepdad. He got his first sexual abuse when he was six years old.

“When Mac began seeing my mom...and she left me at his hotel. While he and I watched TV, or swam in the pool, or wrestled on the floor his hands would sometimes...brushed against me. You know?” Diego glanced an instant at his crotch. “At first I thought it was an accident, but it kept happening.” (Sanchez, 2009; p.119)

Freud believes that if someone has a fixation at that age or in later stage, so it can be affected their growth. At this stage, usually both boys and girls go through a period of dormant psychosexual development (Freud in G.Feist & J.Feist, 2008, p.45). So at this age, the parents should suppress their children’s libido to avoid sexual activity by direct their sexual drive and psychic energy by school, hobbies, sports, friendships, etc. This constant suppression reinforced someone’s internal feelings of shame, guilt, and morality. After the first abuse, Diego feel so gross at himself like in the narration. The abuse that Mac did to him force Diego’s internal feeling.

“It felt weird,” Diego continued. “Gross. But I didn’t know what to say. I was only, like, six years old. I didn’t even speak English. And it wasn’t like he was some skanky stranger...” (Sanchez, 2009; p.119-120)

Diego knows the activity that Mac did to him is not right. But, Diego cannot fight Mac back because of his age and he does not have strength. Usually, The perpetrators abuse the children because they are fragile and easy to be threatened. In Diego’s case, Mac is such a stranger that suddenly come to him, and it is more intimidating. After the first abuse, the following abuse happened without Diego’s mom knowing it.

“one time he took me on his fishing trip, overnight. I was so excited: my first boat trip. My mom couldn’t go ‘cause she gets seasick. We sailed out in the water till you couldn’t see land – just ocean, everywhere – and he hooked this huge marlin that took hours to reel in. Then sharks started to appear. I was so scared. I’d never seen sharks in real life. And i thought, what if the boat sank?” (Sanchez, 2009; p.120)

“I could smell the whiskey on his breath, the cigarettes on his skin. He circled his arms around me and I thought: Just lay still. He’ll fall asleep and leave me alone. But his hands started to move all over me, sliding his fingers into my shirt and pushing down my shorts.” (Sanchez, 2009; p.121)

The second abuse happens when Diego in a boat trip with Mac and his friends. Description of *ocean* and *shark* are the beginning of Diego’s trauma of ocean and shark. The event at the boat really hurts Diego’s feeling because Mac was raped him there. In every Diego’s nightmare, there will be ocean and shark appear, that sometimes makes Diego wide awake. And in other narration, we know what Mac did to Diego. That is why Diego does not smoke and drink alcohol. Those two things remind Diego of Mac and the night at the boat. Diego

tried to defend himself with saying 'no' to Mac. But Mac's size was twice than Diego. As a child aged six years old, he cannot do anything to save himself.

Diego paused, remembering Mac kissing him. Not on the cheek, like in front of his mom, but forcing his tongue into his mouth... the taste of alcohol and tobacco.

"I tried to push him off and get away but he as, like, twice my size. 'No!' I told him. But he couldn't let me go." (Sanchez, 2009; p.121)

"I cried for him to stop. But he covered my mouth and told me he loved me, that I was his boy. My head was turned sideways and I saw his gun beside the bed and thought, I'll get the gun. But what if he used the gun on me? I was having all these mixed-up thoughts..." (Sanchez, 2009; p.121-122)

Then after the second abuse, the next abuse happened at Mac's hotel. Diego's mom leaves him there, so she can go to work. But during the abuse happened, Diego cannot do anything because he remember what his mom said about Mac. Every single word that came out from Diego's mom hurt Diego's feeling and it makes a wound on Diego's mind until he is growing up. *"While Ma worked, she'd leave me at his hotel. We watched TV and he'd start to drink. His face would get this look: needylike... and then he'd put his hands on me... I hated it. I wanted him to stop. But then I remember Ma slapping me and telling me I shouldn't say anything."* (Sanchez, 2009; p.141). Again, a child should have to accept the intolerance thing from a stranger, caused a trauma for a lifetime.

Next, Diego is letting Mac do what he wanted to do, he thought that Mac will not do anything like on the boat. As usual, after the abuse Mac acted like anything never happened between them. *"So I thought," Diego continued, "If I just let him do that, at least he won't do the other thing, like on the boat. I just watched TV till he finished. Afterward he'd tell me how much he loved me, acting*



*like some kid who'd been given a present..." (Sanchez, 2009; p.142.)* Like the perpetrators do to all their victim, they will persuade or console their victim with a gift or act like nothing's wrong between them. The perpetrators usually use the word 'love' as their reason to abuse the victim.

Then, The abuse happens continuously until Mac married with Diego's mom. When Diego's mom and Mac marriage has a child named Eddie, Mac still seek the opportunity to abuse Diego. The tragedy on the boat trip happen again to Diego after Eddie was born. The perpetrators will not stop to abuse their victim.

"So then Eddie was born and Ma put the crib in their room. But he cried a lot. One night when he kept crying, Mac came to sleep with me. That's when it happened again, like on the boat."

He could recall the doorknob's click, footsteps across his carpet, bedcovers pulled back, and Mac's body, warm and huge... his hand, smelling of cigarettes, covering Diego's mouth... The feeling like he couldn't breathe, like he wanted to throw up... and the pain, so great it made him cry. (Sanchez, 2009; p.143)

"Sometimes," Diego replied. "When he took me somewhere in the car, he'd stop and park... You know? And afterwards he'd take me for ice cream, just like normal; never talk about what he'd just done. I wanted to run away, tell somebody. But who? And what if they sent us back to Mexico?" (Sanchez, 2009; p.142)

The abuse not only haunted Diego but also Eddie, and start to pay his attention to Eddie. At that time, when Mac has a libido to Eddie when he was five years old, younger than Diego. An activity that Mac did to Diego and Eddie is one of the pedophilia activity. Pedophilia as a behavior involving sexual intercourse with children, according to *The American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM-IV)*. Mac is one of the non-exclusive pedophilia, which means he attracted to both adults and children. That is why a man can marry a woman then having a child in his marriage, then still wanting children and abuse them.

“My brother, Eddie, was like five then – not a baby anymore. And the way Mac acted toward him had changed – the way he held Eddie on his lap... You could see what was coming.”

...

“I couldn’t let him do it,” Diego said simply, then paused. Could he really keep going to where this was headed? (Sanchez, 2009; p.161)

After Diego caught Mac’s behavior toward Eddie, Diego starts to make a plan against Mac. When Diego is getting older, he has a strength to fight Mac for sake of Eddie’s security. It takes a whole strength and confidence of a child to make a decision for his life and his brother. One night, when Mac come to his room to abuse him again, Diego just let Mac do what he wants to do. With the entire time he is thinking about his plans. *“Then i waited. After he fell asleep, I climbed out of bed, went to the nghtstand. My hands were shaking like crazy... And I pointed the gun straight at his face.”* (Sanchez, 2009; p.163). The day after the incident at Diego’s room, Mac commit suicide by shoot his head with his gun. Diego feel like he is the reason why Mac commits suicide and that makes Diego hate himself even more.

The second factor is mother’s neglect. The neglection from mother worsened the victim’s mental health after the abuse. Mother of sexually abused children are described in various ways in the professional literature: collusive, rejecting, disbelieving, unaware, nonprotective, or secondary victims (Plummer & Eastin, 2007). After the first abuse, Diego tried to tell her mom what the stuff Mac did to him. But Diego’s mother slapped him and tell him to not talk anything about Mac. As Diego got his first abuse, he also got his first neglection from his mom.

“Did you tell your mom what happened?”

“I didn’t know what to say.” Diego slumped back against the holding cell wall. “She saw my underwear stained and asked what I’d eaten, as though I’d eaten something that made me bleed. So I told her, ‘No! Mac hurt me.’ She gave me this blank look. Then she raised her hand and slapped me, telling me not to ever say anything like that again. She’d never hit me before. Never. I started crying, sobbing. Then she cried too, putting her arms around me, and said, ‘He’s going to marry me and be your father and take us out of here. Do you understand?’ It was the only time she ever hit me. And after that I never told anybody what happened.” (Sanchez, 2009; p.123)

This proves that the neglect from mom after child’s first abuse can be a huge damage for the children’s life. The neglect, disbelieving, denial, etc, are one of the causes that make a PTSD happened to the victim. Some mother may be having difficulty to see the possibility of their children’s abuse. If these things happen, the blaming from children about the sorrow in their life is because of their mother. *“She’ll probably tell me how difficult I make life for her. She acts as if everything I do is to get back at her.”* (Sanchez, 2009; p.72) Diego’s mom always blames how difficult her life because of Diego. Every time her mom blamed him, it makes Diego frustrated and sad.

“Did she do something that hurt you?”

The question stopped Diego. Had his mom hurt him? “Well, she’s never listened to me. She never listens.” (Sanchez, 2009; p.72)

Diego’s mom always believes in what’s on her eyes, but never believe what he heard from other people. *“His mom had always been about appearances. Never mind the truth; what mattered was how things looked.”* (Sanchez, 2009; p.19). Relate to Diego’s case, the assumption that a non-abusive mother has a dysfunctional relationship with her child. That suggests that the mother’s qualities caused the abuse. This means that a mother care is very important to prevent the

abuse happen continuously. Even a mother's neglect is one of the many reasons for their children to self-harming.

His mom never questioned why he used so many band-Aids. Perhaps she was too busy working to notice. Or maybe she just didn't want to know. . (Sanchez, 2009; p.17)

Even when Diego had a habit to self-harming, his mom never asking the scars or band-Aids on Diego's arms. The assumption that a nonabusive mother usually has a dysfunctional relationship with her child. This assumption suggests that the quality of a mother determine the probability of the child being able to be abused or having unhealthy behavior (Plummer & Eastin, 2007). For this case, Diego's mother neglects the fact that happen to her child.

During Diego's therapy, Mr. Vidas tries to fix the communication problems that make a gap between Diego and his mom. Mr. Vidas believe that the core of Diego's anxiety is his past with Mac. Mr. Vidas push Diego to be brave to talk about this with his mom. *"She raised her hand to slap him, but he blocked her, grabbing her forearm. It was the first and only time she'd ever raised her hand to slap him since after the boat trip with Mac"* (Sanchez, 2009; p.203). Again, after the very long time Diego want to overcome his trauma, he gets another neglection from his mom. Her mom gets angry because Diego blame his to all the things that happen in his life. Her mom also refuses to hear what is inside Diego's mind and heart.

Another neglection from Diego's mom is when she was invited by Mr. Vidas to come to his office. There, Diego build up his strength and confidence to

reveal his story to his mom. As we know, it is very hard for the CSA victim to reveal their story to other people. Especially to the one who ignore all the facts and close their eyes to what really happens. After Vidas tries to open up her eyes, she still ignoring the fact and keep on Mac's side. She never trusts his son.

“Do you understand what your son said?” Vidas asked.  
 “Yes, but I don't know why he's saying that.” She leveled her gaze at Diego. “You know Mac loved you. After all he did for us, how can you say such things?”  
 “Because it's true.”  
 “You must've dreamed it,” his mom said, dismissing it with a shake of her head. “You've always had bad dreams.” (Sanchez, 2009; p.207)

The response from his mom, makes Diego think that he is not gonna make it. The abuse from Mac and neglect from his mom become double pressure for his life that leads him to PTSD. *“Nobody but he knew the truth about Mac. His mom had never wanted to know, even when Diego tried to tell her. Now it was too late; it was over. Mac was dead.”* (Sanchez, 2009; p.10). Even after Vidas try to make everything clearer, Diego still got her mother neglect. Diego finally fed up and his emotion exploded.

“But you wouldn't listen. All you cared about was what he was doing for us. You *never* listened to me!”  
 “I can't believe Mac would do that.” His mom's lip trembled. “I don't believe it. Can you prove it?” (Sanchez, 2009; p.208)

His mother reaction of what he has been through as an evidence that in reality, the children are abused by people around them because of the mother's neglect. The abuse and mother's neglect can be double pressure for the victim and as the result, they have to survive from PTSD.

#### 4.2.2 Symptoms of Post-traumatic Stress Disorder

The traumatic event caused Post-traumatic Stress Disorder, and people will experience the symptoms of PTSD at least one month after the traumatic event happened (*Anxiety and Depression Association of America, 2012*). The symptoms are reflected through the main character, Diego, in *Bait*. The victim with PTSD has a difficulty with temper.

This symptom is reflected in the first chapter of the novel. Diego was on the juvenile court because Diego was punched his friends. Mr.Vidas asked her mother how Diego behave at home. Diego's mom answers Mr.Vidas that Diego behaves very kind at home. *"But sometimes his anger just explodes! I've told him he needs to control his emotions."* (*Sanchez, 2009; p.7-8*) this proves that the victim usually being easily irritated by the little things, and also by the things that remind the victim of the trauma. That is because they cannot direct their anger into the right place and the right way. The victim will keep their thoughts and feelings for themselves because they thought that nobody really listened to them. The lack of trust people also be another reason why they keep the secret and become isolated.

Diego often argue with his mom because of little things. *"He slammed the car door without answering. Couldn't she understand that he never wanted to cause trouble?"* (*Sanchez, 2009; p.11*). The result of their argue is his mom always blaming Diego for everything, and this is trigger Diego's emotion then he shouted to his mom. For people with PTSD, it will be hard to control their emotion because they have so much that they keep for themselves.

Diego's inability to control his temper often led him into a fight with his friend. Like in the first chapter of this novel, it started when Diego have to attend the court for misdemeanor assault to his friend, Fabio. *"I didn't like how he looked at me."* (Sanchez, 2009; p.35). The inability to control the temper will make people with PTSD acted aggressively, and sometimes bring harm to people around them. Usually, they acted aggressive or getting mad easily because that thing reminds them of the things from traumatic events.

Diego's temper is getting worse when Diego hit another his friend, Guerrero, at the cinema. The reason is similar to the event when Diego hit Fabio at school. Guerrero called Diego a faggot. The aggressiveness of Diego spins his life from bad to worse. The darkness inside still control him.

In a instant, Diego sprang out at Guerrero, sending him reeling againts the table and knocking over a chair. Unable to control himself, Diego leaped on top of him, pounding wildly with both fists. He punched and clobbered him without thinking, unaware of the girls screaming or Gomez trying to pull him off or Kenny shouting, "Stop it, Diego! Let him go! Stop!" (Sanchez, 2009; p.110).

The second symptom that usually appears in people with PTSD is recalling the traumatic events. The CSA victim often recalls the traumatic event or stuff that reminds them of the trauma. That happens because someone's mind determine the event as a trauma that harm for them. So it will ignore the trauma and repressed it but sometimes the trauma is much bigger and then come out to the memory. Usually, the victim will re-experiencing the trauma or recall it when someone or something reminds them of the trauma. This symptom also happens to Diego. When Diego saw his reflection in the mirror, he remember the thing that Mac said to him when he was a child.

“your’re a handsome boy,” Mac had often told him. Diego had wanted to be handsome, but not for Mac. Even now he could almost feel Mac’s hand running through his hair, tousling it. (Sanchez, 2009; p.15)

Everytime Diego recalls Mac told him that he is a handsome boy, it makes Diego hate himself and disgusted over himself. Every single word of the past Mac tells him, it will always repeat in Diego’s mind, and this makes Diego stressed out.

Brett (1993) stated that someone with PTSD will experience the trauma or stuff from the trauma continuously and in relation to Freud it it called repetition compulsion. The recall experience of the trauma not only appeared when Diego see his reflection in the mirror. But in time when Diego alone, the fresh memory of Mac suddenly appeared in his mind. Sometimes when the thought of Mac appears, it makes Diego have a dilution. His mind cannot take the thoughts of Mac anymore. The anxiety that Diego feels sometimes made him to ended his life.

In the silence of the cell, the fresh memory of mac and the boat began to flash back through his mind. With each image, his heartbeat quickened, his chest tightened. When the staff came around, it was Mac’s face that peered through the door window, once again coming to get him, wanting him. (Sanchez,2009; p.129)

The third symptom is avoiding activities. Because of the victim cannot relieve their anger and direct it to the positive things, such as sports or telling it to trusted people, so the victim will repressed the anger and can be a bomb sometimes. “*Diego shook him off. He didn’t like guys touching him,*” (Sanchez, 2009; p.13). Diego did not like a man touch him because it reminds him the way Mac touched him. The memory is still fresh in Diego’s mind, and it makes Diego freaked out. Diego also avoids Mac appearance at his home. Diego ripped all the photo with Mac in it. “*Um... I ripped it.*” *Diego’s leg began to jiggle nervously as*



*he remembered the day after Mac's death, when he rampaged through the house, prying picture frames open. (Sanchez, 2009; p.27).* Someone with PTSD will do anything to make a gap to the things that remind them of the trauma. Their unconscious will impulse the ego to defend themselves from the trauma.

### **4.2.3 Diego's Mind Contestation**

During his probation with Mr. Vidas, Diego experienced the contestation within his mind. To overcome the trauma, there are so much inner conflict in Diego. One side Diego wants to cut off his trauma, and on the other side, he is frightening to face it. Each of the contestation below is divided based on Diego's mind; id, ego, and superego.

#### **4.2.3.1 Id**

The id is located in the unconscious mind and as the core of personality. The id has no contact with reality, yet it strives constantly to reduce tension by satisfying basic desires. Freud divided human drives into two types. First is Eros the life instinct, and Thanatos the death instinct. The contestation of Eros and Thanatos also reflected within Diego.

...his attention caught by a figure across the crowded hallway:  
Ariel Lamar.  
To Diego, she was the most amazing girl at school, maybe even the entire planet. She was beyond cute; radiant, with skin that emanated warmth, and the world's most perfect breasts. (Sanchez, 2009; p.12)

Eros or sexual drives, as Freud stated can take any forms, including narcissism, love, sadism, and masochism. The eros form for Diego's case is love. Freud argues that love develops when someone direct or invest their libido on an

object or person than themselves (Freud in G.Feist & J.Feist, 2008, p.32). Diego's eros is working when he saw a girl at his school, Ariel Lamar. Not only at school, but Diego often fantasize Ariel Lamar when he is alone. Usually people will fantasize about something they like or love to satisfy their eros, and eros is working in our id.

“In his room alone or while taking a long shower, he'd fantasize about holding a girl in his arms, stroking her hair, kissing her lips... he'd run his hands tenderly across her breasts and when she wanted more, he'd gladly give it to her. And afterward, she'd lay her head on his chest, happy and satisfied.” (Sanchez, 2009; p.13-14).

Love as the representation of sexual drive, again, reflected through Diego's mind about Ariel. Diego is thinking about Ariel all the time. *“She was forever on his mind. Each evening when he climbed into bed, he imagined her beside him. He ran his hands gently across her skin while she kissed him. Her lips felt tender as flower petals, her soft blond hair brushing his face, tickling his cheek.”* (Sanchez, 2009; p.48). Diego's mind cannot stop thinking about Ariel Lamar, and Diego cannot stop his libido to her. Finally, Diego finds a way to know Ariel Lamar by helping them at school and asking her for a date. Here, Diego tries to fulfill his desire by taking the courage to ask for a date, but Diego was too afraid with Ariel's answer. Diego worries unopposed its fulfillment of eros, and frequently create anxiety.

Diego's deepest desire is to have a person that fill the emptiness inside him. He admires a figure of dad, a real dad who is a kind-hearted and can be friends, which he never knew since he was born. Diego's eros reflected through this narration. *“Diego scanned across the poster faces, but none of them captured the hollow spot he felt inside, the empty place that was always there.”* (Sanchez,

2009; p.39). Then emptiness that Diego feel is the lack of love because his grandmother and grandfather already passed away. But Diego won't admit that he need someone who take care of him.

If there is an eros then there will be a Thanatos. Thanatos or destructive drive, according to Freud, its aim is self-destruction. "The death drives is a nest of aggression, destructiveness, and the tendency towards hate, murder, stagnation, repetition, and negativity" (Jesmin, 2012). "*The tooth gave Diego a feeling of power and strength.*" (Sanchez, 2009; p.16). Diego did self-destruction by self-harming, using a shark's tooth that Mac gave him when he was a child. In the real world, Diego exhausted with his life problems.

"Sometimes the pain was excruciating. He knew he shouldn't be doing it, but he couldn't stop. He didn't want to. With each he felt a new thrill –a release of some pressure that had built up inside him. He was letting it out." (Sanchez, 2009; p.17)

To escape from all of that, he distracts himself to get 'satisfy' to fulfill his hanatos. Sometimes, during the contestation of eros and thanatos, Diego's thanatos will always win.

He sliced the tooth across his skin, and for a moment all his confused and painful worries about Ariel, Vidas, his past, and his future disappeared. Somehow, he'd get through it. (Sanchez, 2009; p.18)

Self-harming as Diego believed is the only way to run away from his problems. The illusion of 'satisfaction' that Diego gets here, destroy his mind and also his life. Diego has been started to self-harming after Mac's suicide, and since then Diego is hard to stop that. But when Diego finally success to stop from that habit, once again, his thanatos takes control of his mind. "*His fingers gouged into his skin, wanting to peel the flesh off. Anything to make his feelings go away.*

*Desperate, he slammed his fist against the cell block wall. A surge of pain shot up his arm. A sudden liquid heat filled his body. And his panic slowly subsided*” (Sanchez, 2009; p.129). The narration on chapter fifteen, at the cell Diego cannot stop to imagine Mac’s face. That is frightening Diego, and his eros cannot fight back his thanatos, to avoid this happen.

The contestation between eros and thanatos led Diego to anxiety. Sometimes he have many questions on his minds and his thoughts killed him from the inside.

“And now?” Vidas said. “How do you feel?”  
 “I just want to cut out the whole memory.”

...

“sometimes i have this huge sense, like this isn’t what I’m supposed to be, this isn’t the life I was supposed to have, this wasn’t supposed to happen. But there’s nothing I can do about it... It’s too late now... may as well just end it.” (Sanchez, 2009; p.144)

When Vidas asked about Mac, Diego relieved his feelings and his thought. The battling between eros and thanatos happen continuously until Diego think that he want to kill himself. In the next narration, Diego talks about ‘the call of water’ to end himself.

“End *me*,” Diego said. His voice was emotionless. “I read once about this thing called ‘the call of waters,’ where sometimes a sailor pitches himself off his ship into the ocean. Nobody know why... But I do. It’s like there’s something pulling at me, some underhow that’s caught me, and no matter how hard I fight it, I’m going under. I’m a goner. May as well just give it up, you know?” (Sanchez, 2009; p.145)

Thanatos takes most place in Diego’s id, then he thinks that he just want to cut it all. The distraction of thanatos is intoxicating human mind. Freud argues that between the eros and thanatos must be balanced. If one of these drives is more dominant, then this frequency of battling create anxiety.

The id is a place of human deepest and basic desire. The id also as a place to repressed all the memories, particularly the traumatic memories. Every time the id impulses threat the ego, then the ego will protect itself by repressing those impulses into unconscious. When the traumatic events were repressed, they usually come and appear in someone's dream. Freud believed the dreams appear because the ego's defenses are lowered so that some of the repressed material such as emotions and experiences comes through to awareness. Freud used dream analysis to transform the manifest content to latent content. Freud's basic assumption of dream analysis is the dreams are wish fulfillments. But people who is suffering from a traumatic experience, there is an exception to the rule that dreams are wish fulfillments.

As she sank into a fitful sleep, his nightmares began almost immediately.

The recurring dreams were usually similar: he'd be treading water in the middle of the white-capped ocean. Alone. Stranded. With no idea how he'd gotten there. Waves crashed over him, buffeting his head, while a forceful current pulled at him. His weary legs sank heavily, like weights dragging down his body, as he searched for land or a boat. Something to hang on to. Anything. (Sanchez, 2009; p.51)

For this case, most of Diego's dreams are about his trauma of the past traumatic events. Diego's first dream appears in chapter five. He dream he was in the middle of the ocean. As the writer said before that ocean is one of Diego's trauma because he got his first abuse when he on the boat trip with Mac. Freud, (in G.Feist & J.Feist, 2008) determined dreams of these people follow the principle of repetition compulsion rather than wish fulfillment, and this usually found in people with PTSD (p.49).

Then in other narration, it is describe more about Diego's dream. "*But as the triangle came closer, a chill rolled down his spine. It wasn't a sail; it was a dorsal fin. A shark. Diego watched, terrified, as the fin moved toward him. He wanted to scream, but his voice caught in his throat. Besides, who would hear him? He was alone. Powerless.*" (Sanchez, 2009; p.51-52). The shark appears after the ocean. Diego also frightening with shark. In every Diego's dream, the shark and ocean will always appear continuously. "*But just as the beast rammed into him, the dream changed. A gunshot fired. Loud. Clear. Always a gunshot. And the weight of Mac's body fell upon Diego.*" (Sanchez, 2009; p.52). Then that dream was changing to a figure of Mac and a gunshot fired. Diego's fear appeared in his dreams with distortion form, and usually in displacement.

The ocean and shark as a displacement of Diego's fear. Freud defines displacement as a replaced dream image by some other idea that relate to it. displacement in dreams take place through the use of symbol, and certain images are usually represented by seemingly innocuous figures. The shark as a representation of beast, predator, powerful, superior terror, violence, cruelty, and intimidating. In Diego's dream, the shark was often chasing after the Diego, then this is a representation of troubles and problems Diego about to face.

After Diego success to overcome his trauma and his self-identity is constructed, for the first time after several months, Diego dreamed again about ocean and shark. But this dream was different. "*On a night several months later, Diego dreamed again of floating int he open ocean. Once more the shark appeared, swimming slowly toward him. But Diego no longer felt afraid.*"

(Sanchez, 2009; p. 239). Diego no longer feel afraid of ocean and shark because he already confronted it by himself, when he decided to go to the ocean. Then the next dream was described the exhilaration that Diego feel.

When at last time the shark appeared in his dreams. *But at times* when Diego doubted himself, he'd look out of the corner of his eye. And he imagined the shark swimming away, growing smaller in the blue depths until slowly disappearing.

That marked the last time the shark appeared in his dreams. But at times when Diego doubted himself, he'd look out of the corner of his eye. And he imagined the shark swimming next to him, giving him strength and courage. (Sanchez, 2009; p. 239)

In interpreting dreams, Freud followed two methods. First to ask the patient to relate their dream and all their associations to it to reveal the unconscious wish behind the dream. Then if the patient unable to relate the association, Freud uses dream symbols as a second method to discover the unconscious elements underlying the manifest content. We can interpret the shark turned into Diego's guardian that gave him strength and courage. He no longer afraid of what are in his past, and let it be. The shark can represent the protection.

The contestation between the id and ego of Diego happened during his therapy with Vidas. As we know the id is a place of our basic and deepest desire, and work based on the pleasure principle. Diego's id has its own desire that sometimes refuses by ego. *"He slid back into bed and left the light on, thinking about what Vidas had said: He needed to open up, or nobody could help him."* (Sanchez, 2009; p.53). Based on this narration Diego's id won battle with his ego that refuses to accept Vidas' help. In other narration, Diego still wants to be a different person with overcoming his trauma. He was asking Vidas if someone like him can change. *"So..." Diego cleared his throat. "Do you think somebody*

*who's had people leave them all their life can change... so that people don't keep leaving them?" (Sanchez, 2009; p.102).* Diego's deepest desire is to be loved by people around them because in the inside Diego feel so lonely. Diego tried to listen to his desire that won against his ego.

#### **4.2.3.2 Ego**

Ego is a person's sole source of communication with the external world. The ego is partly conscious, partly preconscious, and partly unconscious which, and that is why ego become the decision-making of executive branch of someone personality (Freud in G.Feist & J.Feist, 2008, p.29). The ego also is the only region of the mind that contact with reality, and it worked by the reality principle.

Diego kicked the carpet with his heel, at odds with the emotions battling inside him..... besides, he didn't want to talk to anybody else. Why had Vidas asked to hear about his life and listened like he cared, if he was only going to pawn him off onto some stranger? (Sanchez, 2009; p.43)

The reaction of Diego proves that he wont to open up about his private life, particularly his past. Diego's ego tries to fulfill the realistic demands of the external world. The ego sometimes takes a complete control of Diego, because the anger inside him produce a huge amount of power to ego. *"But he didn't want to talk to some headshrinker he didn't know."* (Sanchez, 2009; p.53). Diego think that he should share about his problems and talk about it. But his ego is bigger than his desire to cut off his problems.

Freud believed because of the ego have a contact with the external world and get forces, then it becomes anxiety. Freud defined anxiety as a felt, affective, unpleasant state followed by physical sensation that warns the person against



danger (Freud in G.Feist & J.Feist, 2008, p.33). Anxiety is produced in the ego and only the ego can produce it. But the id, superego, and external world are involved and develop three kinds of anxiety: neurotic, moral, and realistic anxiety.

Freud defined neurotic anxiety as an alarm about an unknown danger. The feeling itself exists and produce in the ego, but it originates from the id impulses. Neurotic anxiety also reflected in Diego. The battling between his id and ego caused neurotic anxiety as describe in the narration *“What if he couldn’t deal with it? What if he wasn’t able to stop fighting?”* (Sanchez, 2009; p.51). The fear of losing his control, losing his temper provide that this is one of Diego’s anxiety.

The night he climbed into bed feeling more uncertain and afraid than ever. What if he couldn’t sort his prolems out by himself? What would become of him? (Sanchez, 2009; p.51)

Diego’s fear of losing control of his temper also happen to Ariel. He was afraid that someday he will hit Ariel like her father did. *“I guess I’m worried after what she told me about her dad. What if someday I lose it with her? I don;t want to hurt her. Her mom said she’d have me put away for a very, very long time- and the judge would probably do it too.”* (Sanchez, 2009; p.175). Image of the judge suddenly appears in Diego’s mind if he loses control. Being at the juvie also make trauma to him and the trauma becomes neurotic anxiety. Because of that, for Ariel’s safe, Diego make a gap with her to avoid Ariel being hurt.

Then in other narration, the anxiety appear when Diego was alone at his room. Too many questions in his mind that delivered from id. He was afraid that he couldn’t change and deal with the past. He was afraid that he cannot forgive what is Mac did to him, and hate himself forever.

What if Vidas told her what Diego revealed and blamed her for not stopping Mac? Would she get in trouble? Without her, what would happen to Eddie – and to him? (Sanchez, 2009; p.128)

Diego's anxiety also appears when Vidas asked him to tell her mom about the abuse. The id and ego are battling inside him and he was too afraid to tell the truth and his mom reaction.

The floor seemed to tilt and sway beneath Diego's feet. The entire mall was spinning. He'd trusted Vidas, just as he'd trusted Mac and his mom. And just like Mac and his mom, Vidas had betrayed him. (Sanchez, 2009; p.179)

When Diego saw Vidas at the mall foodcourt, he knew the truth and feel that the world spinning around. Somebody that he fully trusted and he put his hope on that person is a gay. After he knew that Vidas is a gay, he was afraid that Vidas will hurt him like Mac did. The truth was broke Diego's heart and his trust. The fear of being gay is reflected within him.

“How do I know that you won't make *me* become like him?” Diego knew he wasn't making much sense but he couldn't stop himself. It was the first time he'd ever voiced his deepest and most secret fear; that he might somehow become like Mac. “How can I be sure I won't do to some little kid what he did to me? I'd kill myself first!” (Sanchez, 2009; p.199)

Diego is frightened of gay and the stuff because he hates Mac, and it makes Diego angry and avoid everything about gay. The fear of being gay like Mac becomes his biggest anxiety most of the time. He cannot stop thinking about that and frightened.

Neurotic anxiety also reflected through dreams. When somebody, unconsciously afraid of something, then it will appear in their dreams. Like Diego, one night at his cell, he was dreamed about Vidas, shark, and ocean. In the dreams, Vidas fed the shark and did not help Diego from it. *Why had Vidas fed the*

*shark and let the scraps get into Diego's cage? Was he trying to hurt Diego?* (Sanchez, 2009; p.132). Deep down, after he met Vidas at the mall and knew the truth, his id impulse threat to the ego that caused anxiety.

The second anxiety is moral anxiety. Moral anxiety develops when the threat does not come from the external world, but it comes from the internalized social world of the superego (Freud in C.George Boeree, 2006; p.7). Moral anxiety is a result of the contestation between the ego and superego. Diego's moral anxiety is reflected in some narrations.

Diego's moral anxiety is reflected through some narrations. Moral anxiety is just another word for feelings like shame, guilt, and the fear of punishment. *"All during afternoon classes, Diego pondered how easily he'd almost gotten into another fight. In his mind he saw judge Ferrara's thick finger wagging at him, ordering him to juvie."* (Sanchez, 2009; p.50). Diego's fear of punishment because of his temper haunted him since at the juvenile court for assault. The thought of being in jail creates a moral anxiety in Diego. the fear of punishment also describes when Vidas knew about the self-harm that Diego did, his mind creates another anxiety. *"Diego stopped and stared at the words. What if he couldn't stop cutting? Would Vidas send him to juvie?"* (Sanchez, 2009; p.71). Vidas make negotiation sheet for Diego, and self-harming is on the list. Diego scared that he cannot stop to hurt himself and Vidas will put him again to juvie.

The Id and Ego conflict causes anxiety, and for protection ego uses defense mechanism. The principal defense mechanism identified by Freud include

denial, repression, isolation, displacement, asceticism, fixation, projection, introjection, rationalization, and so on and so forth. Some of the principal are reflected in Diego. First is denial. Diego

“what’s that mean to you: ‘faggot’?  
 “you know! Queer. A guy who messes around with other guys.”  
 Vidas took on that searching look as if trying to peer inside him.  
 “Has anyone ever tried to mess around with you?”  
 “No.” Why Vidas asking that? “I’m not queer.” (Sanchez, 2009;  
 p.36)

Denial involves blocking external events from awareness. If someone unable to handle one or some situations, then that person just refuses to experience it (Freud in C.George Boeree, 2006; p.7). Similar to Diego, he was denying the fact that he has someone who mess around with him. He deny and repress his thought of the traumatic events.

For protection, Diego becomes an isolated boy because he never has somebody to trust. *“I think you’re already in jail,” Vidas said, and continued to write. “A jail you’re making for yourself. If you want to get out, you’re going to have to open up. Otherwise, nobody can help you.”* (Sanchez, 2009; p.37). Freud called this defense mechanism as isolation or intellectualization. Isolation involves stripping the emotion from a difficult memory or threatening impulse (Freud in C.George Boeree, 2006; p.9). The ego uses this defense to protect Diego from difficult memories of Mac and threatening impulse around him.

Then Diego’s ego uses rationalization as a defense mechanism. Rationalization is the cognitive distortion of the “facts” to make an impulse less threatening. *“...I’d block out what happened, telling myself it hadn’t been that bad. After all, I had friends whose dads beat them, whose parents yelled at them*

*and said horrible things. At least Mac didn't do that. He never hit me.*" (Sanchez, 2009; p.142). Diego makes an excuses to himself to make the situation is less threatening.

#### **4.2.3.3 Superego**

The superego represents the moral and ideal aspects of personality, and it is guided by the moralistic and idealistic principles. These principles as opposed to the id's pleasure principle and the ego's realistic principle. Freud divided the superego into two subsystems, the conscience and the ego-ideal. The conscience is the result of experiences with punishments for bad behavior and tells us what we should do. Meanwhile, the ego-ideal develops from experiences of proper behavior with rewards and tells us what we should do (Freud in G.Feist & J.Feist, 2008, p.30). Although Diego is a person who experienced PTSD and his ego is more dominant, but his superego still working.

As reflected in the first chapter of the book when Diego is at a juvenile court for hit his friend, Fabio, he still feel sorry for hit him. *"He knew he shouldn't have hit Fabio. He'd never wanted to hurt anybody"* (Sanchez, 2009; p.5). It describes the conscience of Diego's superego. Guilt as a result of conscience if someone's behavior is improper and unable to meet the superego's standards of perfection. *"Diego shifted in his seat, uncertain what to answer. He didn't want to hurt other people. But what did it mean to deal with the hurt underneath? What was he supposed to do when somebody made him so angry?"* (Sanchez, 2009; p.38). The one side Diego's conscience tell the ego that it is not right, but on the other side, the ego of Diego cannot reach the superego standard of perfection. The

guilt also comes when Diego thinking about Mac's suicide. *"Then came the guilt, like a crashing wave. Diego knew why Mac had killed himself. It was because of him. Diego had wanted mac to die, and Mac knew it."* (Sanchez, 2009; p.26). The guilt that Diego feel after Mac's suicide haunted him for years, and this is one of many Diego's inner conflicts.

The ego-ideal tells us what we should do based on the moralistic and idealistic priciples, and it is reflected in Diego. *"Diego hesitated. Should he tell him the truth about jail, even though he'd promised not to? He didn't want to lie; he wanted to be a good example. But he also didn't want Eddie to know what a mess-up he was."* (Sanchez, 2009; p.137). Diego's ego-ideal tells Diego to tell the truth about his assault to Eddie, but it is not suitable with idealistic principles. By telling the truth to Eddie, will make him sad and break his trust to Diego. Here, involved the battle in Diego superego.

The contestation between Diego's mind: id through eros and thanatos, ego through anxiety, and superego through moral values, still working even until he meet Vidas and during his therapy with him. At the beginning, it prevents Diego to open up and makes him become an isolated boy, aggressive, and difficult to control his temper. Then his self-identity begins to constructed when he meet Vidas. Through some techniques of therapy, Diego starts to change himself into the better one.

### 4.3.3 Diego's Self-Identity Construction

Freud stated that the purpose of psychoanalysis is “to strengthen the ego, to make it more independent of the superego, to widen its field of perception and enlarge its organization so that it can appropriate fresh portions of the id. Where id was, there ego shall be” (Freud in G.Feist & J.Feist, 2008, p.48). After the very long journey, Diego finally decided to change to be a better person. With a few technique of therapies and analysis, Diego's self-identity begin to be constructed, changing the old Diego into the new one. Freud defined the purpose of this as bringing the unconscious to consciousness, uncover the repressed memories. To construct Diego's self-identity, the therapy techniques that reflected in this novel are free association and transference.

Free association is used to verbalize the every thought that comes to their mind. The purpose of this technique is to slip at the unconscious by starting with a present conscious idea, and then following it through a train of associations to whatever it leads (Freud in G.Feist & J.Feist, 2008, p.48). This technique is reflected in this novel.

“Well,” Vidas said, sounding as if he expected that might happen, “first you tell me about it. Then we discuss it. After that, depending on how bad you mess up, we talk about the consequences. The most important thing is for you to be honest with me. And with yourself. I can only help you if you're truthful.” (Sanchez, 2009; p.72)

Vidas explain to Diego that he should be open up, verbalize any thought to make everything works. In free association, both parties should feel comfortable with each other and key is to be honest.

...”Why would you feel angry?”  
 “Because. He's my brother.”

“And so you don’t want to see him hurt,” Vidas added. “That’s called empathy. It’s important part of what makes us human. It shows you’re capable of love.” (Sanchez, 2009; p.35)

By verbalizing the thought or emotions out, it helps the patient to relieve the burden on them. Similar to Diego, Vidas gives him a visualization of his brother getting beat up, then asked Diego about his feeling if he see that. Moreover, Vidas explain the emotion that he feel is natural.

“It’s natural to feel mad,” Vidas went on, “but beneath that anger is usually hurt.”

Diego wasn’t sure what to make of Vidas. Other adults had lectured him about his anger, but nobody had ever talked to him about hurt. (Sanchez, 2009; p.38)

Vidas uses this answer to explain what is the anger about. Vidas explain about emotion to Diego carefully and in a different way. These approaches work to gain bonding with the patient and get information from them. Vidas not only talk and giving an explanation about his anger, but he gives a question for Diego to deal with it. *“The question for you,” Vidas continued, “is will you keep taking your anger out of people? Or will you deal with the hurt that’s underneath?”* (Sanchez, 2009; p.38). Vidas asked a question in purpose to let Diego think and decide what is wrong and what is right. This will train Diego’s mind to recognize the core of the emotion and how to control it.

Vidas always reminded Diego to open up about his problems might help him to change. The battle inside Diego’s mind prevents him to tell about it.

“After that night on the boat,” Vidas said gently. “It happened again, didn’t it?”

Diego looked up from the carpet, wondering how Vidas knew.

“Want to tell me about it?” Vidas asked.

“What for?” Diego balked. “It won’t change anything.”



“It might. Talking out your secrets can help *you* change.”  
(Sanchez, 2009; p.141)

At the beginning, Diego wants to tell Vidas about the abuse that happened on the boat trip. But when Vidas was asked more about the abuse Diego refused it because he felt that it won't change anything. The word 'you' here is emphasized by open up and overcome your trauma, you really can let it go.

Free association also used to cure the sense of guilty and embarassement within the patient. Like Vidas did during the treatment with Diego. When Diego talk about the abuse, then Vidas asked him what does he feel about the abuse.

His gaze landed on a squiggle mouth with a pair of eyebrows pointed upward. “Embarrassed, I guess.”  
“Embarrassed?” Vidas’s brow crinkled. “You’re got nothing to feel embarrassed about, Diego. You did nothing wrong. He abused you.” (Sanchez, 2009; p.140)

It is important for the patient to know the things that happened to them are not they fault at all. Therefore, the patient has to brave enough to love themself with the way they are and with all of their flaws. It will encourage them and gain their self-esteem. Free association helped Diego to know and understand the truest feeling that he feels.

Vidas leaned back in his chair a minute. “There’s one piece left,” he said, unyielding. “What did you feel when he left you and your family by ending his life? Was it relief?”  
Diego clenched his jaw, not wanting to respond. But at the same time, no one had ever asked him that before. Everybody had always assumed he felt sad, and he had, but Mac’s death had also been a huge relief. “I guess,” he admitted. (Sanchez, 2009; p.161)

The patient usually did not recognize what they feel or what is it about, because sometimes emotional numbness happens within the patient with PTSD. The

analyst or therapist helped them to recognize their feelings and admit it without a doubt.

Using free association, the analyst can give an advice or suggestion. During the talk, the analyst will analyze what is going on with the patient and think the way out to help their fear and let it out. Like Diego, his anger was trapped for years inside. Then Vidas gave him a suggestion to direct his anger into something.

“Each time you ask me how I feel, it makes me want to scream.”  
 “Well,” Vidas said, “that’s one way to let out the anger.”  
 Diego rolled his eyes. “I meant it as a joke.”  
 “I don’t,” Vidas said. “Not screaming at somebody, but screaming into a pillow to get the angry energy out.” (Sanchez, 2009; p.175)

At that time Diego think that the idea is bad, but as Vidas command, finally he did what Vidas said.

“But I know you’ve got more in there. Come on! Think about Mac. Really let it out!” With the mention of Mac, Diego returned the cushion to his face, no longer caring if anybody heard. He screamed long and hard, stopped, and screamed more. It felt crazy and stupid- and so good that he didn’t stop . . . till he exhausted.” (Sanchez, 2009; p.177).

By freeing his anger and direct it into something, it also freeing the burden inside Diego for years. This method can be used by PTSD patient to relieved their anger than direct it into fighting.

Meanwhile, transference refers to the bonding that patients develop toward their analyst during the treatment. This bonding will make the treatment easier because there is no gap between the patient and the analyst. Freud divided transference into two type: positive transference and negative transference.

Positive transference allows the patient to relive childhood experience without being threatened by the analyst. To relive Diego's childhood experience to overcome his trauma, Vidas used guided visualization method. It takes the full of trust between the patient and the analyst to do that. Vidas explain guided visualization like a daydream. The patient will close their eyes then the analyst talks to them through a scenario while the patient imagine it. In Diego's case, he will confront Mac as though he were still alive.

Diego's neck instantly grew tense. He pictured Mac: Tall. Strong. And that smile . . . even though Diego had torn his face out of every photo, he recalled that smile perfectly: wanting him, needing him. Even now in his mind, Mac seemed real – and powerful, with a power over him that Diego couldn't explain. (Sanchez, 2009; p. 224)

If the patient successfully imagining the scenario, the visual seemed so real for them. Based on the narration Diego can feel Mac alive with all of his characteristic. Then during the visualization the scenario, the shark appears from the impulse of the id as Diego fear. But it is different, the shark came to protect Diego and keeping Mac away.

During the visualization, Diego tries to communicate with Mac to face him and overcome his trauma. With Vidas command, Diego visualized that Mac already gone. *"He's letting go of you," Vidas explained, and the tears Diego had been holding back erupted uncontrollably, as if he were letting go too.*" (Sanchez, 2009; p. 230). The visualization giving suggestion into Diego's mind to letting Mac go forever. Then in other narration, the shark becomes Diego protector that will protect Diego when he need it.

After the treatment, Diego success to live his life normally without any fear of his past.

“Little by little during the weeks that followed, Diego found himself thinking less and less about the past and more about his current life. Although he still wished the abuse had never happened, he made himself focus on the good things that had come as a result of Mac: moving to America; his brother, Eddie; making friends with Kenny; meeting Ariel . . . “ (Sanchez, 2009; p. 233).

The relieved that Diego feel is shown after a very long journey to overcome his trauma, trapped in darkness. For PTSD survivor like Diego, it takes a whole courage for finally decided to move on from the past. The fear, guilt, anxiety, and trauma that haunted for many years finally gone and healed. Then his self-identity is constructed become the new Diego.