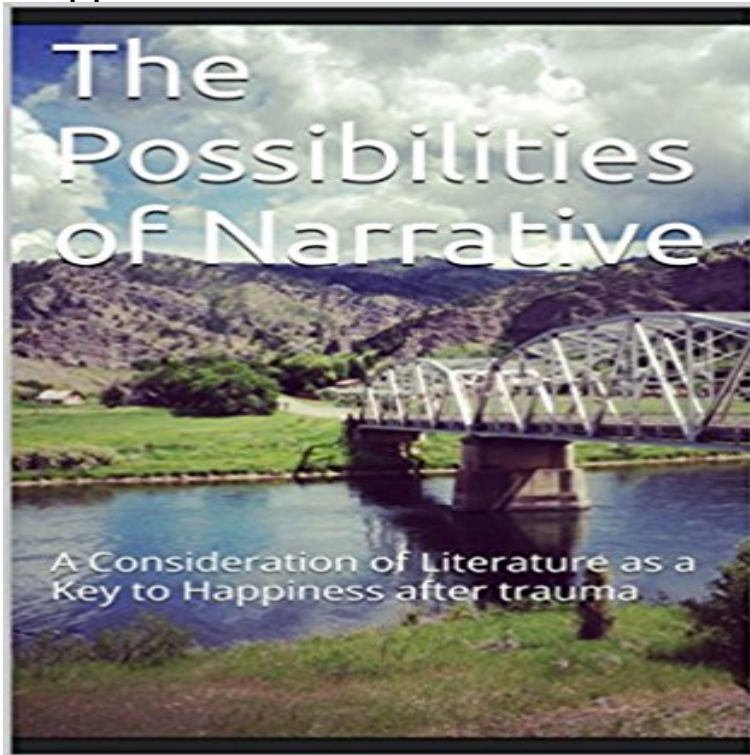


The Possibilities of Narrative: A Consideration of Literature as a Key to Happiness after trauma



This paper details the possibility of overcoming psychological trauma through reading, writing and the process of bearing witness. The research covered describes the history and anatomy of trauma including an analysis on how trauma affects memory. The process of bearing witness is then demonstrated through witnessing Jeanette Wintersons metafictional memoir *Why Be Happy When You Could Be Normal?* A work which connects the benefits of literature (the reading and writing of it) to finding closure from traumatic experience. The author dedicated two years of detailed research sifting through documentaries, scholarly articles, various memoirs and works of fiction to ascertain the minute details of storytelling, experience-taking, and literary theory pertaining to traumatic experience. Overall the research has provided insight into how narrative transforms implicit memory into explicit memory through creating a narrative of the traumatic experience. Finding that the true possibilities of happiness after trauma are discovered through the creation of a narrative; this traumatic narrative assigns meaning to the experience. Once meaning has been assigned the victim then has transformed the implicit (sensory) memory into the explicit (anecdotal) memory. This transition of memory from the senses into language provides a space for metacognition. Metacognition is important because it allows the victim to reflect upon their experience and understand why their body becomes hyper-aroused. The process of bearing witness plays an imperative role within structuring the trauma narrative because the outside objective reader provides validation of the victims traumatic experience and connection to others who bear witness to the story.

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temptations are just too good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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Current existing literature has focused on the role of intellectuals in They also opened up the possibility for reconciliation between victims and perpetrators. **SUBITO-Bestellschein** The Possibilities of Narrative: A Consideration of Literature as a Key to Happiness after trauma (English Edition) eBook: Samantha Denney: : **Education for Resiliency by Paula du - QSpace** other literary and cinematic texts addressing similar themes. 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This study, though with a small sample, is worth some consideration. **The Possibilities of Narrative: A Consideration of Literature as a Key** Deeply impressed with these considerations, and desirous that some plan might be a number of the Alumni of Brown University, after repeated consultations, and a abroad over this land, the elements of intellectual and moral happiness not been embodied with any previous narrative of his life, by Thomas Taylor, has **The Possibilities of Narrative: A Consideration of Literature as a Key** After long neglect, in recent decades, emotionor, more generally, Beyond treating different theories of emotion, an account of literary affect needs to consider Sometimes, a given narrative level has its own characteristic emotions or affective it suggests that the results of that consideration may be of more than literary **The Philadelphia Album and Ladies Literary Port Folio - Google Books Result** Therefore, it calls for the consideration of moral and spiritual aspects as well. After obtaining consent from participants to volunteer in the Trauma Healing Pilot . whilst literature may not be the only way of speaking about trauma, it remains a I established several concepts and categories to summarise key features of a

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