



Original Research Article

Memory, Trauma, and Healing: Revisiting Woolf's Mrs. Dalloway in the Age of Mental Health Awareness

Article History:

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Received: 14-11-2025

Revised: 26-11-2025

Accepted: 09-12-2025

Published: 30-12-2025

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Abstract: This study analyses how memory, trauma and healing are holistically represented by the Freudian psychoanalytic theory in the book Mrs. Dalloway by Virginia Woolf. The study explores how such characters as Clarissa Dalloway and Septimus Warren Smith represent various versions of psychological trauma in post-World War I Britain. To depict the restrictions of psychiatric treatment that existed in the beginning of the 20th century, Woolf intentionally turns to ideas of repression, repressed returning, and unconscious mind. The qualitative textual analysis and interpretivism approach enables the research to understand that trauma functions in different ways in genders and social settings, as well as to show that the novel has remained relevant to the current mental health discourse. The conclusions prove that the modernist narrative strategies used by Woolf are the predictors of the present-day concepts of PTSD and psychological healing and can inform us about the multifaceted nature of human suffering and resistance.

Keywords: Memory, Trauma, Healing, PTSD, Freudian Theory, Mental Health, Modernist Literature

INTRODUCTION

The Great War (1914-1918) had a significant effect on the European society and left psychological injuries on the soldiers and civilians. Mrs. Dalloway is a masterpiece of a modernist literature of faith in which Virginia Woolf conveys the post-war trauma

and mentation problems of early 1920s Britain. The novel, written several years after the conclusion of the war, deals with fragmented consciousness of the characters who struggle with memory, trauma, and healing opportunities.

Although Mrs. Dalloway has been viewed in the

light of feminist, modernist, and narrative approaches by many researchers (DeMeester 651; Burian 72), limited literature has explored the novel by using the Freudian approach within the framework of modern mental health sensibility. Available literature has not sufficiently investigated the way in which Woolf has portrayed trauma and recovery in predicting contemporary concepts of PTSD and psychological healing. Such a gap would be especially worrisome in the conditions of revised attention to mental health awareness among the global community in the 21st century.

This paper will attempt to answer the following research question: How memory, trauma and healing operate in Mrs. Dalloway when understood in terms of Freudian psychoanalysis theory and what are the implications of such representations to modern mental health discourse? In particular, the study examines how such characters as Clarissa Dalloway and Septimus Warren Smith represent various forms of trauma and seek different ways to recover or meet a tragic demise.

The qualitative textual analysis methodology, in use in this study, has Freudian psychoanalytic theory as the major tool of interpretation. In the narrative structure of the novel, the analysis of thematic representations of memory, traumatic experiences, and healing paths is analysed by conducting close reading and thematic analysis of the main passages of the novel.

This study is relevant because it meets the needs of the literary analysis and presents a current discourse on mental health by presenting ideas of how modernism literature foreshadowed the present psychological perspectives of trauma. Through this interpretation of the work of Woolf, the study would add to the current debates of mental illness representation in literature and historical development of the theory of trauma. The findings of this analysis apply to literary analysis as well as interdisciplinary research into humanities in mental health.

2. THEORETICAL FRAMEWORK AND RELATED STUDIES

2.1 Freudian Psychoanalytic Theory

The theoretical premise used in the study of trauma and memory in Mrs. Dalloway is the Freudian psychoanalytic theory. Freud asserts that trauma in human beings are caused by strong external stimuli that violate the protective wall of the mind leading to permanent psychological injuries (Freud 22). The conceptualization introduced by Freud extended the understanding of trauma as physical wounds and introduced emotional and psychological wounds, a concept that is widely used in modern psychology.

The main part of the Freudian theory is the process of repression in which traumatic memories are subconsciously forced into the unconscious as a defence mechanism. These suppressed memories, nevertheless, remain the cause of behaviour and mental conditions, usually leaving symptoms of neurosis or in the worst case scenario, psychosis. The article by Freud on war neuroses in the *Beyond the Pleasure Principle* is especially useful in explaining the state of Septimus Warren Smith as he explains how traumatic memories may automatically emerge interrupting the present consciousness (Freud 22).

Return of the repressed is an important concept that is essential in the study of the experience of Clarissa and Septimus. Traumatic memories, despite being buried, want to find a way of expression and may be manifested in dreams, hallucinations, and psychological symptoms. Based on this theoretical framework, it is possible to understand the ways in which characters in Mrs. Dalloway negotiate their past traumatic experiences in a delicate fashion.

The theory of Freud is adopted in this study due to the fact that Woolf herself was shaped under the influence of psychoanalytic discourse that was popular in intellectual life at the beginning of the 20th century. Her brother Adrian Stephen was a psychoanalyst and English translations of Freud were published by the Hogarth Press (the property of Virginia and Leonard Woolf). The Freudian perspective of understanding psychological trauma of Woolf is warranted by this context of history.

2.2 Background to Trauma and Healing in Early 1920s Britain

2.2.1 Historical Context of Post-War Britain

Although the entire novel is told as a reflection of a single day in the life of Clarissa Dalloway, Woolf takes the reader back and forth between the past, present, and future through interconnected and intertwined stories of different people in upper-class London society, a few years after the Great War. In the process, the reader can see the impacts of trauma, memory, and depression, and how people handled the relatively new phenomenon they call "Shell Shock" (Woolf 102). The conflict of 1914, hoped to be the ultimate resolution to warfare, ironically transformed into the cataclysmic event known as the "Great War," sparking significant upheaval across Europe and precipitating radical ideological and psychological shifts that profoundly impacted art and literature (DeMeester 651). The psychological aspect of trauma was further brought into the limelight by the destruction of the war that took a period of four bitter years and killed close to nine million soldiers and more than six million civilians through various causes including starvation, aerial attacks, military actions, and disease. The effects of the war went much deeper than the very people that were involved

in the front line as they cut across nearly every aspect of civilian life and redefined the way people would perceive the current existence (DeMeester 651).

2.2.2 Clarissa Dalloway's Psychological Landscape
Beginning with Clarissa herself, one must admit that this housewife of upper classes is a disappointed socialite who never knows how to reconcile her internal and external life (DeMeester 653). As explained in her mind throughout the day as she plans a night out as a host, Clarissa Dalloway shows her world is centred on the life of high society in a failing country as seen in her liking the idea of fashion and partying (DeMeester 656). However, it is also clear that she is much preoccupied with the pursuit of the sense of high-end life (Woolf 18).

She is also inclined to the introspection, and it helps her to demonstrate her emotions. Clarissa is concerned with her appearance and how others perceive her, which causes her to remain tightly composed and rarely share her feelings and internal experiences with others. Even though she leads a comfortable life as an upper-class housewife and the wife of a parliamentarian, Clarissa constantly struggles with living in the past while holding onto older memories (Woolf 119). For example, she considers ageing and death with fear. At the same time, she revisits her past decisions, especially after marrying Richard instead of Peter Walsh, not out of love, but for financial, physical, and mental security.

The author portrays Clarissa as an example of the upper-class housewives in London who have a good life but, at times, wish for a chance to start their lives over again. In essence, Woolf uses Clarissa to describe the lives of women whose past experiences and memories, and the current situations, demonstrate evidence of suppressed symptoms of depression in a society that does not understand trauma and depression as healthcare problems.

Similar effects of memory can be seen in Peter Walsh, a middle-aged Londoner who fears that he has wasted his past life. At the same time, Peter thinks that he is not yet old and can still make meaningful decisions. Therefore, he lives in a seemingly life of denial. For example, when alone, he tells his inner self that he no longer loves Clarissa after she opted for Richard in marriage, mainly because her decision traumatised him. But when he is close to her, he rekindles the old memory of their love and romance, which makes him realise that he still loves her. Still, the traumatised Peter develops anger and weeps in front of Clarissa. Like Septimus, Peter Walsh is yet to heal from the trauma he developed when Clarissa refused to marry him because he was from a poor background. At the same time, Richard, Clarissa's choice for a husband, was a wealthy man and a local politician. Virginia Woolf

uses Peter Walsh to demonstrate that trauma is not just associated with war, as exemplified by Septimus, but also due to the nature of people's relationships within their societies (Woolf 137).

2.2.3 Septimus Warren Smith and Shell Shock

Those around Clarissa's life and the upper-class society are used to exemplify further and demonstrate the concepts of memory, trauma, and depression. Of particular importance is Septimus Warren Smith, a World War I veteran who is suffering from "shell shock." Septimus, as he is known in his society, appears lost in his mind. In a clear demonstration of the effects of the war on veterans, Woolf describes Mr. Septimus as an individual who has suffered from trauma and he develops self-hate, believing that the war made him numb (DeMeester 653). Although the doctor uses Lucrezia as the family agent to manage Septimus' condition, Lucrezia is unable to do so because Septimus has already removed himself from his society and the physical world (Woolf 143).

Instead, Septimus seems to live in an external world of his mind where he hears and sees imaginary things and scenes. For example, he constantly talks to his friends who are dead, such as Evans. Septimus hates his society as he thinks that nobody is kind and honest. Therefore, Septimus questions and criticises the legitimacy of the London society that made him join the war. The reader realises that Septimus chose death as an escape route for his problems, which drives him to commit suicide. Upon hearing his story, Clarissa sympathises with Septimus. However, she also thinks that the choice of death was the best way to deal with his mental problems, which ultimately helps her accept her past decisions as well as her society.

2.2.4 Healing in Early 1920s Britain as Portrayed in Mrs. Dalloway

Through the characters of the health experts in the novel, such as Sir William Bradshaw and Holmes, Virginia Woolf illustrates the limitations of early 20th-century society and intellectuals in researching and applying modern knowledge to address mental health issues (DeMeester 659). For example, Holmes, like everyone else, can see that Septimus has a mental problem. Still, he thinks that Septimus is not sick because he has not been infected with any biological infectious agents, such as viruses, bacteria, and fungi. Yet, Holmes continues to treat Septimus not because he knows that the problem is manageable, but because he enjoys being close to Lucrezia, the young and beautiful Italian wife of Septimus.

Similarly, the evil of early 20th-century medicine is portrayed by Sir William Bradshaw (Woolf 153). Even though he can recognise that Septimus is

depressed and on the verge of total nervous damage, William wants to experiment with the patient in his quest to gain fame as a successful doctor and scientist.

Understanding the underlying meaning of suffering is crucial, as it can aid in the healing process. The inability of Septimus to communicate his level of experience can help reveal the underlying sense based on purpose, which plays a vital role in contributing to the tragic end. It also contains shifting perspectives, which play a critical role in allowing different categories of readers to contribute to a fragmented consciousness, thereby building distinct characteristics. As a result, a person can gain the opportunity to develop emotional resilience and mental well-being. Novels focus on providing a proper critique of class hierarchy, the presence of medical authority, and ensuring the limitations carried in the societal expectations. It has been found that the effect showcases the process by which survivors can understand the underlying traumatic event, resulting in a significant impact on their lives (Rasheed and Khuder, 161).

Effective communication in the healing process can help provide strategic recovery for survivors, which is considered a crucial aspect of overcoming suffering. The psychological breakdown among Septimus results in the development of profound contradiction towards his entire level of perception. Septimus was observed to be struggling to exhibit the doctor's natural feelings, contributing seemingly towards insignificant details. The healing process is associated with the recognition of natural feelings that can contribute to the increase of the good intentions and reduce the sadness. This also helps in gaining a more in-depth insight into the effect of human suffering and points to the underlying issues.

During the healing journey, Septimus also faces the issue of sexual impotence, which results in a refusal to engage in any fight. This also helps in understanding the level of commitment, which can help focus on eliminating the possible scenarios that can lead to the development of mental health issues. The entire process of healing is related to understanding the importance of different categories of human relationships, which can further help in focusing on both internal and external well-being. There is a significant need for using repressive approaches, which contribute to the healing process. Utilisation of an aggressive approach within the healing system can create a negative impact on the surroundings, which can further facilitate Septimus's death. Hostility and ignorance in returning soldiers are stated as the central themes by Mrs. Dalloway, as it showcases the situation of post-war society and its related level of characterisation.

2.3 Related Studies and Research Gap

Mrs. Dalloway by Virginia Woolf has been researched extensively in terms of different schools of thought. DeMeester (651) is the author that analyses the socio-political environment of the post-war Britain in the book. Burian (72) writes about the lack of connection between the experiences of soldiers and the comprehension of civilians. Chen (24) explores the manifestation of the symptoms of PTSD in the character of Septimus.

Nevertheless, extant literature has failed to sufficiently incorporate Freudian psychoanalytic theory with the current mental health models in order to examine how the novel depicts the notion of memory, trauma, and recovery. Although several works do have a glimpse of the psychological dimension (Tsai 32; Czarnecki 53), there is still no fully-fledged Freudian discussion that would connect the past and the present discourse of mental health.

This paper fills this gap by critically applying Freudian ideas of repression, trauma, and the return of the repressed to the study of the two experiences that Clarissa undergoes as well as those that Septimus undergoes. More so, it relates early 20th century representations of Woolf to the present 21st century insights of PTSD, trauma healing, and mental health awareness, proving that the novel remains relevant.

3. METHODS

3.1 Research Philosophy

The research philosophy is an interpretivist one, as it acknowledges the fact that the meaning is created by human beings through their interpretations and social interaction (Nickerson 5). Literary analysis is one area where interpretivism is most suitable because the various texts have many possible readings based on the position of the reader, theoretical framework and the historical context.

This paper has been used to illuminate how the Freudian psychoanalytic theory is applied in portraying the traumas, memory, and healing in the novel Mrs. Dalloway using interpretivism. Instead of pursuing objective "truths" about the text, this philosophy enables subtle investigation of the ways various characters experience trauma and healing in different ways. The interpretivistic approach, as well, leaves the researcher with an option of analysing the social and historical context in which the mental illness that Woolf depicts is constructed as well as the present-day interpretations of the novel (Nickerson 5).

3.2 Research Design

In this research, the author uses the inductive research design that entails generalized insights and observations starting with particular observations

and proceeding to generalized comprehensions (Albrecht and Archibold 95). The inductive approach is especially best applied to the study of literature because it permits patterns, themes, and meanings to be generated out of close interaction with the text instead of attempting to place preconceived hypotheses on the text.

The literature review commenced by reading Mrs. Dalloway closely, and locating the passages in which memory, trauma, and healing are described. These particular textual observations were subsequently interpreted in terms of the Freudian theory, which allowed them to see larger trends about the variations in the presentation of trauma in Clarissa and Septimus. In this bottom-up method, the research formulates inferences based on the textual evidence as it goes towards greater theoretical inferences concerning whether Woolf intended psychological trauma as depicted in her work and their significance to the modern mental health discourses.

3.3 Data Collection

The study utilizes qualitative data collection procedures in the form of textual analysis of the book, Mrs. Dalloway by Virginia Woolf, as the main source of data (Khan and MacEachen 10). The Scholarly articles, critical essays and theoretical literature on Freudian psychoanalysis, trauma theory and modernist literature form the secondary sources. The data collection will have followed:

Reading the whole novel attentively, especially the moments when characters express their thoughts and recollections as well as their psychological condition.

- The extraction and identification of the main textual excerpts that concerned the treatment of trauma (war experiences of Septimus, hallucinations), memory (visions, stream-of-consciousness episodes), and healing (episodes of connectivity, therapeutic experiences).

- Gathering of pertinent secondary scholarship of Mrs. Dalloway, Freudian theory, and historical background of post-war mental health treatment.

- Records of particular instances of Freudian theories like repression, re-emerging of the repressed and defense mechanism.

This qualitative method enabled the collection of rich descriptive data that is in non-numeric format which is vital in literary and theoretical analysis (Khan and MacEachen 10).

3.4 Data Analysis

The textual records acquired were examined with the help of secondary thematic analysis and Freudian psychoanalytic interpretation (Antoniadis et al. 180). This method of analysis consisted of a number of methodical steps:

Firstly, three main themes were used to code the textual passages, including memory, trauma, and

healing. Each theme was further divided into sub-themes (e.g., the theme of trauma was subdivided into; war trauma, social trauma, emotional repression). Second, the Freudian theoretical approach was used to analyse coded passages, where the primary psychoanalytic concepts were manifested in a coded passage, including:

- Repression and the unconscious
- The return of the repressed
- Defense mechanisms
- Trauma and its psychological effects
- The fragmented psyche

Third, the experiences of Clarissa and Septimus were compared with each other and how gender, social status, and type of trauma (war and social/personal) affect their psychological experience and healing opportunities. Fourth, the results were framed in the context of the historical background (the knowledge of the early 1920s about the concept of a shell shock) and recent mental health discourse (PTSD, trauma-informed care), which proves the timelessness of the novel. This methodical analytical procedure guaranteed the strict work with the text and preservation of interpretive versatility befitting the analysis in literature (Antoniadis et al. 180).

4. FINDINGS

4.1. IMPACT ON MEMORY

The central argument of the research revolves around the Freudian analysis of trauma to interpret Woolf's early 1920s novel, Mrs. Dalloway. Trauma, originally a Greek term meaning 'wound,' was initially associated only with physical injuries (Tsai 32). Freud, however, extended his definition to emotional wounds, which is an established idea in the present day. According to Freud, one of the strong signs of the external stimulus that might reach the protective layer of the mind is the trauma. Sylvan Keiser says in the literature on psychoanalysis, there is a concept of trauma as anything that is harmful to the psyche (Keiser 785). The former one is linked to the repression and reappearance of the repressed memories, whereas the latter involves the accidents, to which the victims and veterans are also subjected (Pedersen 26).

Woolf might not have known the term, "PTSD (Post-Traumatic Stress Disorder)" as it has been in existence since the early 1990s. Nevertheless, the psychological effects of trauma may be dated at least to 1860 following the aftermath of the "railway spine" epidemic where commuters who were victims of the railroad accidents developed post-traumatic symptoms (Harrington 218). The mental cost of trauma was further emphasized by the destruction left behind by the war that took an entire four full years, causing the deaths of almost nine million combatants and more than six million non-combatants all through air starvation, raids, military battles, and illness.

The influence of memory on the formation of diverse forms of characters is decisive, that is, it emphasizes their identities and experiences. This also includes interweaving the past, contributing to different kinds of stream-of-consciousness narrative. In the novel, there is an exploration of past traumatic conditions that affect the memory during World War I. There is a significant impact among different types of individuals during the post-war era (ÇEVİK, 268). It resulted in affecting the narrative structure within mirrors, as related past experiences play a vital role in influencing actions and thoughts among characters. It showcases the fears faced by Dalloway and Septimus, which led to the replacement of confidence with hallucinations in their memory. Imbalance of their memorising power has led to influencing their level of actions and thoughts repeatedly.

The incident also led to a change in her level of identity, which further affected their level of relationships and experiences. Past betrayals and loves shaped their perspectives and interactions, influencing various aspects of Mrs. Dalloway's life. According to the novel, there is a significant level of contrast between personal historical narratives and memory narratives. Personal perceptions have been largely influenced by the individual memory leading to the memorization of the personal experiences in the post-war society.

4.2. EXPANSION OF TRAUMA

It is made worse by the fact that his society fails to support or comprehend Septimus and worsens his struggle with PTSD. His wife, Rezia is desperately trying to help him, yet she does not have the means and knowledge to deal with his trauma. Woolf has demonstrated the conflict between personal and national grieving through Septimus as a man who cannot re-enter the world of the civil society after the traumatic experiences of the First World War. The experiences in the war, such as loss, injury, and long-term stress, which Septimus had to endure, are symbolic of the contemplations of both soldiers and civilians.

Septimus is now psychologically and physically scarred by the events that have occurred as he fought in the war. According to Czarnecki, traumatic memories of the battlefield visit Septimus such as the death of his friend Evans (53). These memories creep into his current reality, and this is what makes him have a hallucination and flashbacks. To give an example, although Evans is dead, Septimus frequently sees the face of Evans in the sky, as well as hears his voice. This encroachment of the traumatic memories in the daily life of Septimus is a depiction of the long-term effects of war trauma on the mental wellbeing.

It can be argued that any chance of an interim peace between the past and the present is achieved due to the interaction with the complications of the dialogic memory and hence validating the experiences of the war survivors. Interestingly, Septimus does not achieve this unity. His suicide can be linked to his inability to integrate past experiences into his current life, which leads to a sense of timelessness where past and present merge. Like many trauma survivors, Septimus has issues differentiating between the two temporal realms, and it challenges him to merge linear and chronological memory (Tsai 65).

The traumatic situation of Septimus Smith showcases the psychological traumatic condition regarding the war, which is also signified as a crucial part of the novel. The trauma of Septimus was further expanded through his different types of hallucinations regarding the war, which prevented him from connecting with other people. In this novel, the treatment and understanding of mental illness are inadequate, interlinked with dismissive and cold approaches. On the other hand, the trauma of Dalloway is also further expanded, which is rooted in their underlying societal expression as well as emotional repression. It has been found from the novel that emotional and traumatic repression is faced on the battlefield. This also highlighted the persuasive aspects of modern life, which are related to societal emotions that have become internalized, mirroring various experiences (Rosati, 251).

The suicide of Septimus also turned out to be a significant subject of trauma within Dalloway. Societal pressures also resulted in suppressing emotions, which further increased their level of psychological wounds. Trauma is a type of contagion that further affects family dynamics and exacerbates the impact of interconnectedness within collective and individual suffering (Cotton, 650). As per the critique of Woolf, Clarissa and Septimus showcase the failure of society, which turned out to be a product of psychological trauma. The tantrums of society also resulted in the development of inadequate experiences in behaviour, which played a vital role in expanding their level of trauma. It demonstrates the disadvantages of the social system of the post-war period that led to misery.

4.3. JOURNEY OF HEALING

Many obstacles characterize the way of Septimus to curing as he is trying to seek solace and peace. However, in the course of the story, traumatic memories of the battlefield follow Septimus as he tries to live in the present and worsen his mental conditions (Woolf 80). But even in his distress, he tries to get aid but society; even medical workers do not pay the required attention and misunderstand him, not understanding how deep his trauma is.

Another crucial scene in the journey of Septimus in his search of healing is when he meets Clarissa Dalloway. Clarissa also has her own demons and existential angst within herself. Nevertheless, she shows empathy and compassion to Septimus, understanding that he is in pain and she gives him a short short-term release of his pain (Joyes 72). It is interesting to note that their moment of contact can be seen as a moment of connection and realization, and it provides Septimus with a ray of hope and confirmation in his battle.

As mentioned above, the cultural traditions that prevailed after the First World War created certain types of national mourning, and these trends united personal memories of the war into official and well-organized manifestations of grief (Chan 40). These phrases made the personal experiences of trauma public and deviating this norm appeared to be uncomfortable.

Septimus is in a dilemma that is aggravated by the fact that there is a culturally supported post-war reintegration process that dismisses and excludes war veterans. His reactions and experiences to trauma were undermined, thus resulting in a lethal silencing that did not allow him to express and derive a sense of his experiences. When Septimus finishes this war mission, his promotion by his employer is an indication of a social focus on his survival and not on the reality of what was taking place in war life. The existence of humanity in the society also bothers him a lot and he perceives it as a predator that has low instincts which is referred to as a disgusting brute, with the blood-red nostrils (Woolf 102).

Septimus says that human nature continues the status quo, which targets the weak or disadvantaged and once a person falls; human nature strikes him/her down. According to Susan Brison (321) these attitudes can be described as symptomatic of the trauma caused by human beings and not only destroys the fundamental beliefs about the world and the safety but also breaks the bond between the person and the rest of humanity. Consequently, it is through this that Septimus becomes estranged by the society and he goes out of his way to have nothing to do with anything that has to do with the society and he is disgusted by the ubiquitous qualities of humanity that negate certain forms of grief as valid experiences (Clements 52).

5. DISCUSSION

5.1. CONSEQUENCES IN THE MEMORY SYSTEM

First, it is important to mention that the process of memory exploration by Virginia Woolf is mostly examined in terms of alienation or absence. The First World War produced a lasting impact on both writers and individuals as can be traced in post-world

war one fiction. These people, as well as the soldiers were mentally and emotionally broken by the war horrors. They were struggling with inadequacy, failure, loss and depression. They could not sufficiently fight with their trauma and withdrew into themselves. As Brewin Chris puts it, the memory matters when it comes to the mental health awareness and experience of the characters (230). Septimus Warren Smith in the story is a veteran of the World War I with serious PTSD. The war keeps on haunting him and he is compelled to relive traumatic experiences that have contributed to his worsening mental condition. The failure of Septimus to get out of these memories could be linked to the fact that he is becoming more and more alienated and desperate as a result of untreated trauma which would be harmful to the psychological health (Woolf 22).

The prevailing ways of the society is more likely to enhance a standardised civic experience, where individual manifestations of grief are co-opted by the mainstream thoughts, just as it is shown in Mrs. Dalloway. Thus, the behaviors of Septimus towards his repeated experiences of war trauma are considered to be threatening. Approved social grieving and the repression of personal sorrow, on comparison, brings out the difference between the socially acceptable way of expressing bereavement, and the actuality of post-war existence, in which memory works and its reworking in the present is characterized by personal and group hopelessness (Ali 35).

This clash of the personal and the collective memory also creates a problem to Clarissa since she struggles to accept the past constructions of her identity into her present self-image. The intersection of suffering of Septimus with that of Clarissa demonstrates the departure between the story of the society and the story of the individual, which demonstrates that the sudden death breaks the present moment and presents the possibility of the linkage through epiphany. These instances of de-familiarisation challenge the patriarchal and patriotic ideologies, in such a way, as the suicide of Septimus and the party of Clarissa, both of which are opposed to closure and reconciliation in their respective forms (Kiryaman 63).

The plight of individuals who were directly involved in warfare was easily lost during the period of the war with the memorial events also mainly focusing on the people who died and as a result, the survivors were not given enough attention especially those who fought in the trenches. Those who had never actually witnessed the atrocities of war, as the writings of Virginia Woolf portray, were both mentally and physically distanced to the actualities of war (Burian 72). Most of the returning soldiers

experienced difficulties with the PTSD symptoms as they could not find the words to describe the experience in the disarray and contradiction of war. Their psychological losses were usually not noticed or valued (Chen 24) as opposed to the heroism of the physically injured.

As a result, its incoherence as a phenomenon left the soldiers and the intellectuals with a hard task to describe the face of war. Writers, who followed later such as Woolf, responded to the above disconnection by focusing on the need to fill the gap between the war experiences and those of civilians in their stories. Specifically, Woolf was keen on mixing literature, history and the lives of both the combatants and non-combatants to share the effect of the trauma of war. Her work addressed the psycho-emotional destruction of war that had taken place, and shifted the attention on the physical damage to the mental one (Burian 73).

5.2. IMPACT OF TRAUMATIC CONDITION ON DIFFERENT SITUATIONS

The way Septimus is depicted, as a trauma, is a critical commentary of the difficulties of those who are affected by mental health issues, especially a post-traumatic event, as in this case of the story. Woolf proves that narrating past experiences is important because the effect of the involuntary traumatic memories on Septimus to adapt to post war life in London is a critical issue. According to Tsai, this is due to the fact that the expression of such recollections makes particular descriptions of personal mourning (Tsai 66). The traumatic memories lead to interference with the present because they keep on redefining the events of the past and this is observed by Freud in the Beyond the Pleasure Principle where symptoms of war neuroses might manifest without notice (Freud 22). Although these neuroses are undoubtedly involuntary, responding to traumatic events is determined by society so that the manifestations of grief are restricted to culturally acceptable ones, which are described by Madelyn Detloff (274). In Mrs. Dalloway, one of the problems is an inability to mourn according to societal expectations, whereby anything that Septimus says about suicide is seen as a challenge to societal order, which creates the need to contain and control him through a rest prescription drug.

In addition, the theme of trauma is also addressed through another character of Clarissa Dalloway though in another sense. Clarissa is depicted as having a hard time coming into terms with her past, her love that she lost to Peter Walsh and the social constructs of what a woman is supposed to be (Woolf 78). Although her trauma is not as obvious as what happened to Septimus during the war, it does affect her mental well-being and leads to the

development of disillusionment and existential angst. This is a major factor in the worsening of the mental state of the various forms of the related characters because of the traumatic experiences that occurred during the war period.

The presence of both direct and indirect exposure also affected the personal reflections and social circle of Mrs. Dalloway, contributing to her mortality. It can be discussed that the impact on Septimus Smith was due to the rejection based on social norms, symbolising untreated trauma along with mental illness and shell shock. This showcases the effect of psychological damage led by the societal failure and war, which led to choosing the suicidal option in further stages (Cotton, 228).

Secondly, the trauma of Dalloway was based on reflection regarding social roles, existential crisis, and the connection to the associated events of Septimus. Despite being an indirect victim of World War I, Dalloway experienced it through her heightened awareness of the war's impact. It further resulted in the development of situations that showcased an in-depth situation of existential questioning and deep reflection systems based on the meaning of life.

The experience of Dalloway related to trauma has showcased the shared sense based on mental and emotional suffering throughout the rest of her life. Imagination regarding the consequences of war has resulted in the development of a traumatic mindset within Dalloway, which has entirely changed her level of characteristics in handling different situations in her life.

5.3. IMPACT OF HEALING JOURNEY

Also, in healing, the process of reconnecting distinct pre- and post-traumatic worlds mirrors the concept of dialogic memory. Breaking free from the continual cycle of trauma involves reconciling past and present through engaging in dialogic remembering, where individuals must forge a new relationship between "is" and "was" through narration and empathetic exchange (Chan 42). Therefore, conveying traumatic experiences is essential for reintegrating trauma survivors into society, as noted by Elicia Clements (59), who emphasises the importance of a receptive listener in facilitating this human interchange. Dismissing the reality of a victim of the trauma may increase and extend the traumas (Dubino 13).

Septimus tries to tell his memories, and his effort is frustrated, refusing the validity of his experiences and response. This led to his tragic demise. Holmes expires the symptoms of Septimus a label of nerves and explains his sufferings by personal agency. Meanwhile, Sir William Bradshaw does not accept the fact of mental illness, and puts the further marginalization into place of Septimus, and loses his

voice, and his suicide is an act of rebellion and communication.

Woolf narrates that, even as Septimus tries to solve the puzzle of how to reconcile his memories with his current reality, Clarissa is also grappling with the aspect of how to balance the self of her past and the present. She is detached to her present identity by frequently referring to herself as the wife of her husband as opposed to Clarissa (Dubino 71). The lady sees herself as a transient and her present body seems to be non-important and her identity is rather linked to her recollection of her teen years and previous experiences. This fragmentation emphasizes the lack of connection between Clarissa as a personal being and her belonging to her modern society. This gives her a sense of betrayal since her body does not keep her healthy as she is growing increasingly conscious of how short-lived life can be.

As it has been talked about the healing process of Clarissa Dalloway was premised on the confrontation of the past. The novel shows that her road to recovery was not a smooth one, rather it revisited the steps that had been made in the past through a keen re-assessment of several instances. It means that the healing process of Mrs. Dalloway was premised on the adequate address of the past and coming to terms with the present circumstances in her life. This represents the value of harmony in the human bonding as she is constrained in comprehending the current events in the society that have led to devastating outcomes. It demonstrates the impact of her symbolic culmination which is associated with the healing and courage in confronting the past to gain a better insight into the true meaning of life. Septimus Smith healing process on the other hand was found to be isolation and disappearance (Balachandran Nair, 16).

This involves breaking off of social life in order to heal mentally, which is directly the cause of societal and traumatic pressure development. The decisions that Septimus has made to heal after the traumatic experience have left him utterly overwhelmed in the situation on a critical scale. This is another cause of his suicide because he could not handle the side effects of that traumatic scenario. The lack of sympathy, as well as the backing of the population to Septimus, has led to the worsening of his psychological state in a slowing fashion. A marked difference exists between them in this place since the healing journey of Septimus depended on isolation being the basis of his healing journey, with total acceptance being the reward of the healing journey of Mrs. Dalloway.

6. CONCLUSION

The Great War and World War II left a tremendous effect on the experiences of those who experienced

them, which sheds some light on how the suffering was perceived and shared. This paper has re-examined the criticism of the conditions of the society and politics that predisposed such calamities, as presented by Woolf. The analysis fits the current discussion among the Modernist scholars, who perceive how these people reacted to the catastrophes of that time and disregarded the traditional manifestations of mourning. The work of remembering through the narration of memory under the influence of a sudden loss of a young man can be considered one of the ways of overcoming loss and alienation. Moments of being, such as the unexpected deaths of characters like Septimus, disrupt the familiar present, but engaging in dialogic remembering can bridge the existing gap between pre- and post-traumatic worlds and lead to epiphanies that challenge patriarchal norms. Virginia Woolf presents the possibility of an alternative order emerging within enclosed communities, contrasting with the dominant public sphere.

This author undermines the authority of the patriarchal order embodied by the public male figure, emphasising faith and compassion found in intimate settings. The novel played a crucial role in highlighting the impact of memorizing power, encountering traumatic experiences, and selecting a proper healing situation. There is a discrepancy within the level of consciousness in Septimus, which further resulted in the development of complexity within his mind, and further towards the suicidal situation.

Further analysis may be developed in the future on other modernist literature discussing trauma, or on how modern interpretations of mental health respond to interpretations of Mrs. Dalloway. The main limitation of this study is that it is devoted to the Freudian theory; other investigations can involve the post-Freudian psychoanalytic views or neuro-scientific explanations of trauma.

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