

Exploring Stream of Consciousness in Virginia Woolf's selected works: A Psychological analysis

A Dissertation for

Course code and Course Title: ENG-651 and Dissertation

Credits: 16

Submitted in partial fulfillment of Master of Arts Degree

(M.A. in English)

by

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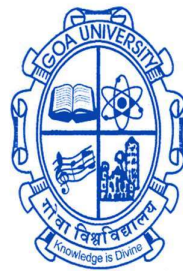
ABC ID: 409748813615

PRN: 201902202

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DECLARATION BY STUDENT

I hereby declare that the data presented in this Dissertation report entitled, "**Exploring Stream of Consciousness in Virginia Woolf's selected works: A Psychological analysis**" is based on the results of investigations carried out by me in the Discipline of English at the Shenoi Goembab School of Languages of Literature, Goa University under the Supervision of Ms. Runa Menezes and the same has not been submitted elsewhere for the award of a degree or diploma by me. Further, I understand that Goa University or its authorities/college will be not be responsible for the correctness of observations/experimental or other findings given the dissertation.

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Place: Goa University

COMPLETION CERTIFICATE

This is to certify that the dissertation report “**Exploring Stream of Consciousness in Virginia Woolf’s selected works: A Psychological analysis**” is a bonafide work carried out by Ms. Ruzai Dias under my supervision in partial fulfilment of the requirements for the award of the degree of Master of Arts in the Discipline of English at the ShenoI Goembab School of Languages and Literature, Goa University.



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ACKNOWLEDGEMENT

First and foremost, I would like to thank Goa University for encouraging me to conduct the research, “Exploring Stream of Consciousness in Virginia Woolf’s selected works: A Psychological analysis”. Secondly, I would like to extend my gratitude to my guide Asst. Prof. Runa Menezes who guided me in this dissertation. She provided me with invaluable advice and helped me during challenging times. Her motivation and assistance contributed tremendously to the successful completion of this dissertation. I would also like to express my gratitude to the faculty members of the Discipline of English, for honing our critical writing skills and making systematic research a part of our ethics. Also, I would like to thank the Goa University Library and the librarians for providing us with the required materials. Besides, I would like to thank all the respondents who helped me by answering the survey and also by providing their valuable feedback. Lastly, I would like to thank everyone including my family and friends who helped and motivated me to work on my dissertation.

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ABSTRACT

The research titled, “**Exploring Stream of Consciousness in Virginia Woolf’s selected works: A Psychological analysis**” aims to explore the dynamics of human consciousness in the interdisciplinary field of Literature and Psychology. Besides studying the Stream of consciousness (SOC) technique in Virginia Woolf’s works, *The Waves* and *Mrs. Dalloway*, the research gains an in-depth insight into the human psyche by examining the underlying thought processes of the characters. It endeavors to survey the effectiveness of the SOC technique and discover a field that is swiftly merging with new approaches. It aims to investigate whether writing in the SOC style, inspired by Woolf’s work, offers psychological benefits to individuals. The study achieves its potential by applying a mix of both methodologies, i.e., qualitative and quantitative research. The research backs the analysis by closely reading Woolf’s works and applying the theoretical framework of psychoanalytical criticism. Two small-scale surveys, conducted to gather data reported by respondents, unraveled several findings. It uncovers the interconnectedness between Woolf’s SOC technique, the Neurolinguistic Programming (NLP) patterns, and the influence of internal and external forces on human consciousness. The survey reveals an awareness of the effectiveness of the SOC technique in contributing to developing therapeutic methods to enhance mental health.

Keywords: Stream of Consciousness, Psychoanalysis, Virginia Woolf, mental health. therapeutic enhancement.

Chapter One

An Introduction

1.1 Introduction

The term "stream of consciousness" was initially coined in the 19th century by psychologists to refer to the ever-present stream of personal experiences, memories, feelings, and observations that are experienced by every individual. Later on, in the early 20th century, authors like Dorothy Richardson, Marcel Proust, James Joyce, and Virginia Woolf established the narrative technique known as "stream of consciousness," which literary critics started to refer to. The —psychological novel, in which authors spend at least as much time describing the characters' internal growth and thoughts as they do describe the plot's action, piqued the interest of many of these writers who were also interested in psychology.

Later, stream of consciousness became a narrative style in literature, aiming to capture a character's thought processes using internal monologue or sensory responses. It is an avant-garde technique that emulates human thought processes and has benefited both literature and psychology.

As a means of getting readers as close to a character's mental state as possible, Stream of Consciousness narration helps writers craft a very specific narrative experience for readers. Modernist writers who wished to explore different approaches to conveying the unique experiences of individuals found great popularity in Stream of Consciousness.

In literature, the stream of consciousness is a narrative style that allows the reader to follow a character's thought processes by travelling inside their minds. While Stream of Consciousness sometimes aids in advancing the plot, it usually just lets the reader learn a

little bit more about the character. It can be a little challenging to follow because it frequently deviates from a predetermined linear model or logical sequence because it aims to convey ideas in a disorganised and often free-associative manner, which is how people think. James Joyce's book *Ulysses* is arguably the most well-known example of stream of consciousness in literature. One can say that Stream of Consciousness is frequently employed as a character analysis in literature.

Stream of consciousness is a literary device that frequently includes sensory impressions, incomplete ideas, odd syntax, and rough grammar in an effort to depict the organic progression of a character's thoughts and experiences. Stream of consciousness attempts to mimic the intricate pathways of human thought and is distinguished by its non-linearity and unusual language use. Readers can "listen in" on a character's inner monologues and experiences by seeing their thoughts presented to them. This literary device, which is applicable to both poetry and prose, gained popularity during the Modernist literary movement.

The majority of critics concur that Shakespeare's soliloquies introduced the concept of Stream of Consciousness, which is characterised by broken syntax. This innovation is not new to contemporary literature.

Samuel Richardson, an author from the eighteenth century, is recognised as the founder of the Stream of Consciousness among its early proponents. When it comes to the early writers of the stream of consciousness, Samuel Richardson, an author from the eighteenth century, is recognised as the pioneer. Furthermore, it is said that the greatest early stream of consciousness writer was the well-known Anglo-Irish author, Laurence Stan.

Diving back to recent years, Margaret Mascarenhas, the author of "Skin," begins one of her workshops 'Authentic voice' by asking its audience to write the flow of thought that

passes their mind at that particular time and not to give it a second thought. She emphasized the significance of journaling to enable uninterrupted writing. She advised writers to silence their inner critic during the writing process and to focus on continuous writing. Mascarenhas believed that even if something appears absurd, it can still capture the reader's attention. This activity known as Stream of consciousness writing helps writers access their subconscious thoughts and emotions, leading to more authentic writing.

Therefore, by analysing the connection between Woolf's application of this technique and her use of spontaneous thoughts, as well as the effect this technique has on readers, this research aims to determine the technique's efficacy and relevance in the present context. The study also intends to show the contributions made by the stream of consciousness technique to a variety of fields and trace its growth in contemporary times.

This technique is used as an exercise to free the mind from external influences and to tap into the writer's authentic voice. Emphasizing Stream of consciousness writing helps writers access their subconscious thoughts and emotions, leading to more authentic and uninhibited writing.

Therefore, this research focuses on how using the stream-of-consciousness writing technique can help individuals navigate their thoughts more efficiently. Stream-of-consciousness writing can be a useful tool for individuals struggling with anxiety, depression, and other psychological issues. By observing their thoughts and emotions without judgment, individuals can gain insights into their mental processes, leading to greater self-awareness and emotional regulation.

Furthermore, looking at the technique from a psychological standpoint can lead to psychological benefits such as reducing negative emotions, improving emotional awareness, managing anxiety and depression, identifying patterns and triggers, promoting

problem-solving, and speeding up physical healing in a world where we are tangled within our own conspiracies.

Hence, this can bring out, a healthy way of coping with everyday stress and challenges, and it can help clarify thoughts and regulate emotions. It can also provide an opportunity for positive self-talk and identifying negative thoughts and behaviours. The positive effects of being aware of one's own thoughts and keeping track of them on a regular basis have the power to build an emotionally intelligent world.

1.1.1 Some admired Stream of Consciousness Writers

James Joyce

James Augustine Aloysius Joyce, an Irish novelist, poet, and literary critic, lived from 1882 to 1941. According to him, the Stream of Consciousness technique is a narrative approach wherein the writer aims to provide a direct quotation of the mind, not just of the language domain but of the whole consciousness. The sole requirement is that the writer takes us straight into the character's inner life without interjecting any commentary or explanation on their behalf.

Joyce uses the stream of consciousness technique in direct and indirect interior monologue in novels like *The Portrait of an Artist as a Young Man* and *Ulysses* to almost completely disappear from the reader and allow them to enter the psyche of a character.

Dorothy Richardson

Author and journalist Dorothy Miller Richardson (1873–1957) was born in Britain. The author of 13 semi-autobiographical novels titled *Pilgrimage*, which was published between 1915 and 1967, she was among the first modernist novelists to employ the Stream of

Consciousness as a narrative device. Richardson referred to consciousness as a pool, sea, or ocean rather than a stream which included her own experience.

1.1.2 Stream of Consciousness in Modernist Literature

Modernism was first made popular by American writers T.S. Eliot and Ezra Pound, who are recognised as the founding fathers of modernist literature. This intellectual movement is united by a conscious break from the traditional and classical literary forms of the preceding generation. Modernist writers and artists such as Virginia Woolf, James Joyce, D.H. Lawrence, and T.S. Eliot felt that innovative writing forms were essential to effectively conveying their ideas and revealing real-life situations.

In modernist literature, the stream of consciousness is an immersive literary device. Modernist authors use this device to manipulate the distance between their characters and readers while also enhancing communication between them. Still, it's a psychological technique that lets the reader identify with the character and experience the same feelings and ideas as them.

Stream of consciousness, in all likelihood, emerges as one of the key features of the modern novel and a distinctive distinction from the realist novel of the nineteenth century. Known for her stream of consciousness novels, Virginia Woolf is one of the most well-known authors.

1.2 Importance and Reasons of the Proposed Research

The aim of this proposed research is to give an in-depth insight into the human psyche and explain the psychological genre and its characteristics portrayed in Woolf's works. Further, it will sketch the evaluation of the effectiveness of the stream of consciousness in conveying psychological depths. Additionally, it aims to identify and examine the key

elements that demonstrate the psychological depth of characters in Woolf's selected works. Hence analyzing the impact and significance of Woolf's works in the literary canon.

1.3 Scope

The scope of the research study is to explore the portrayal of stream of consciousness as a psychological genre in Virginia Woolf's works. Highlighting the importance of psychological criticism in literary analysis. Encouraging interdisciplinary research between psychology and literature, providing a better understanding of the experiences of human behavior and emotions. The study cover Virginia Woolf's works which are known for their use of the stream of consciousness technique in the two selected novels *The Waves* and *Mrs Dalloway* respectively. Furthermore, the research analyses how Woolf's works use stream of consciousness technique which contributes to the realm of the psychological genre and uses psychological tools like free association and sensory observation to provide psychological insights as reflected in her works.

1.4 Limitations

Stream of consciousness analysis is an expanding field that is rapidly merging with newly emerging approaches. This interdisciplinary research climate is leading to exciting discoveries and new ways of thinking. While the study is interested in these developments, it is not possible to discuss them in detail. Following are a few limitations of the study:

- (i) The scope of the research is limited to Virginia Woolf's selected works, which may not allow for a comprehensive understanding of stream of consciousness as a psychological genre.

- (ii) Finding adequate sources to write a comprehensive paper on a specific topic can be challenging, particularly when there are limited resources available.
- (iii) Stream of consciousness writing is a complex topic that requires a deep understanding of literary techniques and psychological concepts. It may be challenging to write about this topic in a way that is accessible to a general audience.
- (iv) The interpretation of stream of consciousness writing can be subjective, and different readers may have different interpretations of the same text. This can make it challenging to draw definitive conclusions about the psychological genre portrayed in Virginia Woolf's selected works.

1.5 Research Problem/ Question

1. How has Virginia Woolf's attempt to depict human consciousness in fiction influenced the evolution of the stream of consciousness technique?

2. What are the psychological benefits of reading literature written in the stream of consciousness style, as reflected in Woolf's novels?

3. How does Woolf's use of stream of consciousness compare to other literary techniques in terms of its psychological effects on readers?

4. How does Woolf use stream of consciousness in her works and what effect does it have on the reader's understanding of the characters and their experiences?

5. How does Woolf's use of stream of consciousness reflect her interest in exploring the inner lives of her characters, particularly in relation to their psychological states and experiences?

1.6 Relevance and Necessity of the Proposed Research

1.6.1 Necessity in the field of language and literature

Stream of consciousness writing is a storytelling technique aimed at capturing a character's thought process in a realistic manner. It enables writers to present an intimate portrayal of their subjects beyond dry and factual storytelling. In the field of language and literature, stream of consciousness writing is essential for the following reasons:

Stream of consciousness writing provides a deeper understanding of characters which allows readers to delve into a character's thoughts, providing insight into their motivations, emotions, and inner conflicts. This technique is particularly effective in developing complex and multi-dimensional characters.

Furthermore, stream of consciousness writing brings readers closer to the emotions of the moment and replicates the experience of thinking, creating an immersive and engaging narrative. It also helps writers overcome writer's block, develop writing skills, and explore new creative avenues.

Stream of consciousness writing also allows non-linear storytelling, using unusual syntax, grammar, and repetition. It's a valuable technique for writers exploring innovative storytelling methods.

All the reasons mentioned above explain how Virginia Woolf's use of stream of consciousness as a psychological genre has significantly impacted the field of language and literature. It provides insights and creates a bridge to explore this technique considering the psychological aid it provides and the pathways that can be discovered up to the present day. The aim of this research is to examine Virginia Woolf's use of stream of consciousness writing and how it influenced various fields including literature, psychology, creative, and personal writing.

1.6.2 Relevance to the society

The use of stream of consciousness as a psychological genre in literature is relevant to society in several ways. It reflects authors' interest in exploring the inner lives of their characters, particularly in relation to their psychological states and experiences. This can help readers to develop a deeper understanding of mental health and the ways in which it can impact individuals' lives.

It also encourages readers to reflect on how their own thought processes relate to those of the characters they are reading about. This can help readers to develop a deeper understanding of themselves and others, and to appreciate the ways in which literature can be used to explore the human experience.

Moreover, this can help readers to better understand the complexities of human thought and emotion and to develop empathy and compassion for others who may be struggling with their own inner lives.

In the case of Virginia Woolf, her use of stream of consciousness challenges traditional narrative structures and conventions, creating an entirely new way of looking at the world. This can help readers expand their understanding of what literature can be and appreciate how different narrative styles can be used to convey meaning and emotions. This can help readers to develop a deeper understanding of mental health and the ways in which it can impact individual's lives.

1.7 Objectives of Research

The aim of the study is to instate the significance of the 'Stream of Consciousness' and its representation in literary narratives as well as its contribution to the psychological realm.

To this effect, the study is informed by the following objectives:

1. To undertake an examination of stream of consciousness technique analysis by discussing select approaches.
2. To review the portrayal of stream of consciousness in literary texts by deploying *The Waves* and *Mrs Dalloway* respectively.
3. To deconstruct plausible patterns in stream of consciousness writing representations.
4. To shed light on the evolution of the stream of consciousness technique and its contributions to various therapeutic methods that enhance human experience.

1.8 Literature Review

After conducting a thorough review of multiple scholarly articles, the following are the findings of the analysis

The research paper titled “The Relationship between Psychology and Literature”, discusses the connection between the unconscious mind, psychology and literature. The paper highlights the bilateral relationship between psychology and literature, emphasizing that literature nourishes the human soul and provides references for psychological issues, while psychology pays attention to the thoughts, feelings, and sensations depicted in literature.

The research paper also explores the concept of the unconscious mind in literature, noting that poets and writers in the past had an understanding of the “unconscious” even before Freud’s discoveries. It suggests that literature can be seen as a form of mining the unconscious, and the techniques used in psychological analysis, such as dream interpretation, are also relevant to literary criticism. (Dastmard et al.2012)

In a discourse of the work “The Attributive Sentence Structure in the Stream-of-Consciousness-Technique” by Liisa Dahl, one can understand how Woolf keeps

minute details in mind while interpreting the level of stream of consciousness techniques that she applies in her novels through the structure of her sentence framing. Virginia Woolf's disposition to round off the sentence in the novel highlights the purpose of preserving unity and coherence within intricate structures, ensuring that the central idea is never lost.

Furthermore, Virginia Woolf employs impressionistic sentences, which allude to the main idea—the sentence's essential component—expressed at the outset. At this point connecting dots become more necessary as sentences become more complex. But, Woolf makes sure she enhances her narrative flow as after her complex descriptions she comes back to the main idea when concluding her sentences.

Woolf's use of sentence endings strengthens the sense of unity and interconnectedness throughout the text by making each sentence stand alone as a complete sentence. Woolf uses this technique to guide readers through the intricacies of her narrative style while also ensuring that phrases in her works preserve a sense of structural continuity.

The research paper titled, “Stream of Consciousness Technique: Psychological Perspectives and use in Modern Novel”, highlights the impact of the stream of consciousness technique on modern novel writing, particularly in terms of delving into the human mind and soul and revealing the inner feelings of readers.

The paper also discusses the beneficial aspects of the stream-of-consciousness technique in daily life, such as its ability to release feelings and emotions and free the mind from the pressure of upsetting thoughts. (Majeed et al.)

In the paper titled, “Action and Language-- Action-Based Neurolinguistic Approach” the author Lin Zhu, claims that language and action are strongly linked. The paper further discusses The primary motivation for concentrating on the relationship between language and

action is that action control is an essential component of cognition. Evolution requires action; multicellular organisms require a nervous system in order to express active movement. However, language requires coordination with sensory and emotional systems throughout the brain, just as effective action necessitates coordination with other brain systems. Therefore, even though the brain is capable of perception and emotion, these capacities serve the capacity for action. Accordingly, action-related accounts of language suggest that language research should start in the action domain.

Zhu further gives evidence to prove the strong linkage between language and action. Zhu gives an instance of Glenberg Robertson who demonstrated the significance of the action system to language comprehension (2002) and Zwaan Taylor (2006) as well contributed to the study. It has been shown that when processing language with content related to different effectors, effector-specific sectors of the pre-motor and motor cortical areas become active. Glenberg et al. (2008) demonstrated that the plasticity caused by motor system might affect the process of concrete and abstract language. (Zhu, 2015)

Therefore neural development carries the view that cognition is supported with interconnectedness in action, along with language joining actions in a network and broadening human action experiences.

As the above paper explores the link between language and action, Allison Hild inspects similar dynamics in his article “Community/Communication in Woolf’s *The Waves*: The Language of Motion”. It discusses how ‘Characters become their language’ (Hild, 1994) stressing the connection between individual and collective consciousness and the influence of language on collective identity.

Hild canvasses how in the novel one can trace that the characters' growing ability to express their feelings and ideas to one another as well as to themselves progresses as time

passes. Despite this process of individuation, Woolf's stylistic and textual interweaving of the characters' togetherness is more captivating. At this point, they are connected by their shared childhood experiences of forming perceptions of the world and figuring out where they fit in. But as the field of perception expands, personal recollections connect with shared experiences merge. For instance, "day by day, sensation by sensation, the morning lessons, and the evening bath continue." This instance highlights the role of collective awareness that as well serves as the foundation for physical movement.(Hild, 1994)

Through this, one can analyse Woolf's use of unique variation and static devices that she uses to explore characters in her novel. For her utilization of such aspects acts as a tapestry through her uniquely formed phrases and descriptions of characters' thoughts and feelings which transform and carry the narrative forward, exceeding expectations beyond individual characters, and shedding light as to the way of medium of language influences communication.

The research paper titled, "A Literary Voyage into the Unconscious a Philosophical Approach to the Psychological Novel in Woolf's Mrs Dalloway" by Nariman Larbi presents the shift which was influenced by the development of psychology as a field of study and the growing interest in exploring the complexities of the human psyche. Psychological realism is characterized by its use of techniques such as stream of consciousness narration, interior monologue and the exploration of the subconscious mind.

This style of writing allows authors to delve deeper into the motivations and emotions of their characters, creating a more nuanced and complex portrayal of human experience. Authors such as Virginia Woolf, James Joyce and Dorothy Richardson were pioneers of this style, using it to explore themes such as memory, identity, and the impact of societal norms on the individual.

The paper also discusses Woolf's fiction which delves into the complexities of the human psyche, addressing the networks of emotions and memories that shape the characters' narratives. Her novel *Mrs. Dalloway* is used as an example to uncover anxieties related to thanatophobia, the Great War, and disillusionment towards modernity.

The author of the article suggests that the use of the stream of consciousness in Woolf's fiction can be attributed to her existential problem stemming from a nervous breakdown and disillusionment with the consequences of hyper modernization.

Furthermore, he claims that Woolf's fiction reflects the impact of exterior incidents or perceptions on individual consciousness, highlighting the lasting duration and meaning of such experiences. The novel also incorporates the traumas of the Great War and critiques the dehumanization caused by hyper-rational thinking. (Larbi, 2019)

Lastly through the examination of the article "The Sacred River: Stream of Consciousness: The Evolution of a Method" by L. Hartley the research study can extract the journey of the stream of consciousness technique as it evolved, when writers went from employing it to move the plot forward towards advancement to a more reflective, introspective and psychological exploration through the use of the technique. The character took importance over action, and it portrayed how such novels distinguished itself from the adventure narrative by using characters to explain the action.

Hence the stream of consciousness indicates the evolution of the technique and as a method for instance, realism in the novels through such techniques developed progressively by depicting characters not only on the pleasant side but revealing the complexities of human experiences through the characters. Unlike, writing on fancily social life and its norms and customs mostly aimed at the high-class members of the society.

Despite the popularity of the stream of consciousness narrative technique, there are still some gaps in research from a psychological perspective hence this research study will focus on the following:

Hence, the research will aims to investigate the psychological mechanisms underlying the creation and interpretation of Virginia Woolf's selected literary works, such as the role of symbolism, metaphor and narrative structure in conveying psychological themes.

The literature review also highlights the need to examine the evolution of the stream of consciousness technique in tracing the novel structure that has been flexible throughout the course of time.

The research will also aim to consider the potential therapeutic benefits of stream of consciousness writing as a form of self-expression and emotional release, emphasizing how its growth over the years has led to its beneficial effects.

1.9 Formulation of Hypothesis

Through the scaffold of the above-mentioned aim, objectives, primary texts, and research methodology the present study hypothesizes that,

Virginia Woolf's use of stream of consciousness technique contributes to the understanding of human psychology and the development of therapeutic methods to advance and enhance mental health

1.10 Research Methodology for Proposed Research

The research study will focus on the following methodologies:

1. Close reading of the selected text, focusing on specific characterisation and themes in order to gain a deeper understanding of Woolf's use of stream of consciousness from a psychological lens.
2. Applying the theoretical framework of psychoanalytic criticism, the text will be analysed with a focus on the ways in which Woolf's use of stream of consciousness reveals psychological states and experiences, and how the technique has the scope to provide mental support in the present time.
3. Two small-scale surveys will be conducted to collect information and data as reported by individual respondents. However, the primary focus will be to analyze and interpret secondary literature and critical approaches pertaining to Virginia Woolf's selected novels.

1.11 Chapterisation

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1.1 Introduction

1.1.1 Some admired Stream of Consciousness Writers

1.1.2 Stream of Consciousness in Modernist Literature

1.2 Importance and Reasons of the Proposed Research

1.3 Scope

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1.6 Relevance and Necessity of the Proposed Research

1.6.1 Necessity in the field of language and literature

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2.4 Alfred Adler's Therapeutic Approach

2.5 The Birth of a Paradigm: Neurolinguistic Programming (NLP)

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3.2.3 Changing Behavior until the desired response

3.3 Consciousness and Collective Consciousness

3.4 Analysis of the Stream of Consciousness Technique in *The Waves*

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Chapter Two

Approaches to Stream of Consciousness Analysis: Uncovering theoretical perspectives

2.1 Introduction

Before proceeding further in this chapter, at the very outset, it is necessary to qualify the term ‘Stream of consciousness’ in the context of this dissertation. William James fabricated the term ‘Stream of Consciousness’ in his book *The Principles of Psychology*. The term stream of consciousness originated in psychology in the late 19th century. William James in his book explored the complex neurological pathways of human consciousness stressing the dynamics of human thought processes. The *Glossary of Literary Terms* defines the term as follows: ‘Stream of Consciousness narration in a way that converts the story of outer action and events into a drama of the life of the mind’. Abrams and Harpham further state that some critics use the term interchangeably with the term interior monologue and define: “[Interior monologue is] then reserved for that species of stream of consciousness which undertakes to present to the reader the course and rhythm of consciousness precisely as it occurs in character’s mind”. (Abrams et al. 2013)

Stream of consciousness can be described as a multidimensional term as it is interconnected with various other fields other than literature. It branches out its connection to diverse other aspects and fields like psychology and psychoanalysis, philosophy, neuroscience, visual arts and painting, art therapy, and even used in musicology, songwriting, theatre, and filmmaking.

Notably, the scholastic field of literary theory has observed a close relationship between literature and psychoanalysis. Propounded by the father of psychology, Sigmund Freud, psychoanalysis is a renowned modern theory, marking its beginning in the early 20th

Century which was used to analyse psychological concepts in literary texts. There were other psychologists who contributed in this approach in various forms which include Carl Jung, Alfred Adler, Calvin Hall. Psychoanalysis was also used in other expanded evolutions like religion, mythology and other forms of art.

Psychanalysis concepts are used to in an innovative way in literature to expand its variation. It also attempts to form creative variants to make the work of art relevant to the nature of our living, making us connect more to the piece of art that the readers read. It is clear to note that literary criticism has applied psychoanalysis theory to explicate literature. As a result, psychological criticism offers the work of literature essentially as a form of expression, in fabricated form of the state of the character's mind and an author's formation of personality in his work.

Furthermore, the branch of psychoanalysis is not only restricted to the field of psychology or medicine but it provides insights into the understanding of history, philosophy, religion, culture as well as literature. Psychoanalytic therapy in literature is like the retelling of an individual's life. As it gives significant attention to the human thought process and the unconscious state of mind. Researchers have discovered that awareness of one's thought process is important in maintaining a healthy mind. Unlike focusing on other aspects Psychoanalysis aims to reveal unseen hidden motives which assist in clarifying literature on different magnitudes, firstly on the degree of writing itself and secondly, on the degree of character action in the text. Additionally, it goes on to understand literature as an important source in the contemporary perception of reading, meaning-making, processing thoughts, and its relation to culture.

The technique of Stream of Consciousness is not a new phenomenon. Scientists and researchers have been trying to understand 'consciousness'. As we try to unfold the questions

of consciousness with science, it allows us to open a new line of inquiry into human identity. Hence, interpretations of consciousness are undertaken to improve the quality of humankind, to understand the underlying layers of the mind, and strive to untangle the complexities of the thought processes.

2.2 Sigmund Freud's Theory of the Unconscious Mind

Freudian concept of the mind has been the backbone of psychoanalysis theory. Freud has been primarily associated with the formulation of the 'unconscious'. Sigmund Freud (1856-1939) is known as the pioneer of the psychology in the 20th Century. He aimed to discover the concept of psycho-analysis as a means to treat those who suffered from mental illness. He unleashed the pathway in the discovery of the unconscious part of the mind, which became a prominent discovery in the theory of psychoanalysis.

Freud proposed a model of human consciousness which consisted of three main levels; (a) The Conscious mind (b) The preconscious mind and (c) The unconscious mind respectively

(a) The conscious mind, in Freud's view, is made up of easily recalled thoughts, memories, feelings, and wishes that are present in our awareness. It is the part of our mental processes that is subject to reasoned thought and discourse. Our memory is another component of the conscious mind; although it may not always be present, it can be readily retrieved and brought into awareness.

(b) Presumptions and emotions that are not presently in the conscious mind but are readily able to be when necessary, according to Freud, are held in the preconscious mind. It contains ideas and recollections that are accessible when needed and reside just beneath the surface of consciousness. According to Freud, the preconscious is

made up of ideas that are not repressed but are conscious at any given time. As a result, they can easily become conscious again and can be easily recalled. Until a thought grabs the conscious mind's attention, it lingers on this mental waiting room level.

(c) Beyond our conscious awareness, the unconscious mind harbours memories, urges, and thoughts, according to Freud. It contains things like pain, anxiety, and conflict—things that are frequently objectionable or disagreeable. Repressed emotions, buried memories, routines, wants, and reactions are all stored in the unconscious mind. With most of its contents hidden beneath the surface, Freud compared the unconscious mind to the bulk of an iceberg. The unconscious mind still shapes behaviour and thoughts even when it is not aware of them.

Freud was more focused on the unconscious mind rather than studying the conscious mind. He believed that by examining the unconscious human mind he located the key knowledge and problem about a patient's mental condition. And so, Freud tried to do this through word association, dream interpretation, and psychotherapy also known as talk therapy, and through these modes aimed to retrieve information from the unconscious into the stream of consciousness process of an individual.

While a complete analysis of the work is outside the scope, this research aims to extract a few points that are important for the dissertation. We can say that Freud's theory aligns with this technique, his works is important in understanding that:

- (i) Subconscious mind: since the technique of stream of consciousness enables authors to investigate into the character's interior worlds, releasing their emotions, thoughts, feelings and memories— the same as Freud's exploration of the unconscious mind.

- (ii) Association & Repression: bordering on how stream of consciousness uses associative leaps, Freud's theory of the unconscious embodies repressed thoughts, desires, feelings, and memories that influence human behavior.
- (iii) Meaning-making: both concepts involve layers of meaning hidden in between layers of them which aim to symbolize something underlying. In stream of consciousness, mundane details can hold deeper understanding and meaning. In similar terms, Freud too saw symbolism and underlying form of meaning-making in various aspects for instance patient's slip of the tongue, in their dreams and thoughts.

Freud's theory on the unconscious has had a lasting impact on psychology, literature, and art till date. Therefore, we can say that his ideas continue to depict broad topics of discussion of suppression, repression, subjectivity, and the curious inquiry of the broader human mind.

2.3 Carl Jung's Theory of Personality

A pioneering figure in psychology and psychoanalyst during the 20th century born in Switzerland, Carl Gustav Jung developed unique concepts and terms like introversion, extroversion, complex, and archetype, which have become part of everyday language. The unconscious mind, dream analysis, and psychoanalysis techniques were a few of the works of Sigmund Freud which inspired Jung. Jung and Freud had a fascinating intellectual partnership, Freud saw Jung as a brilliant successor, and Jung appreciated Freud's groundbreaking work on the unconscious. However, they split in 1913 due to differences in their theoretical positions and personalities. The core belief of Jung was that an individual's experience, including the unwanted "shadow" aspects and spiritual longings, is to be

respected. He emphasized the psychological value of spiritual experiences and the concept of individuation, where individuals integrate different parts of their personality. For this reason, he chose to take up a separate root and come up with his own theory, which is now known as “Jung’s Theory of Personality”. His personality theory unravels the complexity of human behaviour and the human mind. It focuses on the interplay between the conscious and unconscious mind, universal archetypes, the process of individuation, and psychological types.

Carl Jung's personality theory is based on two fundamental personality aptitudes: extroversion and introversion, and four functions: thinking, sensation, intuition, and feeling. Introversion is essentially when a person's focus is on the inner world they may not necessarily be shy or non-sociable people but rather they prefer to solve problems on their own. Introverted individuals enjoy generating energy and ideas from internal sources such as personal reflection or deep thought. On the contrary, extroversion focuses on the outside world such individuals generally rely on the energy and ideas generated by their surrounding group of people rather than their own self. They prefer socializing and working in groups rather than working by themselves. Jung believed that individuals exhibit either an extroverted or introverted attitude, with each person leaning towards one orientation more than the other.

The four functions of Jung’s theory can also be thought of as the modes of orientation of the human mind. These basic functions: thinking, feeling, sensing, and intuiting are essential for understanding human behaviour and personality types of an individual.

(1) Thinking

Thinking involves logic and reason, focusing on less emotional aspects. The logical intellectual activity that produces a chain of ideas

Extraverted thinking individuals rely heavily on concrete thoughts, but they may also use abstract ideas if these ideas have been transmitted to them. Whereas, Introverted thinking individuals react to external stimuli, but their interpretation of an event is based more on the internal meaning they bring with them than on the objective facts themselves.

(2) Feeling

Feeling is the process of evaluating an idea or event primarily about expressing emotions like happiness or sadness.

Extraverted feeling individuals use objective data to make evaluations. They are not guided so much by their subjective opinion but by external values and widely accepted standards of judgment. While Introverted feeling individuals base their value judgments primarily on subjective perceptions rather than objective facts.

(3) Sensing

Sensing refers to gathering information directly from sensory organs - an individual's perception of sensory impulses.

Extraverted sensing individuals perceive external stimuli objectively, in much the same way that these stimuli exist in reality. Whereas, Introverted sensing individuals are largely influenced by their subjective sensations of sight, sound, taste, touch, and so forth.

(4) Intuition

Intuition involves understanding something quickly without conscious reasoning. It involves perception beyond the workings of consciousness.

Extraverted intuitive individuals are oriented toward facts in the external world. Rather than fully sensing them, however, they merely perceive them subliminally. while introverted intuitive people are guided by the unconscious perception of facts that are basically subjective and have little or no resemblance to external reality.

These functions play a crucial role in shaping individuals' behaviors, attitudes, and decision-making processes, contributing to the complexity of human personality as outlined by Jung's theory.

2.4 Alfred Adler's Therapeutic Approach

Alfred Adler born in 1870 was working with Freud under his association. But due to differences in opinion, Adler left Freud's association and started his own. He established the Association of Individual Psychology and put forth the personality theory called respectively the Individual Psychology. This theory later came to be known as the Adlerian theory, which perhaps was inspired by the life struggles faced in his childhood days.

Besides, Adler formed Adlerian therapy. This therapeutic approach developed by him is based on the theory of individual psychology. It is different from other neoanalytic view in a way that it not only rigorously considers reasonable behavior and an individual's opinion, it also considers past experiences of that individual. Adlerian therapy presents a holistic view of the individual by emphasizing his/her past lives, and the reasons that influence those reacts. It is supposed to communicate directly with children, adolescents, and adults, as well as in case of group therapies. This style is widely preferred for Turkish tradition as it is realized in the context of the family and social structure and it takes into account different cultural factors. Adlerian therapy is based on how individuals think about their past and comprehend the things that happen in the world and their social relationships are also one of the elements in their motivation.

Further this Adlerian therapy is backed up by four respective stages:

Stage 1: Establishing a therapeutic relationship: This stage involves listening and understanding the client, focusing on their strengths, defining their goals, and establishing empathy and encouragement for change.

Stage 2: Revealing psychological dynamics: In this stage, the therapist aims to understand the client's lifestyle, including their beliefs, values, and patterns of behavior. This helps identify the underlying motivations and goals that guide their behavior.

Stage 3: Giving insight into the client's life: The therapist helps the client gain insight into the connections between their past experiences, current behavior, and future goals. This insight promotes self-awareness and personal growth.

Stage 4: Supporting new choices in the client's life: The final stage focuses on supporting the client in making new choices and implementing changes in their life. The therapist encourages the client to take responsibility for their choices and supports them in developing a more positive and fulfilling lifestyle. (Erbaş 2023)

These stages provided by Adlerian theory goes on to focus on the therapeutic relationship, hence, this model serves to be extremely useful in the current research in attaining the hypothesis of this dissertation.

The role of social relationships in Adlerian theory has also marked its significance. Such relationships that we maintain with the others are of great value for judgment of psychological health. Adler presents the social interest as the most important factor in any person's mental health. Therefore, the amount of a person's behavior that is within the framework of social interest is the main one when they communicate with others or are

involved in the performance of critical tasks. Social interest, which could be seen as representation of their social network and empathy to others, is the core part of the social relationships. Adlerian therapy underlines that having a social reconciliation comes as a result of interaction of things that were born with us nurtured from the environment surrounds us. He focuses on elaborating social humanity with the help of improving living environments as a systematic manner, regardless of person's age or place he/she lives. Social relationships lie at the heart of an extrinsic factor that shapes one's affiliation, cooperation and community spirit. The choices individuals make and the way they deal with challenges in the relationship with their superiors, colleagues, family members and neighbours all seriously sum up the mental health assessment value.

Adlerian therapy has been known to be effective in various factors, including individual therapy, play therapy, and family therapy. In addition, it has been shown that Adlerian-oriented group counseling has a positive impact on social competence, expectation, burnout, and sense of inadequacy. It has also been efficacious in addressing trauma, low self-esteem, and social skill problems. Therefore, Adlerian theory suggests that it is effective in various therapeutic areas and brings about a powerful impact and positive changes in individuals, families, and children. Hence, this approach will extensively support the present research in analysing the text, *Mrs. Dalloway* in the impending chapter.

2.5 The Birth of a Paradigm: Neurolinguistic Programming (NLP)

The neuro-linguistic programming model is recognised as an excellence model globally. Also known as neuro-linguistic programming, or NLP. NLP is a concept with enormous influence that includes the most useful, positive, and approachable aspects of modern psychology. It is beneficial for every aspect of interpersonal and individual relationships in every practical sense. NLP includes a plethora of incredible techniques for

quick and persuasive behaviour modification as well as an operational mindset to manage their application. For some people, the experience of consuming NLP preparation is remarkable. Neuro-Linguistic Programming (NLP) is a mental methodology that involves analysing and applying the strategies used by successful people to accomplish personal goals. It connects ideas, lingo, and behaviour models acquired via comprehension to particular outcomes. NLP proponents believe that all human behaviour is true.

Neuro suggests the science of an individual's sensory system; linguistics suggests language; and programming suggests the limitations of neural lingo. NLP is essentially the study of extraordinary communication, both within and between people. It was made by showcasing amazing experts and communicators who produced outcomes for their clients. NLP encompasses many methods and approaches, but it goes far beyond that. It is a mindset and a process of understanding how to reach your goals and produce outcomes. Learning NLP is like learning the language of the mind, the same can be seen when Woolf strives to learn this language of the mind and try to bring out this aspect in her writing through the stream-of-consciousness technique. Therefore, this research goes on to study the correlation between Woolf's writing and how the linkage of NLP is seen in her works. But before moving forward it is important to understand the meaning and concept of neurolinguistic programming in detail.

In the 1970s, Dr. Richard Bandler coined the term "neuro-linguistic programming." Recently, he was asked to pen the Oxford English Dictionary definition of neuro-linguistic programming.

It states that Neuro-Linguistic Programming is "a model of interpersonal communication chiefly concerned with the relationship between successful patterns of behavior and the subjective experiences underlying them" and "a system of alternative

therapy based on this which seeks to educate people in self-awareness and effective communication, and to change their patterns of mental and emotional behavior.”

According to Mosby's Medical Dictionary (2009),

“Neuro-linguistic programming is a complementary therapeutic strategy based on the premise that thought is a representation of sensory experience and that behavior can be modified to achieve a desired result by changing the client's thought patterns and mental strategies to give the client more choices in problem solving. It is used for behavior modification and the management of psychosomatic disorders and stress.”

Created in 1975 by Richard Bandler and John Grinder, the Neuro-linguistic Programming behaviour modification technique is predicated on the idea that there is a reciprocal relationship between an individual's behaviour and the external manifestations of that individual's personality, such as posture, eye movements, vocal tone, and physiology.

According to Medical Dictionary for the Health Professions and Nursing (2012),

“A branch of cognitive-behavioral psychology employing specific techniques, which use language to access the unconscious to change a client's internal states or external behaviors.”

The entire field of NLP can be comprehended through three primary components:

- i) Subjectivity: Each person has a unique conception of the world, which implies that each person sees the world from a different angle. Five senses are available for perceiving these experiences: visual, auditory, gustatory, tactile, and smell. In addition, language is essential to our day-to-day interactions. NLP holds that each person's experiences form a subjective pattern that shapes their entire personality.

From this point of view, it can be said that Woolf's writing style also encompasses these elements; it not only focuses on the mind but also the body and human sensation as well as encompassing the external focus of the self and environment along with a character's internal state.

- ii) **Consciousness:** The core tenet of neuro-linguistic programming is that all of an individual's experiences are stored in the unconscious mind and that each experience has an impact on conscious behaviour in a relevant scenario. NLP is a useful tool for distinguishing between beneficial and useless behaviours, and NLP makes it simple to get rid of these unrelated experiences.

Tracing Virginia Woolf's nature of writing the study can extract that she adds this element to her character's consciousness which becomes an important aspect in her novels. At the same time, she makes sure that she showcases the realities and vulnerabilities of her characters but at the end, she always makes an attempt to depict the progress of a character's consciousness and how he/she has evolved over time. Putting forth the dark nature of the unconscious and how its bitter memories can hinder an individual's mental state if not expressed and how important it is to heal our mental state of mind.

- iii) **Learning:** is referred to as modelling or imitative behaviour in NLP, where it is considered the third central concept. Learning can bring about any desired behaviour change in an individual.

Woolf too aims to show this aspect in her novels. The progress in her characters and the learning process they have to endure.

2.6 Social Identity Theory

Social identity theory, advanced by Henri Tajfel and John Turner, is a theory that explains the discreet mode of individual perception of himself/herself in the light of belonging to a social group or category. The social identity theory finds that people displaying the tendency of categorizing themselves and others into ingroups (groups to which they feel belonging) and outgroups (groups who are other than them and they do not belong) to preserve their positive social identity.

Social identity theory, which is conspicuous in stream-of-consciousness literature, is a course of action for looking into characters who are the self and society. For characters, they may find themselves considerably facing identity, inclusion, and belonging issues as they deal with the realms of social and interacting with the people they meet. This concept is explored in the novel *The Waves* by Woolf who has minutely traced the experiences of her characters individual as well as group consciousness and the thoughts and feelings towards it.

Streams of consciousness give away observed characters' internal basis of mental identity revealing their attitude to themselves and others in groups they belong to, which is recognized through their consciousness, and social identity, e.g., racial, ethnic, gender, or social class lines. Characters may have conflicts in their identity as they relate to their social identity, and they tackle society's mean world including stereotypes, norms, and punishments.

Also, the social identity theory emphasizes the role social comparison plays in the establishment of individuals' identities based on productivity and self-esteem. Characters

might use inner monologue to express knowing who they are, how they compare to others, whether or not they try to be like important social groups, and, at times, a feeling of superiority or inferiority.

2.7 Emotional Intelligence

Emotional intelligence, which has met a person called Daniel Goleman, deals with the skill to know and understand your own emotions as well as with the ability to sympathize with others' emotions. Those who are proponents of the emotional intelligence theory regard those people who have high emotional intelligence as being more capable of navigating through any kind of social interaction and controlling their emotional responses and stressors.

Emotional intelligence theory throws a light on the way characters express their feelings through stream of consciousness literature, interpersonal as well as coping dynamics. The characters can act differently depending on what level their emotional intelligence is which can show how they feel, the way they act, and their ability to interact with other people.

So, in this way, a stream of thought may be used to show the process of self-searching of the characters as they express their feelings, desires, or reactions toward different external factors. Characters might practice self-review, analyzing their emotions and behaviors, and then take measures to control their emotions in difficult social situations.

Also, the emotional intelligence theory emphasizes the ability to understand and oftentimes take the viewpoint of the other person. It can be easily observed that a character's stream of consciousness might manifest itself in how he or she understands and accepts others' feelings and expresses empathy through active listening, acknowledging, and supporting.

Chapter Three

Entering the realm of experimentation in the representation of Consciousness in decoding neural processes in *The Waves*

3.1 Introduction

This chapter aims to bridge the gap between these interdisciplinary fields, using neurolinguistics to shed light on the experience of the reading stream of consciousness in *The Waves*. By examining the neural processes that are activated during the reading experience, we can gain a deeper understanding of the ways in which this literary technique shapes our perception of the characters and the world they inhabit. Through this exploration, a new perspective on the relationship between literature and neuroscience, demonstrating how the study of one can inform the other. By examining the neural processes that underlie the reading experience, we can gain a deeper appreciation for how literature shapes our understanding of the world and ourselves.

The Waves by Virginia Woolf is a stream-of-consciousness novel that offers an innovative and experimental approach to literary fiction. This style of writing aims to capture the unbroken flow of thoughts, feelings, and perceptions of a character, providing a unique insight into their inner world. In *The Waves*, Woolf uses this technique to explore the relationships and personal development of six narrators from youth to adulthood. The novel is structured around the rhythms of the natural world, with each chapter beginning with a brief description of a seashore landscape at a particular time of day. This structural element links the human life cycle to the 24-hour clock, blurring the line between the two. By immersing readers in the minds of these six characters, Woolf invites us to consider the intricacies of the human mind, the passage of time, and the role of language in our lives. So surreal is this perceived connection between this study and the teaching of *The Waves* that the narrative

contains a line towards the beginning that says, “The wave paused, and then drew out again, sighing like a slipper whose breath comes and goes unconsciously”. (Woolf, 1963) When things seemed tough in the process of this research such language spoke calmness in the mind making it seem possible to attain the objective of this research study.

With this short side-anecdote established, the research further moves towards the textual analysis of *The Waves* and examines the connections between reading stream of consciousness and the light it sheds into the neural processes of the human psyche.

Virginia Woolf's novel *The Waves* stands as a testament to her innovative and experimental approach to literature, solidifying her position as one of the most important writers of the twentieth century. Published in 1931, "The Waves" is critically regarded as Woolf's most experimental work, characterized by its ambiguous and cryptic soliloquies spoken mainly by six characters: Bernard, Susan, Rhoda, Neville, Jinny, and Louis. Percival, a seventh character, plays a central role in the characters' lives, although readers never hear him speak in his own voice.

Woolf's exploration of individual consciousness and the interweaving of multiple consciousnesses in *The Waves* is a testament to her mastery of the stream of consciousness narrative technique. This technique, a hallmark of modernist literature, allows Woolf to delve deep into the inner thoughts, emotions, and perceptions of her characters, blurring the boundaries between prose and poetry. The novel is divided into nine sections, each corresponding to a time of day and symbolically representing a period in the characters' lives.

The Waves is a work that defies traditional genre categorization, with Woolf herself describing it as a "playpoem" rather than a novel. The book challenges conventional aspects of storytelling and pushes the boundaries of narrative form, much like James Joyce's "Finnegans Wake." While Woolf's experimentation in "The Waves" has inspired debate about

its classification as a novel, it remains a testament to her commitment to artistic innovation and her exploration of consciousness and identity.

Despite not being one of Woolf's most popular works, "The Waves" is highly regarded for its lyricism, melancholy, and profound exploration of humanity. Literary scholars and critics have recognized the novel's enduring significance, with some ranking it among the best books of all time. Woolf's ability to capture the complexities of human emotions, relationships, and the passage of time in "The Waves" cements her legacy as a pioneering figure in modernist literature.

The publication of *The Waves* in 1931 marked a significant moment in Woolf's career, showcasing her artistic evolution and her willingness to push the boundaries of storytelling. The novel marked her seventh publication, following a series of acclaimed works such as *Mrs Dalloway*, *To the Lighthouse*, and *Orlando*. Woolf's writing process for *The Waves* was meticulous, as she often revised and refined her work multiple times before completion. Woolf's husband, Leonard Woolf, played a significant role in the creation of *The Waves*. He was the first to read the entire book and provided valuable feedback. Despite initial doubts about how readers would perceive the novel, Woolf's work was well-received by many, with some praising its unique form and depth of insight into the human experience.

Through this novel, Woolf invites readers to contemplate the nature of selfhood, community, and the intricate tapestry of human consciousness. *The Waves* remains a timeless work that continues to captivate readers with its innovative narrative style and profound exploration of the human experience.

The Waves, widely considered as Woolf's masterpiece, is where she most powerfully breaks free from the conventions of the traditional novel. This piece is so unlike any other book that it is hard to even call a novel; Woolf herself originally thought of it as "prose yet

poetry; a novel and a play.” Six friends, three men and three women, ranging in age from early infancy to late middle age, recite a series of group soliloquies in the book. A short, poetic “interlude” (Woolf’s term) that opens each cluster and is written in italics describes a deserted cottage by the sea that is depicted in a single day as the sun moves across the sky.

Hermione Lee wrote about Woolf’s *The Waves* in the book *The Novels of Virginia Woolf* (1997)

“Virginia Woolf is now, for the first and the last time, writing what could be called a ‘stream of consciousness’ novel, in which the minds of the characters flow on, as from the inside, with no authorial interpolations. And *The Waves* does seem to fulfill our criteria for such a novel. Apart from the interludes, the action, dialogue, description, and factual information, do not exist autonomously, but only within the characters’ minds. The need for more than one point of view is satisfied, not as in the earlier novels by the chameleon activity of the third-person narrator, but simply by presenting six streams of consciousness rather than one”. (Lee, 1997)

It is very hard to describe the texture of these soliloquies; the term soliloquy is really just a crucial convenience. While they are all introduced in the same direct manner (Neville said, Jinny said), they are all unsaid and represent the individual perspectives of each character. Additionally, they always have a somber, formal, almost stilted style—similar to that of choral figures. The author has purposefully translated the conscious and subconscious reality that her characters sense but are unable to express for themselves into a rigorously neutral, dignified language. This approach is Woolf’s most ambitious attempt to convey the incomprehensible depths of distinct human personalities that are difficult to communicate in both everyday life and ordinary novels.

Many scholars have approached Woolf's *The Waves* from various angles, but there hasn't been much scholarly research on the poem's poetic form and the underlying meanings it holds in terms of its neurolinguistic processes, which is thought to be a gap in the literature and perhaps this research. Despite being one of the most sophisticated novels in terms of language and style, the poetic discourse of this artistic work has not received much recognition. The success of Woolf's work can be attributed to the influential technique she employed to both express her own thoughts and to portray the lives of her characters. In addition, considering the angle this research aims to find the connection between this technique and the correlation of 'Neurolinguistic programming (NLP)' as NLP asserts that there is a link between neurological processes, language patterns in which individuals can alter their thoughts and behaviors.

3.2 Deconstructing Stream of Consciousness with Neurolinguistic Programming in *The Waves*: A Study

In Chapter Two, the research discusses the approach of Neuro-linguistic Programming revealing itself in connection with the stream-of-consciousness technique and how Woolf's writing style correlates with NLP applications. While some critics consider this approach a bit controversial due to its pseudoscientific quality, this approach continues to grow and develop vastly in current times.

3.2.1 Interrelation between Language, Neural Processes, and Acquired Behavioral Patterns

Neuro-Linguistic Programming (NLP) is the study of the formation of subjective involvement and what can be calculated from that. It is based on the premise that all behaviour has a formation, as stated by Valle le John. The goal of developing NLP was to create a unique method of working magic by developing new insights into the ways in which

both verbal and nonverbal communication impact the human brain. Therefore, it gives us the ability to speak more effectively and to exert more control over processes that are thought to be automatic aspects of human neurology. (Valle, 2016)

Virginia Woolf's novel *The Waves* is a classic example of stream of consciousness writing, where the reader is given access to the characters' thoughts and feelings as they occur in real-time. This style of writing allows for a deep exploration of the characters' inner worlds, and the use of neurolinguistic programming (NLP) techniques further enhances this exploration.

NLP is a method of communication and personal development that focuses on the connection between neurological processes, language, and behavioral patterns. In *The Waves*, Woolf uses of stream of consciousness technique mirrors NLP approach and applications to create a multi-layered narrative that explores the characters' sensory awareness and neurological programming.

Based on the principles of NLP, the study aims to trace the interconnectedness between Woolf's stream of consciousness and how there are patterns of Neurolinguistic that can be perceived and appreciated with the application of NLP in Woolf's novel *The Waves*.

3.2.2 Art of Sensory Awareness

NLP suggests that once a person knows what he wants, he needs to be sufficiently aware of his surroundings to determine whether his movements are appropriate. The core of neuro-linguistic programming is heightened, structured awareness of others. This involves the ability to notice and decipher patterns in language, eye movements, voice tonal changes, muscle tone changes, skin tone changes, breathing rate, and location. These patterns are fiercely contested, despite their obvious connection to real neurological functioning and ease

of investigation. These and other indicators are used by the NLP experts to assess the influence they have on other people. This information provides feedback on the other person's response.

The novel *The Waves* by Virginia Woolf employs a technique of sensory awareness to give the reader a rich and captivating reading experience. The non-human dynamism of vibrational forces at work in the natural world is described through the use of sensory imagery, which helps achieve this. By employing a stream of consciousness writing style, the narrative delves into the characters' sensory experiences, offering a glimpse into their emotions, memories, and thoughts.

One of the main ways that *The Waves* explores sensory awareness is through the use of sensory imagery. The characters' ever-changing emotional states and the fluidity of their identities are reflected in the way they perceive the world. The characters' frequent poetic and evocative language use demonstrates this sensory awareness.

In the article, 'Breaking Habits, Building Communities: Virginia Woolf and the Neuroscientific Body', Craig Gordon says that:

“She elaborates her understanding of collectivity or community not preeminently in terms of the mind, whether of the group or the individual, but rather that she turns instead to the bodily categories provided by neuroscientific discourse. To that end, it will be crucial to interrogate the text’s preoccupation with what it describes as “the raw, the white, the unprotected fibre” of the human nervous system and to explore the various registers in which this figure functions” (Gordon, 2000)

Thus, there are two implications to the nervous system model that James's psychology illustrates. It offers a physiological foundation for the development of moral character and the

creation of unique subjects. The key to understanding the mechanical formation and functioning of individual subjects, as well as how these individuals are incorporated as unique constitutive components into the larger-scale social beings, lies in the nerves, and neuro-linguistic connections through our senses or sensory system which includes our visual, auditory, kinesthetic, gustatory and olfactory senses. Therefore, we can say that there is a strong connection between the human mind and the physical senses of our body in shaping human experiences.

“Muscles, nerves, intestines, blood-vessels...make the coil and spring of our being, the unconscious hum of the engine...[that] function[s] superbly. Opening, shutting; shutting, opening; eating, drinking; sometimes speaking—the whole mechanism seem[s] to expand, to contract, like the mainspring of a clock”. (Woolf, 1963)

The characters in Virginia Woolf's novel *The Waves* engage in a similar process through their sensory awareness, just as neurolinguistic programming (NLP) uses sensory observation to help understand a person's thoughts and experiences. Through developing an acute awareness of their physical sensations and internal states, the characters learn more about their feelings and inner selves. Their improved ability to navigate their identities, emotions, and relationships is a result of their increased sensory awareness, which promotes self-awareness and personal development.

The passage highlights the often-taken-for-granted innate and unconscious nature of bodily functions. The use of sensory language, such as “hum”, “expand”, and “contract”, indicates that the characters are conscious of their bodily mechanics and sensations. The characters' connection to their physical selves and the environment is highlighted by their sensory awareness. The section also makes reference to the body as a machine, with all of its components operating in unison. This idea is reinforced by the use of mechanical terms like

“coil”, “spring”, and “mainspring of a clock”. This metaphor emphasises the body's interconnectedness and efficiency as well as the precision with which its parts function.

The characters' mental and emotional states are also affected by their sensory awareness and observation of the body's operations. According to the passage, the body and the mind are intertwined, with the characters' emotions and thoughts being influenced by the body's functions. For example, because the characters enjoy the sensory elements of food and drink, eating and drinking can be both a physical and an emotional experience.

The sophisticated and dynamic quality of the characters' identities is highlighted by Virginia Woolf's *The Waves* “coil and spring” imagery, which reflects the characters' sense of self. The section focuses on how the body's systems—muscles, nerves, intestines, and blood vessels, for example—are interdependent and combine to create the “coil and spring” of the characters' identities. By using this imagery, the author is implying that the characters' sense of self is dynamic and multifaceted, rather than rigid and unchanging.

The metaphor of the clock's mainspring, which expands and contracts like the characters' bodies, highlights this dynamic sense of self even more. This metaphor implies that the forces of time and change have the same effects on the characters' sense of self, and that it is governed by the same rhythms and patterns as the natural world.

The line's depiction of sensory awareness is also essential in forming the characters' sense of self. The characters gain a deeper understanding of their own identities and experiences by becoming attuned to their bodily functions and sensations. A fundamental component of neurolinguistic programming (NLP), which highlights the significance of observing and interpreting sensory data to understand, oneself and others.

The use of sensory imagery throughout the novel. The characters' perceptions of the world around them are constantly shifting, reflecting their changing emotional states and the

fluidity of their identities. This sensory awareness is also evident in the characters' use of language, which is often poetic and evocative. Hence it is evident how Woolf's use of this approach depicts the neuro-linguistics in encouraging and enhancing the human experiences, adding value and worth to the lives of her characters. Woolf's entire focus is on her characters' emotions, memories, thoughts, and experiences which includes both internal and external focus providing a way to uplift and empower the characters in a way toward progression. At the same time not stepping back to depict vulnerable experiences and phases of human nature. This allows readers to have first-hand experience of characters' thoughts, and feelings allowing readers to experience characters' internal and external attention and emotional landscape in an authentic, unfiltered manner. This creates a sense of intimacy and immediacy making the readers pave a path for introspection within themselves.

The use of sensory awareness and neurolinguistic programming in Virginia Woolf's *The Waves* allows for a deep exploration of the characters' inner worlds and the fluidity of their identities. Through the use of stream of consciousness writing, the novel provides insight into the characters' thoughts, feelings, and memories, creating a sense of intimacy and immediacy. The use of sensory imagery and the characters' experimentation and struggle with their identities further enhance the sensory awareness and neurological programming in the novel, creating a rich and complex narrative that invites readers to engage with the complexities of human consciousness and experience.

3.2.3 Changing Behaviour until the desired response

Changing your behaviour until you receive the desired response is another principle of neuro-linguistic programming. Although it's easy to say, changing one's behaviour is harder to actually do. When one's current approach doesn't seem to be working, it's time to try something new. Instead of guiding someone in the right direction, use sensory awareness to

ascertain what they are doing. Attempts should continue if they result in the intended outcome; if not, it's time to find a new, suitable solution. The ability to accept the necessary behavioural adjustments is crucial. Accepting something consciously and firmly is a perfectly reasonable and well-formed outcome. NLP firmly believes that changing behaviour shouldn't be dictated by one's level of comfort. It is acceptable for personal discomfort to arise if a behavioural shift is necessary to reach the intended goal.

Neuro-linguistic programming is a collection of useful skills, techniques, and methods that are very easy to pick up and can lead to true brilliance. It is also an art and science of advancement based on tested methods that show how our minds work and how we can consciously alter and advance our behaviour. Similar to that, it is the study of brilliance and its replication. Since NLP is not a theoretical science, it is typically learned in real-world situations.

In this context, analysing Virginia Woolf's "The Waves," the characters' sense of self is shown as continuously shifting and developing. Rather than depending solely on the tangible circumstances of an individual's life, the novel highlights the role that language plays in shaping behaviour. Bernard is one character whose behaviour and sense of self drastically alter.

As a self-conscious character, Bernard tries to define everything he sees in order to define himself. When we first meet him, he is a young child who has come to terms with the fact that there is something more than just himself. Bernard's quest for identity intensifies as he gets older in an effort to make sense of his life and the world around him.

One of the most important aspects of Bernard's character is his ability to write about other people and put himself in their shoes. One-third of the book is made up of his monologues, which are written in a more elegant manner than those of the other characters.

In the novel, Bernard serves as a commentator and interpreter of significant events and ideas, which draws attention to his self-awareness and his capacity for introspection regarding both his own and other people's experiences.

Bernard's quest for identity is portrayed as a complicated and dynamic process throughout the entire book. He doesn't hesitate to challenge his own opinions and views, and his capacity to take on other people's voices helps him learn more about both the outside world and himself. Bernard's behaviour and self-perception have changed significantly by the book's end, underscoring how identity is dynamic and ever-evolving in Woolf's writing.

“And in me too the wave rises. It swells; it arches its back. I am aware once more of a new desire, something rising beneath me like the proud horse whose rider first spurs and then pulls him back. What enemy do we now perceive advancing against us, you whom I ride now, as we stand pawing this stretch of pavement? It is death. Death is the enemy. It is death against whom I ride with my spear couched and my hair flying back like a young man's, like Percival's, when he galloped in India. I strike spurs into my horse. Against you I will fling myself, unvanquished and unyielding, O Death!” (Woolf, 1963)

Bernard's defiance of death is poetically expressed in the passage. Woolf acknowledges the existence of death, which is viewed as an enemy, and declares their intention to face it head-on with courage and resolve through the character of Bernard in the passage. The idea of a courageous fight against death is conveyed through the use of horse and rider imagery. Bernard is portrayed as a fearless and fierce warrior who is prepared to charge towards death and drive spurs into their horse.

This passage can be read as a metaphor for the human desire to triumph over mortality and fear. The human spirit's resiliency and capacity to find meaning and purpose in the face of hardship are reflected in Bernard's resolve to face death. The passage gains a

visceral and immediate quality from the use of sensory imagery, such as the sensation of hair flying back and the feeling of spurs against a horse's sides, which further enhances the speaker's intentions and feelings.

Bernard in this phase is reprogramming his beliefs and thoughts about death, which reflects the neurolinguistic programming aspect of behavioural change. To portray Bernard's character, Woolf reframes death as an enemy that can be faced and defeated rather than accepting it as an unavoidable and terrifying force. Reprogramming one's thoughts and beliefs can result in positive behavioural changes, like heightened bravery and perseverance when confronted with hardship.

The above lines also emphasise the neurolinguistic programming component of behavioral change through the use of sensory awareness. Bernard is utilising sensory imagery to express his resolve, and he is conscious of his desire to face death. By anchoring new ideas and beliefs, sensory imagery can help make them more accessible and easier to remember when circumstances call for them.

Overall, this passage serves as an illustration of how language and imagery can be utilised to influence one's thoughts and behaviours in terms of neurolinguistic programming. One could interpret Bernard's use of powerful imagery and uplifting affirmations as a method of reprogramming his mind to face death head-on with bravery and resolve. Bernard is able to access his inner resources and find the courage to face their fears by seeing himself as a fearless warrior.

At the end of the novel, Bernard shares his final part where he battles with his thoughts and tries to think positively despite all odds. In the final part, he discusses what happens with everyone and shares that Rhoda has killed herself. In these moments of utmost difficulties, he tries to battle with his negative thoughts. He realises that language is a means to fight death

and he sees how others have been doing the same thing in their unique ways. And he revolts to keep fighting.

3.3 Consciousness and Collective Consciousness

Establishing her main narration by the means of painting a picture of interconnected lives right from the very start, Woolf leads the reader through the world of dependence. The characters' voices merge in a chorus of shared consciousness, evoking a sense of unity amidst their distinct individualities

“The sun had not yet risen.” You could not distinguish between the sea and the sky, except that the sea appeared to be wrinkled as a cloth has wrinkles when folded or creased. Very gradually, when the first ray appeared on the horizon when the grey fabric got lines like pencils, which floated smoothly, separately from one another, but followed each other, it seemed that they would never stop.

Her poetic texture dissolves the barrier between the outer world and the characters' inner landscapes thus serving as a broader idea that goes beyond the scope of individual experience. The novel's language is brilliant in that it can simulate the flow and pulse of the whole community, thus showing that everything is interconnected. This concept systematizes the work as a whole.

As we read the novel further Woolf goes to discover the root of the character's benign feelings. With the help of their reflections on love, friendship, art, and mortality, Woolf shows what human beings are going through in the most extreme forms. Every person trying to resolve their eternal questions from the background of life rushes to find meaning and feeling.

In one poignant passage, Rhoda reflects on the fleeting nature of identity and the struggle to find one's place in the world: In one beautiful paragraph, Rhoda's "identity crisis" sensation of being lost in this world consumes her.

"I am not one and simple, but complex and many. I do not, as ye say, I do not exist; I am but the creature of your dream. My life is but the dream of your desire. Ye would not with so much passion seek me, had ye not failed to find. For I am your own creation, not born of me but issuing from you." (Woolf, 1963)

The sentences symbolize that she becomes comprehending that the identity is transportable and the life of humans is not unbounded as they are all connected just like the people in the village. Victor firmly reinstates the fact that personality is not a fixed entity like it appears to be, instead, it arises as a result of the gap between how people see you and how they want to see you. Stream of consciousness is rather like a bridge which the author uses through it allowing the readers to wonder the thoughts that roam without any rules that are present in a chronologically organized story that is outside the stream of consciousness, which makes them unconscious and ask themselves existential questions.

However, different adventures that combine them leave the protagonist in the exterior world viewed through the inner man's consciousness. The unity is usually denoted through eye contact or jointing of different characters which turns into a mirror of the interrelation of different stories. In one such instance, the characters come together for a dinner party, where they celebrate their friendship amidst the passage of time: A common event that would call for a party and dinner would be a reason to celebrate friendship when the dark shadow of death becomes more visible.

"We are together," Neville says. "That is the chief thing." (Woolf, 1963)

Through this, she demonstrates the fundamentals of any relationship in all its complexity and by the same token establishes a universal feature, which despite everything is love. There was a sort of a choir with blended voices on the crew - everyone sharing the same feelings of utmost pain at the hardest time.

In this moment of collective communion, Woolf captures the essence of human connection, transcending the boundaries of individual consciousness to create a sense of shared experience and unity. The characters' voices blend together in a symphony of emotion, underscoring the profound impact of their interconnectedness.

As the novel draws to a close, Woolf returns to the imagery of the sea, a recurring motif that symbolizes the vastness of human consciousness and the ever-changing nature of existence. In the final passages, the characters' voices merge once more, echoing across the waves of time:

“Yes, yes, yes, the waves murmured. Yes, yes, yes, the waves repeated. They said yes. And they said yes again.” (Woolf, 1963)

Woolf's prose transcends language, capturing the ineffable beauty of existence in all its fleeting brilliance. The waves become a metaphor for the interconnectedness of human experience, flowing endlessly onward in a chorus of affirmation.

This is where Woolf's words get free from the boundaries of language, something being usually quite shaped, and express the intangible but deeply felt rhythm of the transitionary side of existence. They are the very symbol of the One consciousness, or of Communion by nature that links our soul in an eternal rhythm of sensation.

3.4 Analysis of the Stream-of-Consciousness Technique in *The Waves*

Stream of consciousness narrative style tries to capture characters thought processes in realistic way. The narrative mimicks the non linear way of human brains through stream of conscious narration which includes free Association looping reputation sensory observation strange punctuation all of which helps better understand a character psychological state and World view.

Free Association:

In the realm of stream-of-consciousness literature, free association serves as a fundamental aspect of depicting the unfiltered flow of thoughts and associations within characters' minds. Stemming from psychoanalytic theories, particularly those of Sigmund Freud, free association involves the spontaneous and unrestricted linking of ideas, memories, and emotions. In literary terms, this technique allows authors to capture the wandering nature of human thought, as characters' minds flit from one idea to the next without constraint or logical progression. Through free association, authors offer readers a glimpse into the inner workings of characters' psyches, revealing hidden desires, fears, and motivations that shape their perceptions and actions.

Free association in *The Waves* allows Woolf to portray the meandering and spontaneous flow of her characters' thoughts, capturing the interconnectedness of ideas and emotions in their minds. For example, consider Bernard's internal monologue:

“I remember the taste of salt on my lips, the feel of sand between my toes... And then suddenly, I'm transported back to that summer day, the sunlight dappling through the leaves, the laughter of my friends echoing in the air. But amidst the memories, there's a sense of longing, a yearning for something elusive and undefined...” (Woolf, 1963)

In these lines Woolf's use of free association allows Bernard's thoughts to shift seamlessly between sensory impressions, memories, and emotions. The stream-of-consciousness style enables readers to experience the fluidity of thought as it moves from one association to the next, without adherence to a linear narrative structure.

Sensory Observation:

Sensory observation plays a crucial role in stream-of-consciousness literature, allowing authors to immerse readers in the rich tapestry of sensory experiences that define characters' perceptions of the world. Through vivid descriptions of sights, sounds, smells, tastes, and textures, authors evoke a heightened sense of immediacy and intimacy, drawing readers into the sensory landscapes inhabited by their characters. By closely attending to sensory details, authors deepen readers' engagement with the narrative, enabling them to experience the world through the characters' senses and to empathize more fully with their experiences and emotions.

Woolf's vivid descriptions of sensory experiences in *The Waves* immerse readers in the characters' perceptions of the world, enhancing the novel's realism and emotional depth. Consider Susan's reflections on a moment by the sea:

“The sea stretched out before me, its surface shimmering in the sunlight. I could hear the gentle lapping of waves against the shore, the salty tang of the ocean breeze filling my nostrils. The sand beneath my feet was warm and grainy, the sensation comforting and familiar...” (Woolf, 1963)

Through Susan's sensory observations, Woolf transports readers to the seaside setting, evoking a visceral experience of the sights, sounds, smells, and textures that define the scene.

By engaging multiple senses, Woolf creates a rich and immersive narrative world that resonates with readers on a deeply emotional level.

Strange Punctuation and Syntaxes:

In stream-of-consciousness literature, authors often employ strange punctuation and syntaxes to reflect the fragmented and nonlinear nature of thought. Departing from conventional grammatical norms, authors use dashes, ellipses, parentheses, and unconventional sentence structures to mimic the disjointed flow of consciousness. These stylistic devices create a sense of fluidity and spontaneity, allowing authors to capture the chaotic and unpredictable nature of human thought. By disrupting traditional patterns of language, authors challenge readers to grapple with the complexities of cognition and perception, inviting them to navigate the intricate labyrinths of characters' minds.

Woolf's use of strange punctuation and syntaxes in *The Waves* reflects the fragmented and nonlinear nature of thought, challenging conventional grammatical norms to mirror the chaos and complexity of consciousness. Consider Rhoda's introspective musings:

“I - I am here, but not really here. My thoughts - they scatter like leaves in the wind, blown haphazardly, without purpose or direction... Where am I? Who am I? I am but a fleeting shadow, a whisper in the void...” (Woolf, 1963)

In these phrases, Woolf's use of dashes and ellipses disrupts the flow of language, creating a sense of disorientation and ambiguity that mirrors the fragmented state of Rhoda's consciousness. By subverting traditional syntax and punctuation, Woolf invites readers to navigate the labyrinthine depths of her characters' minds, challenging them to decipher the meaning behind the disjointed phrases and fragmented thoughts.

Looping Repetition:

Looping repetition is a distinctive feature of stream-of-consciousness literature, characterized by the recurrence of words, phrases, or images throughout the narrative. This repetitive motif reflects the cyclical nature of thought and memory, as characters' minds circle back to familiar themes and associations. Through looping repetition, authors underscore key motifs, themes, and emotions, imbuing the narrative with a sense of rhythm and resonance. By weaving repeated elements throughout the text, authors create a sense of unity and coherence, linking disparate moments and ideas into a cohesive whole. Looping repetition serves as a powerful narrative device, inviting readers to contemplate the significance of recurring patterns and symbols within the characters' inner lives.

Looping repetition in *The Waves* serves to emphasize key motifs and themes, reinforcing the novel's central ideas through recurring phrases, images, and symbols. Consider Neville's contemplation of time:

“Time passes, time passes, time passes... And yet, what does it all mean? What is the purpose of it all?... Time passes, time passes, time passes...” (Woolf, 1963)

Woolf's repetitive phrasing underscores Neville's fixation on the passage of time, highlighting its relentless and cyclical nature. By weaving repeated elements throughout the text, Woolf creates a sense of rhythm and resonance that echoes throughout the narrative, inviting readers to reflect on the deeper significance of recurring patterns and symbols within the characters' inner lives.

Associative Thoughts:

In stream-of-consciousness literature, associative thoughts play a central role in depicting the interconnectedness of ideas, memories, and emotions within characters' minds. Stemming from the associative nature of human thought, this narrative technique involves the

spontaneous and fluid linking of disparate elements based on underlying connections, similarities, or contrasts. Through associative thoughts, authors illuminate the complex web of associations that shape characters' perceptions of the world, revealing hidden connections and underlying patterns of meaning. By tracing the meandering pathways of characters' thoughts, authors offer readers insight into the intricate workings of the human mind, inviting them to explore the depths of consciousness and the mysteries of human experience.

In *The Waves*, Woolf explores the interconnectedness of ideas, memories, and emotions through associative thoughts, revealing the complex web of connections that shape her characters' perceptions of the world. Consider Jinny's reflections on her relationships with others:

“I see their faces, hear their voices... Each one a thread in the tapestry of my life, woven together with memories and shared experiences. But beneath the surface, there's a tangle of emotions - love, longing, resentment, all intertwined like the branches of a tree...” (Woolf, 1963)

Through Jinny's associative thoughts, Woolf illuminates the intricate relationships between characters, as well as the underlying emotions that bind them together. By tracing the meandering pathways of her characters' thoughts, Woolf invites readers to explore the depths of consciousness and the mysteries of human experience, revealing the hidden connections that shape their perceptions and relationships.

Chapter Four

The intricacy, the vulnerability, and the entanglement of experiences: Exploring the matrices of Stream of Consciousness through *Mrs. Dalloway*

4.1 Introduction

Mrs. Dalloway is a text that holds several layers of human experiences. It depicts the tapestry of human emotions and feelings and how thoughts are interwoven between various experiences of human life and the situations they go through. The novel through the depiction of these human emotions treads a thin line between the stream of thoughts and how this vast arena of thoughts is filled with overflowing emotions of various kinds. Through the characters, the novel aims to mirror the raw, mushy like human experiences and how these experiences hinder the characters from drowning into a whirlpool of their complexities, vulnerability, and the intricate encounters of day-to-day confrontations, truths, and challenges of an individual.

The reason why this research chose this text for analysis is the narration that is oriented towards different perspectives that focus stream of consciousness techniques and its interpretations. Various characters reveal unique states of consciousness providing insights. This analysis thus, seeks to merge these understandings and shed more light on the thematic abstraction of the text vis a vis stream of consciousness.

Virginia Woolf is among the great English novelists of the 20th century who had the bravery to defy convention and infuse the English novel with a fresh perspective, a new structure, and a new spiritual awareness. As a young child, Virginia Woolf began penning stories for the family newspaper, the Hyde Park Gate News. Woolf is a remarkable example of a conscious and meticulous artist. She began writing essays and reviews for magazines

such as *The Time Literary Supplement*, *Comhill*, and *The National Review* in 1805. This relationship continued nearly until her death in the early months of 1915. She also started keeping a diary, which she continued to do so almost until the end of her life. She is recognised as one of the greatest novelists of all time and a member of the “stream of consciousness” literary movement.

Hermione Lee mentions in the book, *The Novels of Virginia Woolf* what she felt and her thoughts behind writing *Mrs. Dalloway* which she pens down on her diary:

“In this book I have almost too many ideas, I want to give life and death, sanity and insanity; I want to criticize the social system, and to show it at work, at its most intense”. (Lee, 1977)

Mrs. Dalloway, published in 1925, is Virginia Woolf's most significant book. Three distinct phases led to the creation of the novel, each marked by a distinct mental state and even method of work. But throughout all of these phases, Virginia Woolf attempted to incorporate a new form and was successful in doing so. Translations of the novel *Mrs. Dalloway* have been made into various languages including, French, German, Hungarian, Italian, and Spanish.

In the novel *Mrs. Dalloway*, there is nothing like a proper plot, denouement, development, exposition, climax, conclusion, etc. The entire novel flows like a river of human consciousness and awareness, each character expressing their own perspective along the way. The novel has a psychological novel's structure and form. Proust, James Joyce, and the Great Russian masters have all had an impact on its structure.

The action of *Mrs. Dalloway* is limited to one day in central London, punctuated by Big Ben's chimes. The story begins on a June morning in Westminster when Clarissa

Dalloway, Richardson Dalloway's wife, leaves to buy flowers for her party that evening, which serves as the book's climax and conclusion. Woolf's mastery of the novel enters a new phase as her inner monologue, which is interwoven with the sounds and sights of the urban scene, is handled with technical confidence and boldness.

Fifty-one-year-old Clarissa is a fashionable, worldly, wealthy, and “perfect hostess” who has “virginity preserved from childbirth.” Her memories and moods fluctuate a lot, and she talks about her past suitor Peter Walsh, who came back from India after five years, her childhood friend Sally Seton, her young daughter Elizabeth, her dowdy and jealous spinster tutor Miss Kilman, and the influential hostess Lady Burton.

Clarissa's day is also juxtaposed with that of Septimus Warren Smith, the shell-shocked man who ends up throwing himself out of a window to end his life. News of his demise is brought to Clarissa's party by the Harley Street physician he had pointlessly consulted. Woolf insisted upon the mutual dependence of these two characters, noting in her workbook, Mrs. Dalloway seeing the truth, Septimus seeing the insane truth.

The novel is a success in conveying a complex and nuanced picture of the intricate dynamics of sophisticated social life, in celebrating the enigmatic development and evolution of human relationships and in portraying a particular kind of society woman who both intrigued and alarmed its creator.

This means that Mrs. Dalloway has two plots. Peter, Richard, Kilman, Elizabeth, and other characters are featured in the story of Clarissa Dalloway. Lucrezia and Septimus's storyline is the other. Clarissa identifies with Septimus. This unconventional plot is constructed. The goal is to reveal the innermost thoughts and feelings of human consciousness, not to tell a story or paint a picture of a person. There is no distinction. Thus, nothing spectacular occurs, and the plot is not overflowing with events.

In the novel, by penetrating her characters' minds, Woolf captures the chaotic flow of thoughts, feelings, and impressions, she is able to get us closer to her characters' psyche than would be achievable through the application of traditional characterization techniques. All Virginia Woolf wished to do was depict reality as she saw it. She gives us more than just the outward appearances of her characters; instead, she intensely and instantly captures their inner essence. As a result, she has produced several iconic, multifaceted, and rounded characters that rank among literature's immortals. Her works of fiction are carefully curated picture galleries featuring strikingly real and unforgettable characters in her novel.

4.2 Unveiling the intricacies of Dark Psychology: Predator of toxic thoughts, and internal manipulator in *Mrs. Dalloway*

In the novel *Mrs. Dalloway*, Woolf demonstrates a complex and unique understanding of the relationship between the external attention of characters and, internal focus which is the personal realities of characters and the brain, by actively and thoroughly exploring the nature of consciousness. Through skilfully employing novelistic conventions such as voice, point of view, metaphor, construction, and narrator to precisely capture the ways in which each of those elements operates within the mind of the reader.

The idea of “dark psychology” relates to human cognition how it teaches to essential understanding how to influence and enter the mind of another person. Dark psychology is generally understood to be the practice of a predator using their psychological ability to control others for one’s personal gain.

Through literature, we are able to comprehend the effects of dark psychology on the human mind. Our stream of thoughts, consciousness, and inner monologue itself function as the predator, gaining access to the human mind and initiating its own function in the face of persuasion.

In the article titled ‘Reading Stream of Consciousness and its Relation with Dark Psychology in the Select Works of Oscar Wild and Virginia Woolf’, Jaiswal discusses the concept of dark psychology and says that:

As per James William, “Dark psychology explore that aspect of human nature that allows us deliberately and wilfully take action that brings action harm to our fellow humans” (William,2019) or, in other words, dark psychology in the face of the manipulator. It's like a spider web where the manipulator had developed his web thought in another human mind and taken remote control of his mind. (Jaiswal, 2022)

Given how complex the mind is, we can see that stream of consciousness plays a significant role in the mind game in recent times. Stream of consciousness is a narrative technique that aims to capture the multitude of ideas and emotions that go through a character's head. Similar can be traced when reading *Mrs. Dalloway* by Woolf. In the novel, Woolf wanted readers to immerse themselves in the stream of thought of the character of Mrs. Dalloway, as she was going through as the protagonist was always in an idyllic setting.

Further Jaiswal in his article explains the concept of dark psychology by giving an example of a spider’s web, he explains:

“Sometimes depression and repression are all being created inside our minds which is very difficult to encounter by psychologists. The inner world is like a spider web as the spider gets trapped in the same web human gets trapped in his utopian world. When this happens, our mind acts according to our thought and thought start manipulating the mind. This is the reason in this post-pandemic situation; many people commit suicide. These people were helpless because their minds had created a wall-like structure that stopped the outer thought from entering the inner world, and our inner is being occupied by the dark psychological tools named manipulation,

where everything is being manipulated inside by our thought, and slowly it becomes so dangerous that it is very difficult to come out of it. The consequence of Dark psychology has been acknowledged by both predator and the sufferer; here, the predator is our toxic thought, and the sufferer is the mind.” (Jaiswal, 2022)

Sigmund Freud believed that an unexpressed emotion within a person can be extremely dangerous for a person. “Unexpressed emotion will never die. They are buried alive and will come forth later in uglier ways” (Freud, 1899) According to Freud, a person's mind does not function in accordance with him because his unexpressed thoughts and feelings were in charge. This occurs because his desire has been suppressed by his thoughts and experiences, which is why the mind becomes controlled by these unspoken thoughts and encounters until he gets out of his internal toxic thoughts manipulating the mind.

In the novel the character of Mrs. Dalloway says, "Death was an attempt to communicate," expressing her inner sentiment (Woolf, 2020) With these words, Dalloway was speaking from her inner monologue rather than from a hallucination; her thoughts were taking over and manipulating her, leading her to believe that death was the only way to communicate. This replaced her belief in Dark Psychology and caused her to think beyond death.

In another instance from the novel, *Mrs. Dalloway*, we see how dark psychology plays a role in the character of Septimus Warren Smith, a war attendant who after coming back from the war suffers greatly. In the novel, it is constantly noticed that he is at a broader level manipulated by his internal state of thoughts due to his suppressed and repressed thoughts. Due to the venom of his unexpressed thoughts, Septimus cannot overcome the battle he is fighting with his internal world. Septimus was always in his stream of consciousness mostly but he wasn't aware that he was being manipulated by his vicious thoughts of World War I.

In the novel there are instances where Septimus was experiencing episodes of his suppressed emotions and feelings which later hinders him after coming back from the war and in the form of looping repetition Woolf puts through the novel “He could not feel”. (Woolf, 2020)

“When Evans was killed, just before the Armistice, in Italy, Septimus, far from showing any emotion or recognising that here was the end of a friendship, congratulated himself upon feeling very little and very reasonable. The war had taught him. It was sublime. He had gone through the whole show, friendship, European War, death, had won promotion, was still under thirty and was bound to survive. He was right there. The last shells missed him. He watched them explode with indifference. When peace came he was in Milan, billeted in the house..., and to Lucrezia, the younger daughter, he became engaged one evening when the panic was on him—that he could not feel.” (Woolf, 2020)

The above lines from the novel clearly describe Septimus’s negligence towards his emotions. The passage portrays how Septimus's reaction to his friend Evans's death, which occurred shortly before World War I came to an end. Septimus praises himself for feeling "very little and very reasonable" and "sublime" for having survived the war, as opposed to experiencing sorrow or grief. He displays his indifference as he watches the final shells explode, demonstrating how he has repressed his feelings and cut himself off from the situation's reality.

One could argue that Septimus uses his emotional repression and disengagement from reality as a coping method for the trauma he endured during the war. But over time, this emotional repression results in emotional instability. Septimus becomes entangled in his own thoughts rather than addressing his feelings, as evidenced by his engagement to Lucrezia, the younger daughter of the Milanese family he is staying with. Given that he feels like he can't

feel anything else, and so this engagement appears to be his panic reaction to get away from what he has been going through.

Later in the novel Woolf portrays how these suppressed thoughts lead to emotional enmeshment where Septimus is constantly seen fighting with the web of his own entangled thoughts. Slowly this emotional enmeshment turns into insanity due to the lack of medical attention given to him. His mental state keeps getting worse throughout the novel until at one moment he is caught up miserably in his internal madness, where he finally commits suicide by jumping out of the window.

“Evans was speaking. The dead were with him. Evans, Evans! He cried” (Woolf, 2020) These lines depict how his repressed thoughts were haunting Septimus. This is exactly what Freud means when unexpressed emotions are buried alive and are never dead and come forth in uglier ways. The grief that he never expressed when his friend Evans passed away and he neglected his overall bitter war experience, Septimus who never gave importance to his emotions led him to the dark side of his psyche where his thoughts started turning into venomous manipulation by his thoughts unaware of what was consuming him into dark spaces of his mind.

Virginia Woolf through the character of Septimus makes the readers aware of how expressing one's stream of thoughts is important. In the novel Septimus says: “Communication is health; communication is happiness, communication—he muttered.” (Woolf, 2020) These lines emphasise the value of implementing the stream of consciousness technique to communicate one's emotions and feelings in order to maintain mental stability and peace as well as overall well-being. Within the framework of Septimus's persona, his muttering underscores the necessity of authentic communication and connection in a society where individuals frequently don social masks, resulting in emotions of seclusion and

detachment. The novel's stream-of-consciousness style delves deeply into Septimus's fears related to thanatophobia, the Great War, and his disenchantment with modernity.

Septimus would have been able to escape his internal web of thoughts and discover stability and happiness if he had communicated his feelings and thoughts rather than suppressing them which led to his thoughts taking the place of Dark Psychology. Ultimately highlighting the impact of previous unexpressed events on the characters' present experiences, Woolf here makes the readers aware of the importance of expression of one's emotions and depicts the bigger picture by showing Septimus's mental state. She illustrates the consequences of the unexpressed emotions leading to uglier and more complex emotions and memories that Septimus, in the end, has to go through. Septimus was not aware of dark psychology as his internal monologue had taken the form of dark psychology and was being manipulated in his scientific world and when it was too late this manipulation of the mind by the internal thoughts had taken the form of persuasion.

4.3 The Power of Communication: The Consciousness of characters stream of thought in *Mrs. Dalloway*

Woolf uses a variety of artistic techniques in *Mrs. Dalloway* to examine the consciousness of her characters, from fully directed thoughts to those that are closest to the unconscious. The novel explores the intricacies of thought, portraying the flow, consistency, and ever-changing nature of the mind's operations. Woolf conveys to the reader the essence of her characters' experiences through the stream of consciousness technique, which often seems surreal when translated into everyday language.

Woolf captures the unfiltered essence of human communication in *Mrs. Dalloway* by employing the stream of consciousness technique, which goes beyond simple stylistic choices. Woolf gives the reader a feeling of connection and closeness by sharing the raw

feelings and ideas of her characters, letting them see the world through their eyes. Woolf is also able to examine the intricacies of human consciousness through this technique, exposing the complex network of ideas, feelings, and experiences that mould our experiences and worldviews.

For instance, the use of various psychological tools in depicting stream of consciousness techniques. By using the stream-of-consciousness technique, Woolf blurs the lines between the characters' thoughts, feelings, and perceptions while capturing their sensory experiences in a fluid and immersive way. With a greater sense of immediacy and detail, Woolf is able to delve deeply into the characters' consciousnesses by presenting their sensory impressions—such as sights, smells, and tactile sensations—through this technique. For example, in the novel, Clarissa says: “She felt herself everywhere; not here, here, here; and she tapped the back of the seat; but everywhere.” (Woolf, 2020) Woolf crafts a rich tapestry of sensations through sensory observation that not only enhances the story but also provides deep insights into the experiences and feelings of the characters.

Additionally, there are instances of looping repetition where Septimus said: “I have—I have, he began, committed a crime—” (Woolf, 2020) A stylistic device employed by Virginia Woolf to portray the character's inner turmoil and psychological distress is Septimus Smith's looping repetition. It is clear from his recurrent speech patterns and disjointed thoughts that Septimus is suffering from severe mental illness as a result of his experiences during World War I. By saying “I have committed a crime” over and over, Septimus emphasises his sense of guilt, perplexity, and disorientation while also illustrating the psychological effects of war on his mind. The way in which Septimus repeats this line illustrates his inner turmoil and the unsettling memories that haunt him in a moving way. Woolf expertly conveys the character's sense of alienation and guilt through this recurring

repetition, highlighting the significant psychological toll that war takes on people such as Septimus.

In her novel *Mrs. Dalloway*, Woolf highlights the importance of communication in achieving improved mental health, especially when it comes to expressing emotions and feelings that are not spoken. Through the perspectives of the diverse characters, the novel delves into the theme of communication.

“It is a thousand pities never to say what one feels” (Woolf, 2020) Richard's comment on the above line from the text highlights the significance of honest communication between people. This passage from *Mrs. Dalloway* illustrates Woolf's examination of the themes of communication. The narrative explores the difficulties faced by characters who find it difficult to express their emotions and feelings, such as Clarissa and Septimus Warren Smith, which causes them to feel alone and cut off from other people.

Through highlighting the significance of expressing one's emotions and feelings, Woolf implies that meaningful relationships and mental health restoration depend on open communication. Septimus, a character in the text who eventually commits suicide because he is unable to deal with his post-war trauma and express his emotions to other people, serves as a prime example of the negative effects of self-suppression.

On the other hand, Woolf through characters like Peter makes the readers aware of the importance of simple communication rather than cleverness over beauty. Woolf gives several instances in the novel that make readers aware of an individual's feelings and emotions through Peter's dialogues: “Said Peter, one could watch, one could understand, and one did not lose the power of feeling, he said” (Woolf, 2020) These lines reflect on Peter's observation of Clarissa's emotional state, which he can comprehend without losing his own feeling capacity. Peter's remark emphasises the crucial importance of communication as well

as the capacity to comprehend and feel the emotions of others. The statement "one did not lose the power of feeling" highlights the idea that empathy and understanding do not take away from, but rather enhance, one's own emotional experiences.

Woolf delves into the subject of suppressed feelings and how it affects the behavior and interpersonal connections of her characters in the text. Woolf makes the case that acknowledging and expressing one's emotions can result in more satisfying relationships and a deeper understanding of oneself and others by highlighting the value of communication and empathy.

"For she had come to feel that it was the only thing worth saying—what one felt. Cleverness was silly." (Woolf, 2020) The protagonist, Clarissa Dalloway, says the aforementioned lines as she muses on how important it is to communicate one's emotions and feelings rather than going undercover as smart or clever. Over the course of the novel, Clarissa battles with the idea of expressing her actual emotions and struggles, frequently hiding behind a facade of convention and social propriety. But as she gets ready for a party she's throwing, she understands how important it is to be authentic and express one's emotions, even if it means showing vulnerability or seeming sentimental. Woolf suggests that acknowledging and expressing one's emotions is important, highlighting the significance of emotional honesty and authenticity.

Another line that Woolf explores in the novel through the character of Peter beautifully captures the human experience and how we grow with them over time. Peter says: "—the power which adds the supreme flavour to gained—at last! —the power of taking hold of experience, of turning it round, slowly, in the light." (Woolf, 2020)

The lines that arise highlight how experiences have a transformative power and can have a significant impact on how someone views life. Woolf suggests in these lines that

becoming older bestows upon one a special capacity to value and savour life's experiences on a deeper level. "The power of taking hold of experience" alludes to having agency and control over one's experiences, which enables a deeper comprehension and interaction with the outside world. By "turning it round, slowly, in the light," Woolf alludes to a deliberate and introspective process of analysing experiences from various perspectives and progressively bringing their beauty and significance to light.

This passage is a reflection of Woolf's investigation into the intricacies of human consciousness and the ways in which reflection and introspection can help people find richness and meaning in their lives. Woolf suggests that growing older can bring a deeper sense of fulfilment and appreciation for the nuances of existence by highlighting the power of experience and the ability to perceive it in a new light.

All in all, these quotes from *Mrs. Dalloway* highlight the notion that life can become more distinctive and fulfilling as time and experiences build upon each other, causing one to become more conscious of the world and feel more deeply connected to it.

Chapter Five

Paving way into the depths of wayward territory of consciousness: An investigation of the Surveys

5.1 Introduction

The last few months of working on this research can be, at best, described as a rollercoaster with the excitement of going through various highs and lows. But overall, it has been a journey of experiencing a lot of aha moments and gaining insights into the vast arena of literature and its discoveries. As the research treads the capricious territory of consciousness, it was unknown what turn would land this research in *terra nova*. This research study enabled to wander deep into the psychoanalytical and psychological approaches that kept intervening in the pursuit of this research study. However, the research study grasped that a purely theoretical study would be inadequate without foraying a bit into gathering first-hand statistical knowledge on the research topic. In the next section of this study, the research aims to present some compelling insights procured as part of the survey.

5.2 Survey Analysis

In this research study, two surveys were conducted focusing on different aspects of the stream of consciousness technique. The first survey titled, “Effectiveness of Self-Expression: A Study on its Multifaceted Benefits for Personal Growth” was aimed at interviewing the targeted group which were the counselors. The survey contained a set of six questions on various concerns and aspects related to the stream-of-consciousness journaling technique and gathered answers from 20 respondents who were all counselors from the age of 21 to 45 and above, both male and female.

The second survey titled “Usefulness of Self-Expression: A Study on its Multifaceted Benefits for Personal Growth” aimed at the general audience. This survey consisted of a set of fourteen questions seeking the opinion of the general population on the concept and whether the audience thinks that the stream of consciousness writing technique has benefits in advancing mental well-being or helps communicate and cope with difficult emotions or situations. This sampling gathered answers from 50 respondents from various populations including Higher Secondary, Graduation, Post Graduation, Higher Education (Ph.D., Research, etc.) Professional, Homemaker, Retired Working, from the age of 15 to 45 and above.

5.2.1: “Effectiveness of Self-Expression: A Study on its Multifaceted Benefits for Personal Growth”: An analysis of the survey- 1

The Survey on “Effectiveness of Self-Expression: A Study on its Multifaceted Benefits for Personal Growth” was a purposive sampling aiming at counselors where both male and female counselors/coaches/therapists were welcomed to answer a mix of multiple choice and descriptive questions in the survey. This questionnaire had a set of six questions smoothly directed towards knowing the respondents' knowledge about the concept of steam of consciousness and studying whether it can help the patients when journaling or other forms of self-expression. In the Survey 20 participants participated, 75% females and 25% males from the age group between 21 to 45 and above. The analysis revealed the following:

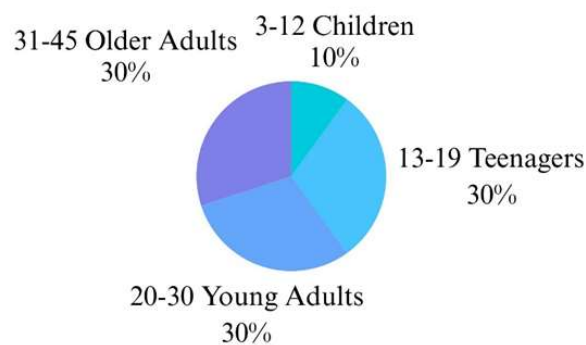


Figure 1: Frequency of the age groups visiting counseling services

In the above Figure ss stated by the counselor respondents, 30% of each, i.e., Teenagers (13- 19), Young Adults (20- 30), and Older Adults (31- 45) tend to visit the counseling services frequently. In contrast, only 10% of the children's category visit the counseling services. According to the respondents, hardly any clients under the age of 45 and above visit the counseling services.

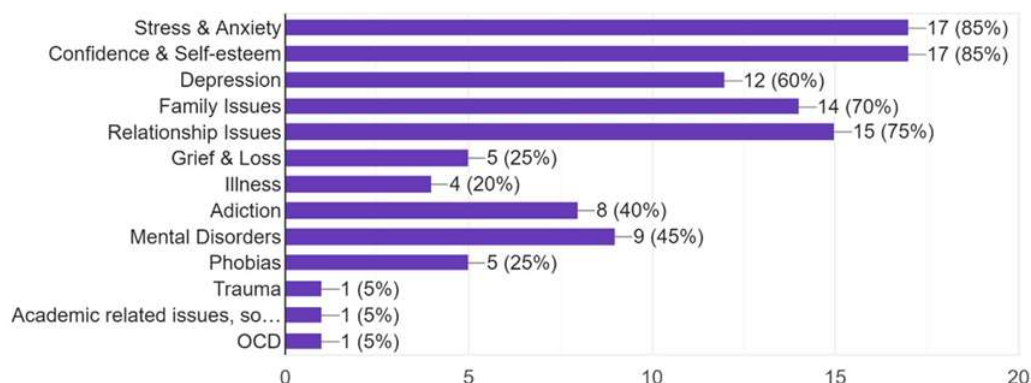


Figure 2: Common Conditions seeking for counseling

In figure 2, the results show the most common conditions or concerns that clients seek counseling for. According to the results given by the counsellor respondents, 85% of each

approach with Stress & Anxiety and Confidence & Self-esteem issues. Adjunctive to this, 75% of the clients face Relationship problems. 70% of the clients have Family issues. According to the respondents, 60% of their patients experience Depression. 45% of patients undergo Mental Disorders and 40% suffer Addiction problems. As stated by respondents, 25% of each face issues such as Grief & Loss and Phobias. 20% of the clients go through other Illnesses and clients with Trauma, Academic related issues and OCD stand on equal percentile by the respondents i.e. 5% apiece.

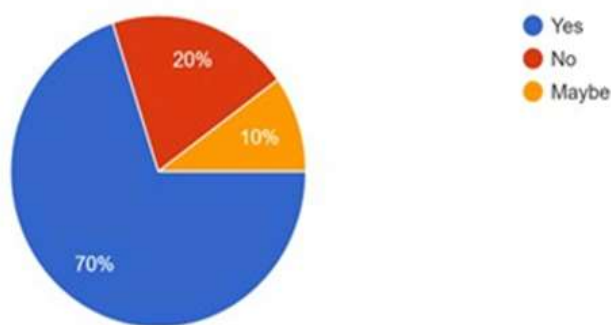


Figure 3: Awareness of the term Stream of Consciousness

In the above Figure, 70% of the counselor respondents claimed that they have come across the term 'Stream-of-Consciousness.' While the other 10% responded 'Maybe' they have come across the term. On the other hand, 20% of the respondents were unaware and have not come across the term 'Stream-of-Consciousness'.

In the next section of the survey, the counselors were briefed about the Stream of Consciousness technique and asked whether they use such or similar techniques during the counseling sessions to help the clients access their unconscious thoughts and feelings.

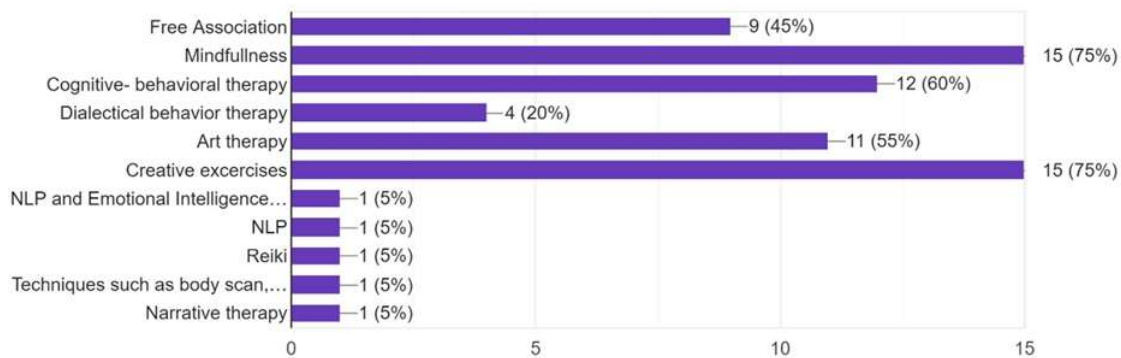


Figure 4: Similar techniques like the Stream of Consciousness technique applied in counseling sessions by counselors

It was interesting to learn that respondents use similar techniques which are as well applied in literature while writing in Stream of Consciousness narrative. Similar approaches, techniques, and therapies include; Free Association, Mindfulness, Cognitive-behavioral therapy, Dialectical behavior therapy, Art therapy, Creative exercises, and some counselors even suggested NLP and Reiki techniques.

The above table reveals that 75% of the respondents use Mindfulness as well as Creative exercises to let their clients access their unconscious and free up entangled thoughts and feelings. About 60% of the counselors use Cognitive-Behavioral Therapy to help patients with troubled thoughts and feelings. For 55% of the respondents, Art Therapy is suitable to help their clients. 45% of the counselors feel that the Free Association technique benefits the clients to process their thoughts and emotions. 20% of respondents suggest Dialectical Behavior Therapy to access their patient's unconscious thoughts. As per the respondents, other techniques like NLP and Emotional Intelligence, Narrative Therapy, Reiki, and Techniques such as body scan, and empty chair technique from Gestalt Therapy also aid during counseling sessions to help the clients access their unconscious thoughts and feelings.

The following section of the survey was descriptive where the testifiers were asked if they encourage the clients to engage in journaling or stream of consciousness writing as part of their therapy and if so, how it benefited them. In response to this, 90% of respondents agreed that they encourage their clients to engage in Journaling or Stream of Consciousness writing. In the comments section, the counselors gave a lot of insight and input as to how this technique benefited the clients overall. Hereunder are the results which revealed fascinating points from the respondents on their perspective on Journaling or Stream-of-Consciousness writing:

- i) Increased self-awareness.
- ii) Reduces internalization.
- iii) Understanding triggers and organising thoughts.
- iv) Journaling helps clients ‘give words to their thoughts’, providing clarity.
- v) Behoves more awareness of their thoughts and sensory experiences as they arise.
- vi) It provides space for expression without using a ‘mental filter’.
- vii) Reduces hesitation and fear of judgment.
- viii) Connecting with your inner self like a — ‘date with self’.
- ix) Some individuals find it challenging to verbally express themselves or to recollect past events, therefore, such techniques of writing facilitate communication and serve as a log of events.

- x) Clients tend to review journal entries after a period of time enabling them to evaluate their progress and enhance their quality of living a meaningful life.
- xi) Stay connected to the present rather than ponder on past events or future anxieties.
- xii) Allows self-introspection.
- xiii) Explore different landscapes that benefit, for instance, landscape of identity and action.
- xiv) Through processing and identifying thoughts, analysing thought patterns enables gain perspective.
- xv) Letting out thoughts on paper helps release from 'chakra' (known for communication & creativity) if thoughts & emotions are not released from the throat chakra it creates a blockage in the area.

In the last section of the survey, the counselor respondents were asked about their opinions and examples if they had any relating to the Stream-of-Consciousness technique or other similar techniques used like Free Association, Cognitive-Behavioral Therapy, Art Therapy, Mindfulness, and other creative outlets, which has been effective and helpful to explore and process patient's emotions during therapy sessions. It was intriguing to discover that about 80% of the respondents found it helpful and employed the Stream of Consciousness technique. It was worthy to learn how the counselor respondents applied this technique in various modules for instance some counselors preferred to use this technique verbally, some in journalling form, and a few came up with creative forms like the 'empty chair' method where the clients vent out their thoughts to an empty chair

without the fear of being judged. All these techniques in the end help the patients to help the clients express their unexpressed and unconscious thoughts helping them process their thoughts and emotions and making them feel all the way better. The respondents could relate to the stream-of-consciousness technique and how they used these branches in their counseling sessions. Each of the counselor respondent had a unique approach and perspective towards this way of expressing human thoughts and emotions. A counselor respondent described her view and said:

“Due to the shame and guilt associated with discussing particular issues or when clients are unable to say what they really think and feel, stream-of-consciousness techniques provide an opportunity to explore aspects of client's lives that are left unsaid. Very often clients may present with a variety of thoughts that can be distressing to them such as "I'm not good enough" which may result in them feeling defeated etc can often be brought out in therapy through journaling, and free association. I follow it up with a defusion technique from Acceptance and Commitment Therapy to help clients develop psychological flexibility and allow clients to notice their thoughts and create distance from it rather than getting caught up in their thoughts. Another example would be the use of the empty chair technique which allows clients to confront unresolved issues in the present moment by expressing themselves to an empty chair. I have used this technique with a client who was not able to move forward from a break up and this technique helped the client say what he couldn't say to his ex partner to an empty chair with my guidance and thereby addressing his true feelings in the present rather than suppressing his thoughts and feelings. Art therapy exercises can help client's that have difficulty journaling and allows for a pictorial representation which facilitates exploration and awareness.”

Other respondents also gave their input and shared their professional experiences as to how this technique helped them to guide their clients. Following are a few more viewpoints of the respondents:

- i) Stream-of-consciousness helps clients to quit their ‘inner critic’
- ii) Helps clients express their problems better
- iii) Works as a distresser,
- iv) Self-awareness amongst their own thoughts, feelings, and perception
- v) By using such techniques as SOC and free association it not only helps the clients but also the coach recognize the thought button, the language, and the emotions around it.
- vi) Through techniques such as mindfulness and art therapy clients reach out to their unconscious mind and understand hidden meanings behind their thoughts, which represent the problems they are experiencing and eventually introduce them towards an alternative perspective which reduces their fears and anxieties.
- vii) Overall, the stream-of-consciousness technique used in various ways, like uncovering thoughts in cognitive-behavioral therapy, practicing mindfulness, expressing creatively in art therapy, and through journaling, empowers clients to understand themselves better and heal emotionally.

5.2.2 “Usefulness of Self-Expression: A Study on its Multifaceted Benefits for Personal Growth”: An analysis of the survey- 2

The Survey on Usefulness of Self-Expression: A Study on its Multifaced Benefits for Personal Growth was aimed at the general audience where both male and female audiences were welcomed to answer multiple choice-based questionnaire. This questionnaire had a set of fourteen questions smoothly directed towards knowing the respondents' knowledge about the Steam-of-consciousness concept and whether it helps them when journaling or other forms of self-expression. In the Survey 50 participants participated, 74% females and 26% males from the age group between 20 to 45 and above. The analysis revealed the following:

In order to build a rapport, respondents were asked which personality type they consider themselves. A 60% of the respondents claimed to be ambiverts, the other 24% were extroverts and finally, 16% of them were introverts.

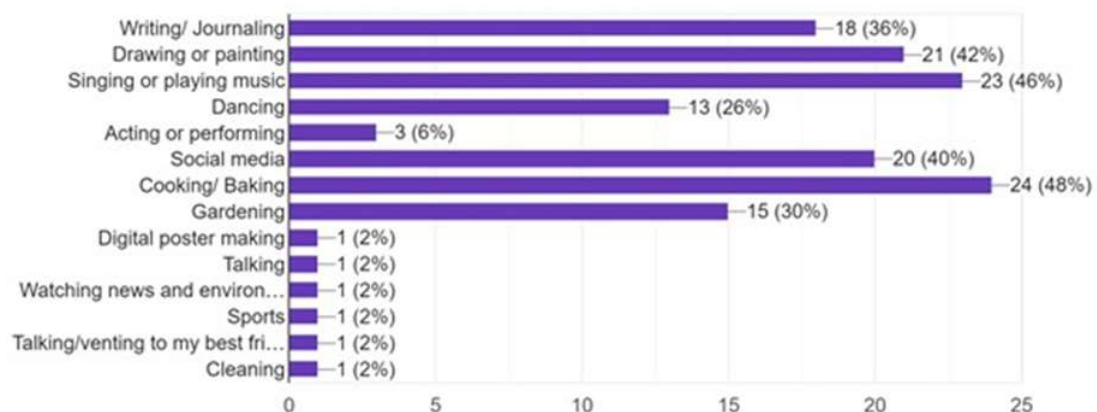


Figure 5: Forms of self-expression

Further, the respondents were interrogated as to which forms of Self-expression they employed in their daily routine, among the provided options, the above figure depicts, that 48% of the respondents voted for cooking/ baking. 46% of respondents enjoy singing or playing music, and the other 42% feel good when drawing or painting. 40% of the respondents express themselves through social media. 36% of the respondents are delighted

to express their feelings in the form of writing/ journaling, and about 30% identify themselves as expressing themselves by gardening. 26% of the respondents love to express themselves through dancing and 6% through acting or performing. 2% each identify themselves by expressing themselves through talking, cleaning, watching news and environment channels, digital poster making, sports, and talking/ venting to their best friends.



Figure 6: Potential to positively impact mental health through self-awareness and free expression

It was compelling to learn that a 56% of the respondents strongly agreed that being Self-aware and finding ways to express oneself has the potential to positively impact mental health and well-being as displayed in Figure 6. The other 44% agreed with the same.

54% of the respondents believe that social media is a good platform for expressing oneself, 26% claim that it is a good platform, and the remaining 20% think that social media is not really a good platform for expressing oneself.

When inquired if the respondents used social media as a means to express themselves through various forms, 50% of the respondents felt they express themselves through stories, 48% of the respondents expressed through posts, 30% through reels or videos, 22% through direct messages, and 6% through comments.

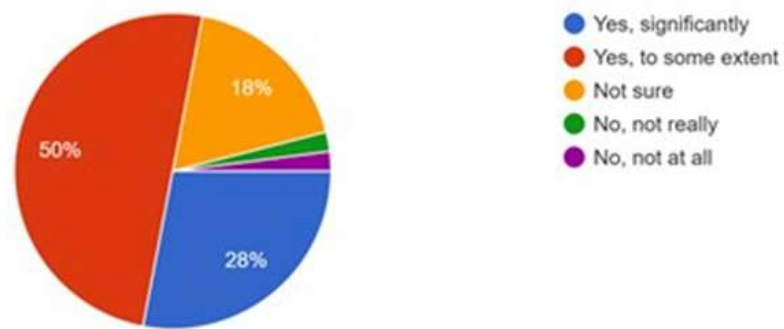


Figure 7: Self-expression as a source of coping with difficult emotions and situations

The respondents further asked whether, in their experience, self-expression helped them communicate and cope with difficult emotions or situations. 50% of the respondents found it helpful to some extent. 28% believe 'yes', it is significant and helpful, whereas the other 18% claim that they are not sure. While 2% each feel that it's not really and not at all experienced as seen in Figure 7.

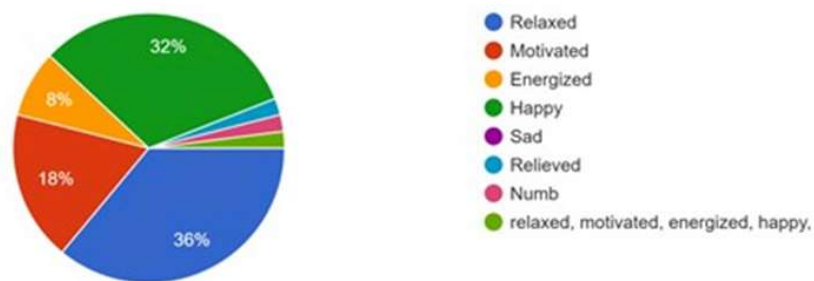


Figure 8: Participants experience after expressing

As seen in Figure 8 above, it was interesting to note that about 36% of the audience felt relaxed after expressing themselves, 32% felt happy, 18% felt motivated, and 8% felt

energized. Meanwhile, 1% felt relieved and relaxed, motivated, energized, and happy all at once.

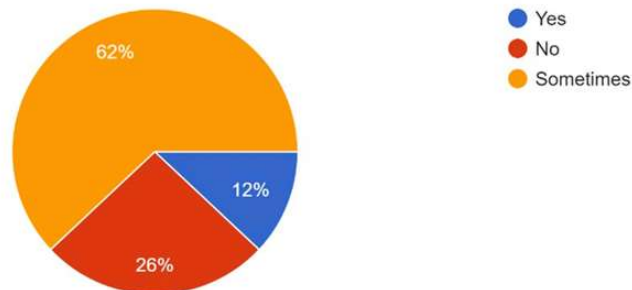


Figure 9: Participants engaging in journaling or a diary

Furthermore, it was valuable to learn that 62% of the respondents engage in writing a journal or diary ‘sometimes’. In comparison, 26% do not, and around 12% engage in writing a journal or diary on a daily basis as portrayed in Figure 9.

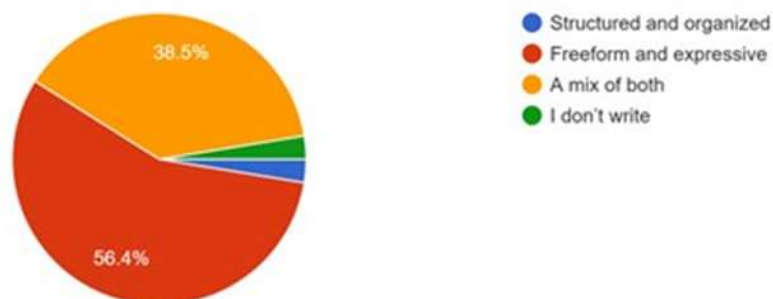


Figure 10: Structure of journaling

In the survey, the respondents were asked about their writing style, whether it was structured or organized, freeform and expressive, or a mix of both. 56.4% of the audience prefer to write in an expressive and free form that includes the stream of consciousness

writing technique. 38.5% of the respondents used a mix of both, and only 2.6% of the respondents used a structured and organized way of writing, as noted in Figure 10.

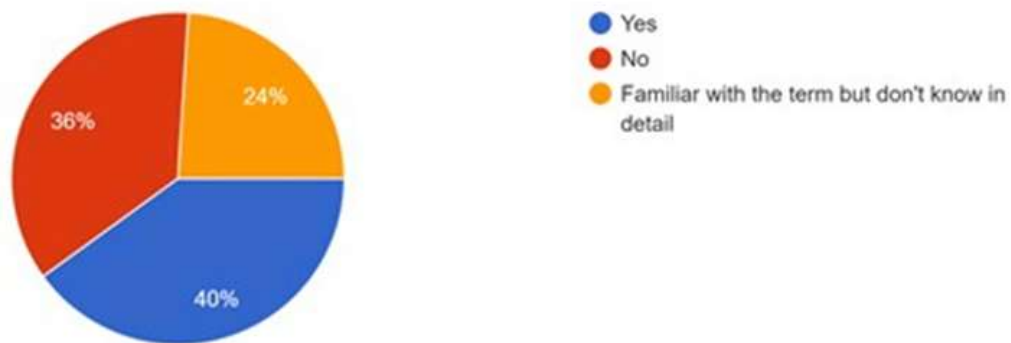


Figure 11: Awareness of the Stream of Consciousness technique

Forbye, the respondents were asked whether they were aware or heard the term ‘Stream of Consciousness’ in the context of writing or journaling. As shown in figure 11, 40% of the respondents said yes, they were aware, 36% of the audience were not aware and 26% were familiar with the term but didn’t know in detail. In the impending question, it was seen that 26.5% of the respondents tried stream-of-consciousness writing in their journaling.

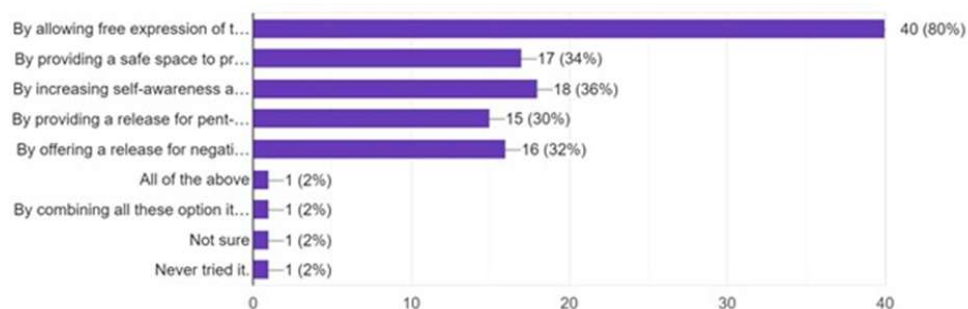


Figure 12: Stream of Consciousness writing benefits on mental health

The next section of the survey briefed the respondents about the stream-of-consciousness technique and asked whether or not the technique benefited their mental well-being by giving choices. Referring to figure 12, a massive 80% of the respondents felt ‘By allowing free expression of thoughts and feelings,’ 34% felt ‘By providing a safe space to process emotions’, 36% believed it benefited ‘By increasing self-awareness and mindfulness,’ 30% of the respondents claimed that it benefited ‘By providing a release for pent-up emotions,’ 32% said ‘By offering a release for negative thoughts and feelings’ and about 4% felt all of the above.

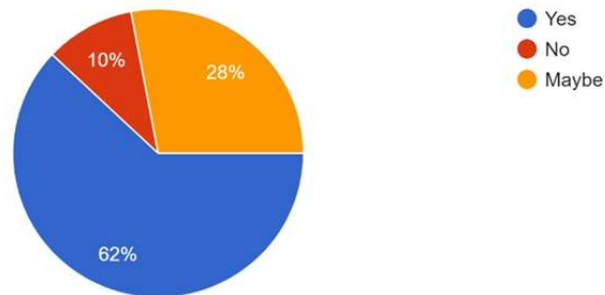


Figure 13: Participants' curiosity in learning and applying the SOC technique

As shown in Figure 13, it was intriguing to learn that 62% of the respondents were curious to know more about the stream-of-consciousness technique and apply it in their lives. 28% of the respondents felt that ‘maybe’ they were curious, and only 10% were not so curious about the writing technique.

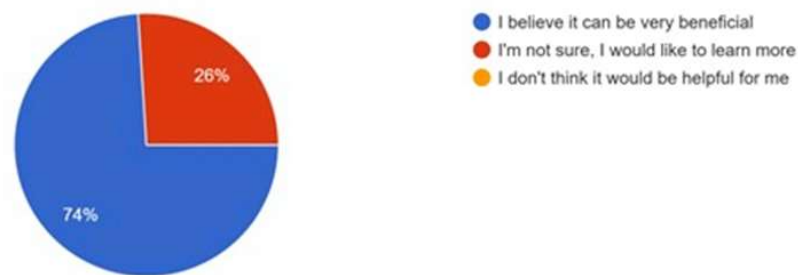


Figure 14: Opinion of the participants

Finally, in the last section of the survey, the respondents were asked about their opinions, and views on using self-expression through various forms, including stream of consciousness writing, as a tool for self-reflection and personal growth. In figure 14, it was interesting to note that 74% of the respondents said that they believe it can be very beneficial and 26% of the respondents claimed they wanted to learn more about the stream of consciousness technique.

5.3 Drawing inferences from the data: A comparative analysis of the surveys

Based on the primary data collected from the two surveys, the following is a comparative analysis showing the effectiveness and usefulness of the stream of consciousness technique from the perspectives of the counselor respondents and general audience of the two surveys, respectively.

The survey analysis indicates that in the survey “Effectiveness of Self-Expression: A Study on its Multifaceted Benefits for Personal Growth,” 90% of the counselor respondents encourage the clients to engage in stream of consciousness writing as part of their therapy in various aspects like increased self-awareness, reduced internalisation, anxiety and providing clarity, etc. In close comparison with this, the survey conducted for the general audience also

36% of the respondents chuffed to express their feelings in the form of writing/ journaling their thoughts down and in addition to this in the subsequent section of the survey it can be noted that 56.4% of the audience preferred to write in expressive and free form. Furthermore, the general mass also revealed that 36% of the respondents felt relaxed after expressing while 32% felt happy, 18% motivated and 8% felt energised. Combining the results of both surveys marks the importance of stream of consciousness writing and how it can provide emotional release and gain therapeutic benefits.

In addition to the above results, further inquiry in both surveys exhibited the effectiveness of the technique. It gained the knowledge that both the respondents, i.e., the counselor respondents, and the overall audience, felt that the stream of consciousness writing technique can be advantageous. In the survey “Effectiveness of Self-Expression: A Study on its Multifaceted Benefits for Personal Growth,” the counselor respondents gave examples of how the technique has been a valuable tool in various forms regarding guiding clients. It was worth noting that 80% of the counselors felt that the stream of consciousness was effective. In the survey, “Usefulness of Self-Expression: A Study on its Multifaceted Benefits for Personal Growth” aimed at the general population responded with 80% saying that stream of consciousness technique benefited their mental well-being by allowing free expression of thoughts and feelings. Furthermore, 74% of the general respondents said that the stream of consciousness technique can be very beneficial.

Conclusively, in the survey, “Usefulness of Self-Expression: A Study on its Multifaceted Benefits for Personal Growth” it was intriguing to observe that 62% of the general respondents were curious to know more about the stream of consciousness technique and apply it in their lives. This displays the interest that the general audience as well as the coaches hold pertaining to the stream of consciousness technique and understanding its

efficacious benefits. Therefore, the stream of consciousness technique can be seen as a therapeutic method that holds the power to provide assistance and contribute to the advancement and enhancement of mental health.

Chapter Six

Transcending the conscious path of the mind: A conclusion to the study of the Stream of Consciousness Technique

After mining from the term stream of consciousness by William James to hunting the theoretical framework and building blocks of numerous mysterious, intricacies, approaches, and perspectives on consciousness, the research carved various literary revelations of the stream of consciousness technique through the works of Virginia Woolf. Considering all this the research finally rests its observations, findings, and its discoveries in this conclusive chapter.

6.1 Major Observations

The theoretical study and the statistical data gathered helped this research study record some significant observations that may be useful for further analysis in this area.

- i) **Chapter Two:** There is a lack of research that provides a coherent evolution of the stream of consciousness study from the time William James coined the term in his book “The Principles of Psychology” until contemporary times. Information is scattered mainly with only a few attempts at yoking varied perspectives together in the field of psychology.
- ii) **Chapters Three and Four:** Since the beginning of the modernist period, fiction has extracted and implemented the stream of consciousness technique in various ways as necessary ploys in driving plots and thematic concerns. Additionally, the stream of consciousness technique has successfully promoted awareness and shift from social strata to raw human experiences, their vulnerabilities, and the knowledge of the workings of

the human mind. However, the concept of stream of consciousness deserves more analysis than they have received. It requires an in-depth study of how the technique works and how it can be improved to bring new and more nuanced ways of employing it in narratives, including the contemporary aspects of human experiences.

- iii) **Chapter Two and Surveys:** Firstly, the parallels between psychotherapy and literature can be traced through the usage of the stream of consciousness in both these interdisciplinary fields which share similarities as both the fields strive to capture the natural flow of thoughts and emotions. In literature, reading such pieces of the narrative it gives the reader the opportunity to be aware of their own thoughts and allows them to in a way evoke and ponder upon their thought patterns, emotions, and their personal experiences. While in psychotherapy the stream of consciousness technique not only helps the clients to increase self-awareness and organize their thoughts but also assists the coach in understanding patients' thought patterns, the language, and the emotions around it in a better manner so as to assist effectively.

Secondly, therapists may not explicitly realise their use of stream of consciousness in their practice due to its disintegrated nature and insufficient research in its field.

Thirdly, when conducting a standard survey with counselors, the research ascertained that when counselors were made aware of the stream of consciousness and its origin from a psychological background, they often expressed interest in learning more about it. Furthermore, in context with

the survey conducted aiming at the general audience, 62% of respondents were curious to know more about the stream of consciousness technique and applying it in their lives and 28% of respondents said that ‘maybe’ they are curious about learning the same. Additionally, when the same set of respondents were asked whether using self-expression through various forms, including the stream of consciousness writing technique a tool for self-reflection and personal growth, a whopping 74% of respondents believed that it can be very beneficial whereas 26% of the respondents claimed that they would like to learn more about it. This curiosity from both ends i.e. therapists as well as the general audience, therefore, suggests that therapists as well as the general masses are open to exploring new methods and incorporating them into therapeutic practices.

6.2 Major Findings

Concerning the objectives of the research and the observation mentioned above, the following are some findings of the study.

- i) The analysis of the stream of consciousness technique is invariably interdisciplinary. Since the human mind is a complex entity and the cause of the human consciousness is still indefinite, a holistic approach in the stream of consciousness study includes a combination of the following areas: psychology/psychoanalysis, neurology, science, philosophy, and linguistics. Herewith, add literary as well. It is essential to merge a systematic appraisal of human expression in other epistemes in order to provide statistical elements with experimental ones.

- ii) *The Waves* can be seen as a ‘meditation on the structure and limits of the self.’ Woolf goes on to experiment and go beyond the parameters of the stream of consciousness technique. The novel explores several dynamics minutely, tracing human consciousness in various styles, such as individual consciousness and group consciousness. It can be seen that Woolf carefully adds both the aspect of giving equal attention to the individual self as well as a zest for community consciousness and the characters' perspectives and reactions toward it. Woolf also understands the interconnection between the mind and body. The novel is a classic depiction of how she maintains supremacy over language in connection with the characters' consciousness, sensory awareness, and physiological reactions towards their experiences.

After conducting a thorough analysis of this research, it is evident that the novel *The Waves* traces the interconnectedness between Woolf's stream of consciousness and how there are patterns of Neurolinguistic that can be perceived with the application of Neurolinguistic Programming (NLP) in Woolf's work. By examining the novel based on the principles of NLP the research study analysed various aspects that include, subjectivity, the art of sensory awareness, and behavioral changes by aiming for a desired response. In the novel, it is quite evident wherein Woolf describes several instances giving a description of characters' inner state as well as their physiological state. Through this, she develops an acute awareness of physical sensations and internal states, by making her characters learn about their reactions, emotions, and feelings through sensory awareness.

Therefore, the study notes that Woolf's use of sensory observation helps understand and capture a person's thoughts and feelings skillfully.

Furthermore, with the same novel analyses, the characters' sense of self is shown as continuously changing and developing. Through the character of Bernard, the novel highlights the role of language one uses to influence the brain in shaping behavior. This goes on to show that the stream of consciousness technique has a higher purpose, perhaps one that holds a connotative power rather than just being a literary technique.

- iii) *Mrs Dalloway* by Virginia Woolf is a popular piece known for its 'mingling of present experience and memory' of human consciousness. In the novel, Woolf skilfully attempts to capture complex minds of humans. She dares to show her readers the intricacies of human thoughts and how our thoughts guide us or can misguide us. In the narrative Woolf artfully makes her readers aware of internalisation and perhaps its insane consequences. Through the character of Septimus, she takes the readers on a journey where she portrays how our thoughts can be our own manipulators and face the consequences of Dark Psychology. Woolf also reveals the benefits of expressing one's emotions and feelings leading to living a fuller life with a healthy mental state.

Therefore, the research believes that these observations and findings together help prove the hypothesis of this research that:

Virginia Woolf's use of stream of consciousness technique contributes to the understanding of human psychology and the development of therapeutic methods to advance and enhance mental health.

6.3 Recommendation for Future study

Although this study can be taken in several directions, here are a few recommendations of points that can be focused upon in the future:

1. A more comprehensive research should be conducted in the psychological field, considering the scope of fostering therapeutic techniques through the stream of consciousness technique.
2. There is need for exploring innovative stream of consciousness styles and enhancing the literary canon technique.
3. Research should be conducted in the fields of NLP and Neuroscience as there is still much more to discover and learn for instance the way neurons in the networks related to consciousness compute specific pieces of information. Extensive research should be undertaken with the prospect of neurolinguistic programming, which this research focused on.

This research has toured curiosities about how human thought processes work. Plucking its bearings from various sources, including our imagination, dreams, suppressed thoughts, feelings, and emotions, renders these interconnected wines that add to the beauty of human functioning. Human consciousness is a powerful source as it can diversify in forms as per varied circumstances and human experiences. Through a click of thought, it can implant inspiration, a network of brilliant ideas, a pathway towards creative imagination, and if needed it can take the form of a weapon that helps guard ourselves.

Exploring the intricacies and enchantment broadened by this technique. The research finally formally concludes this dissertation on “Exploring Stream of Consciousness in Virginia Woolf’s Selected Works: A Psychological Analysis” with a better understanding of

human consciousness paving its way through the human psyche and transcending towards the conscious path of the mind.

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APPENDIX I

“Effectiveness of Self-Expression: A Study on its Multifaceted Benefits for Personal Growth”

A study on the effectiveness of consciousness related techniques and therapies on clients. Your participation in this survey is completely voluntary, and all of your responses will remain confidential. Your contribution to this study is highly valued, and I would like to thank you in advance for taking your time to complete the survey

Section 1

* Indicates required question

Name *

Email *

Gender *

- ☐ Male
- ☐ Female
- ☐ Other:

Age *

- ☐ 21-30
- ☐ 31- 35
- ☐ 36- 45
- ☐ 45 and above

Section 2

1. Which age group tends to visit counseling services more frequently? *

- ☐ 3- 12 children
- ☐ 13- 19 Teenagers
- ☐ 20- 30 Young Adults
- ☐ 31- 45 Older Adults
- ☐ 45 and Above

2. What are the most common conditions or concerns that your clients seek counseling for?*

[You may choose more than one option]

- ☐ Stress & Anxiety
- ☐ Confidence & Self-esteem
- ☐ Depression
- ☐ Family Issues
- ☐ Relationship Issues
- ☐ Grief & Loss
- ☐ Illness
- ☐ Addiction
- ☐ Mental Disorders
- ☐ Phobias
- ☐ Other:

3. Have you come across the term 'Stream-of- Consciousness' ? *

- ☐ Yes
- ☐ No
- ☐ Maybe

'Stream-of-consciousness' is a unique therapeutic technique that shares many characteristics with other psychological and therapy practices. In the domain of literature, it is a literary device that seeks to portray an individual's point of view and attempts to capture the natural flow of a person's thoughts, often by incorporating sensory impressions and incomplete ideas.

Stream-of-consciousness allows individuals to explore their thoughts and feelings on a deeper level and gain insights into themselves and the world around them. In our daily

lives, we unconsciously use this technique when we let our thoughts flow freely without filtering them.

4. Using this similar concept, What techniques or therapies do you apply more often during counseling sessions to help clients access their unconscious thoughts and feelings?*

[You may choose more than one option]

Tick all that apply.

- ☐ Free Association
- ☐ Mindfulness
- ☐ Cognitive- behavioral therapy
- ☐ Dialectical behavior therapy
- ☐ Art therapy
- ☐ Creative excercises
- ☐ Other:

5. Do you encourage your clients to engage in Journaling or stream-of- consciousness writing as part of their therapy? If so, how do you believe it benefits them?*

6. Can you provide example/s of how stream-of- consciousness technique has been effective in helping clients explore and process their emotions during therapy sessions, such as free association, cognitive- behavioral therapy, dialectical behavior therapy, art therapy, mindfulness, creative *

APPENDIX II

“Usefulness of Self-Expression: A Study on its Multifaceted Benefits for Personal Growth”

Greetings, I am surveying to gain insights into the effectiveness of the stream-of-consciousness technique. Your participation in this survey is completely voluntary, and all of your responses will remain confidential. Your contribution to this study is highly valued, and I would like to thank you in advance for taking your time to complete the survey.

Section 1

1. Gender *

- ☐ Male
- ☐ Female
- ☐ Other:

2. Age *

- ☐ 15- 19
- ☐ 20- 30
- ☐ 31-45
- ☐ 45 and above

3. What are you currently pursuing? *

- ☐ Higher secondary
- ☐ Graduation
- ☐ Post graduation

- ☐ Higher Education (PhD, Research etc.)
- ☐ Professional
- ☐ Homemaker
- ☐ Retired
- ☐ Other:

Section 2

1. Which of the following would you consider to be closest to your personality type?*

- ☐ Introvert
- ☐ Extrovert
- ☐ Ambivert
- ☐ Other:

2. Which of the following forms of Self-expression do you use? *

[You may choose more than one option]

- ☐ Writing/ Journaling
- ☐ Drawing or painting
- ☐ Singing or playing music
- ☐ Dancing
- ☐ Acting or performing
- ☐ Social media
- ☐ Cooking/ Baking
- ☐ Gardening Other:

3. Do you believe that being self-aware and finding ways to express yourself has the potential to positively impact mental health and well-being?*

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly disagree

4. Do you think that social media is a good platform to express oneself? *

- ☐ Yes
- ☐ No
- ☐ Maybe

5. Have you ever used social media as a way to express yourself? If so, how? *

[You may choose more than one option]

- ☐ Through posts
- ☐ Through stories
- ☐ Through comments
- ☐ Through direct messages
- ☐ Through reels or videos
- ☐ Other:

6. In your experience, has self-expression helped you to communicate and cope with difficult emotions or situations?*

- ☐ Yes, significantly
- ☐ Yes, to some extent
- ☐ Not sure
- ☐ No, not really
- ☐ No, not at all

7. How do you feel after expressing yourself creatively? *

- ☐ Relaxed
- ☐ Motivated
- ☐ Energized
- ☐ Happy
- ☐ Sad
- ☐ Other:

8. Do you engage in writing a journal or a diary? *

- ☐ Yes
- ☐ No
- ☐ Sometimes

9. If yes, how would you describe your journaling style?

- ☐ Structured and organized
- ☐ Freeform and expressive
- ☐ A mix of both
- ☐ Other:

10. Have you ever heard of the term "stream-of- consciousness" in the context of writing or journaling?*

- ☐ Yes
- ☐ No
- ☐ Familiar with the term but don't know in detail

11. If yes, have you ever tried stream of consciousness writing in your journal?

- ☐ Yes
- ☐ No

Stream-of-consciousness techniques portray the actual experience of thinking, * capturing the chaotic and unfiltered nature of thoughts. Unlike traditional narrative forms, stream-of-consciousness does not force thoughts and ideas into logical sentences. Instead, it incorporates incomplete ideas, and rough grammar to replicate the experience of thinking.

12. How do you think stream-of-consciousness writing can benefit your mental well-being?*

[You may choose more than one option]

- ☐ By allowing free expression of thoughts and feelings
- ☐ By providing a safe space to process emotions
- ☐ By increasing self-awareness and mindfulness
- ☐ By providing a release for pent-up emotions
- ☐ By offering a release for negative thoughts and feelings
- ☐ Other:

13. Are you curious to know more about the stream-of-consciousness technique and applying it in your life?*

- ☐ Yes
- ☐ No
- ☐ Maybe

14. What are your thoughts on using self-expression through various forms, including stream-of-consciousness writing, as a tool for self-reflection and personal growth?*

- ☐ I believe it can be very beneficial
- ☐ I'm not sure, I would like to learn more
- ☐ I don't think it would be helpful for me