



Will Hunting's Fear abandonment and Childhood Trauma in "Good Will Hunting" Movie by Lawrence Bender

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Abstract. Film is a form of modern literary work that combines visual and audio elements, enabling it to convey specific ideas, concepts, and messages to the public. Viewers, as recipients of the message, not only enjoy films as a means of entertainment but also often interpret them as representations of real life. This is due to the many films that present simple storylines, close to everyday life, yet still leave a deep impression. Thus, film has a dual function: as a medium of entertainment and a medium of social communication that voices various issues that arise in society. This research uses a context-oriented approach, namely a method of interpreting literary works that emphasizes the relationship between the text and the social and psychological contexts that underlie it. In this study, the analysis focuses on the main character, Will Hunting, in the film Good Will Hunting, who experiences fear of abandonment. The analysis is conducted through the framework of Litz and Keane's trauma response theory. Fear of abandonment is a form of psychological disorder that is generally eliminated from past traumatic experiences, such as rejection or neglect. This trauma then causes anxiety that affects interpersonal relationships in adulthood. The results show that individuals with a fear of being liked tend to take various precautions to reject new bonds and meaningful relationships. Will Hunting's character reflects a rejection and avoidance of emotional intimacy with others. He also employs defense mechanisms such as repression, rationalization, and sublimation to ward off potential self-destruction resulting from his internal conflict. By dwelling on painful memories, he builds a psychological barrier to protect himself, even though it ultimately limits the possibility of building healthy relationships.

Keywords: Childhood Trauma, Defense Mechanisms, Fear of Abandonment, Film, Main Character

1. INTRODUCTION

Movie is a sequence of consecutive still images recorded in a series to be viewed on a screen in such rapid succession as to give the illusion of natural movement. According to Wibowo (2014) movie is a tool for conveying various messages to the audience through a moving images and sound. Movie could contain a great value, and message for the audience. The movie which could exhibiting the character well, it will produce a beautiful memorable work in the audience's heart. The audiences are society which will receive message on the movie. In relation to society, movies are frequently watched by society as implementation of society's real life, because many movies have a simple plot but memorable. Just like life around us. People also consider movie to be not just entertainment but also as media to conveying the problem which often happened around us (Aldo dkk., 2023). The problem usually relates with audience. Therefore I plan to make 'movie' as object of my research. On this study the researcher will analyze Fear abandonment of Will Hunting's character as the thesis, because this topic is interesting to research and relate with the society.

Will is a character who is described as a person who suffers from mental disorders in dealing with things its society life. He described as a boy who had unpleasant memories from his childhood and experienced 'Fear of Abandonment'. According to Verywell Health, Fear

of abandonment is the extraordinary fear of losing someone we love, which occurs due to severe trauma in the past. The trauma usually comes because the pain that we feel because had ever been left from someone that they loved. "Fear of abandonment" makes the sufferers feel afraid of being left by new people they love, because they don't want to feel the pain anymore and the trauma that they experience make the sufferers of Fear abandonment disorder become difficult to trust others anymore, they have trust issue and difficult to start new friendships with new people, and they always have boundaries around themselves because of feeling afraid to make a commitment with the new people they love. The trauma from the past makes the sufferers got a huge pain of being left by the people they love, that makes sufferers can suffer "Fear of Abandonment" (Silva & Kowalska, 2024). They feel afraid to start a serious commitment with the people they love as an action to prevent the pain anymore. That is also experienced by Will Hunting's character on Good Will Hunting movie, he put the boundaries on himself from loving new people, because of his fear of feeling hurt again by being leaving by the person he loves for the second time. One of the proves of fear abandonment of Will Hunting's character is by leaving Skylar when he is already started to love Skylar. Will Hunting left Skylar because he is afraid that his love for Skylar will be deeper, he was trying to avoid Skylar by leaving her, because he didn't want to getting hurt anymore in his life by being abandon with someone new he loved. This is related with "self defense mechanism" theory by Sigmund freus. This theory contains the prevention to avoid being abandon and neglect, it has correlation with fear abandonment topic that would be analyzed in this study (Kaa, 2023).

Apart from the Good Will hunting movie, there are several films that also contain fear of abandonment on the plot. Some movies that also contain fear abandonment such as; How to be alone (2019) by Kate Trefry, AntiChrist (2009) by Lars von Tier and Boomerang (2005) by Nicholas Brevièr. The reseacher decided to conduct research about fear of abandonment from "Good Will Hunting" movie instead the other movie, because this movie has many interesting scenes that clearly contains fear of abandonment which could analyze deeper .

This movie tells the story of an orphaned boy who is delinquent but has extraordinary intelligence. He works as a janitor at MIT university. He answered a difficult mathematical question that Professor Lambeau left on a campus public wall, made Professor Lambeau curious about finding its identity, because mathematical problems were very difficult to solve. Will Hunting and his friends got into a fight with another boys group, which resulted in Will Hunting being jailed and Professor Lambeau offering to pay bail to free Will Hunting, but he has to answer more difficult math questions. Will Hunting agrees, but when Professor Lambeau mentions the second requirements, Will Hunting refuses. Professor Lambeau demanded that

he has to attend the therapy sessions with a psychologist and Will Hunting refused. The Professor convinces once again in order to fulfil his requirement rather than staying in prison and Will Hunting finally agreed. Will Hunting answered questions from Professor Lambeau impressively, but every time he was scheduled to attend a therapy session, he always made his psychologist angry and being resigned. Professor Lambeau has replaced many psychologists but none has remained to take care of Will Hunting. Finally, Professor Lambeau asked Sean, his best friend to become a psychologist to do psychological therapy on Will Hunting. Will Hunting again disturbing his psychologist to make his psychologist feeling discomfort and being resign, but eventhough Will Hunting always makes his therapist being angry, Sean Maguire doesn't back him down. He keep continues to carry out psychological therapy on Will Hunting, but there are one moment Will Hunting provoked Sean's anger until Sean's anger peaked and Sean almost hit Will Hunting by his hand, but he finally can remain patient, and stay to do therapy on next session. From that incident, Will Hunting is slowly melted and began to open up to Sean about what he had been feeling, what his feeling about the world, and that makes the session going smoothly. Will Hunting also meets a girl named Skylar and started to fall in love with Skylar. But his trauma made him afraid to commit to a new relationship, and he decided to leave Skylar easily. It made her disappointed, and then Skylar decided to go abroad. One day, Will Hunting returned to attend the therapy schedule with Sean. However, Sean wanted Will Hunting to tell him about his past, so there was a big fight because Sean kept pushing Will Hunting by saying 'it's not your fault', making Will Hunting emotions difficult to hold anymore and he finally cried in Sean's arms. Will Hunting realized that all the misfortunes that happened to him were not his fault. He is innocent, because actually he only had a bad fate being adopted of an abusive adoptive father. His unfinished pain is caused by his unpleasant memories. He feels his bad fate is caused by him self. Finally, Sean eventually could make Will Hunting stop blaming himself and start a new positive life. He starts to believe other people again and he is already had the courage to start loving someone again in a new relationship. He finally wants to accepts Professor Lambeau's request to apply for a job at his colleague's company , he was succes on his interview and accepted to work there and he decides to follow Skylar abroad to start a new relationship with the girl he loves.

2. THEORETICAL STUDIES

In Good Will Hunting movie , The main character suffers fear of abandonment on himself, and the researcher will analyze how the main character reflect Fear of Abandonment using Self defense mechanism by Sigmund freud theory (Brenner, 1981). According to

Sigmund Freud, Self defense mechanism is a self mechanism which functions to protect oneself from anxiety or internal conflict that arises from past trauma or subconscious wounds. This mechanism works in the people by reducing or eliminating the anxiety and unpleasant mind caused by internal conflict (Khoirunnisa & Nugroho, 2023).

Self defense mechanism is making the unconscious psychological in people, as a responses by protecting the people from feelings of anxiety, threats to self esteem, and things that they don't want to think about or deal with. Self defense mechanisms help individuals to reduce anxiety, maintain self confidence, and help people adapt to pressure situation from internal conflict (Blake, 2025). According to this theory, there are several elements which reflect Will Hunting's action, namely repression, denial, sublimation, rationalization and displacement. They are relevance with the main character behavior (Daffa, 2024). Hence, the researcher is using self defense mechanism theory to analyze the main character's fear abandonment.

Popular Culture

Based on "Cultural Theory and Popular Culture" book (2018) by John Storey, this book defines popular culture as essentially the practices, the beliefs, and the images that are recognized by the large proportions of the population, and those are of great influence to the people as the media and other social interactions do. In this book, John Storey elaborates on the duality of popular culture. It can perpetuate the status quo or challenge traditional norms, and it is vital to cultural evolution and identity. This book is highlighted popular culture as reflection of a society's dominant ideologies, usually imposed by economic and political systems such as capitalism, and it is crucial in either levelness or challenging social values and norms. In addition, popular culture is refers to the trends, an ideas, and practices that are widely accepted and shared within the society, particularly in the modern times (Storey, 2018).

"Good Will Hunting" movie, has several deals heavily with pop culture, some of the prominent pop culture elements in the Good Will Hunting movie including :

- Mathematic scene as pop culture: Mathematics in popular culture: Essays on appearances in film, fiction, games, television and other media (2014). Mathematics has maintained a surprising presence in popular media for over a century, Good Will Hunting movie serves mathematics prominently into their storylines, this movie represented about Mathematics as popular culture impact on learners, its ubiquitous and invisible through the main character itself.
- Boston setting: The film features iconic Boston locations, such as MIT (Massachusetts Institute of Technology) and the South Boston neighborhood, The city is the capital and largest

city of Massachusetts, United States. Boston is known as the cultural and financial center of New England, and has a rich history in the American Revolution. In addition, Boston giving the audience a sense of the city that most people known about Boston is about a vibrant mix of music, film, sports, and more, with strong ties to the city's rich history and diverse community. Boston also known by many people by popular hip hop music.

- Elliott Smith's Music: is the songs as the soundtrack on credits in Good Will Hunting movie, the song by is singing by Elliott Smith, the title is "Miss Misery," are a major part of the film's atmosphere and were even nominated for an Oscar. The song is represented speaker's sadness, it could easily be called "Mr. Misery"? Think of it this way: The song is actually told about someone who is working through a problem. By asking the girl if she misses him. This song represented Will Hunting's feeling also about society who feel the same feeling.

Intrinsic Elements of Movie

Critical Text Analysis "Good Will Hunting" 2021 mentions that Will Hunting is a person who suffers mental disorder in dealing with his social environment, the main character is described as complicated person who caused by his childhood experiences it creates the internal conflict. On the other hand, Sean Maguire, his psychological therapist, can ultimately affect Will Hunting be cured from his mental disorder through doing by doing continuous therapy (Jenks, 2004).

Next is about Anxiety and Defense Mechanism of Will Hunting in Good Will Hunting Movie (2017). Will Hunting has a bad childhood experience that makes him feels anxious about his life. He is afraid that he will be disappointed and left by other people. He also feels anxious about jobs. He often losses jobs because his anxiety. This study highlights that Will Hunting, experienced a complex internal conflict rooted in his traumatic past and a fear of abandonment. This internal struggle manifests in a desire for both freedom and connection, ultimately hindering his ability to fully embrace his intelligence potential.

Setting

According to a study entitled " Intrinsic Review and Mise-en-scène Study of Good Will Hunting Movie" (2021), the study states that Good Will Hunting movie is set in Boston and many of the scenes were done on location in the Greater Boston area, many of the interior shots were filmed at locations in Toronto, with the University of Toronto standing in for Massachusetts Institute of Technology and Harvard University. The classroom scenes were filmed at McLennan Physical Laboratories of the University of Toronto and Central Technical School. Harvard normally disallows filming on its property, but permitted limited filming by

the project after intervention by Harvard alumnus John Lithgow. However, Sean's office was built in Toronto as an exact replica of the college.

Conflict

Trauma and Inner Conflict in Film "Good Will Hunting" by Gus Van Sant (2021) Will's internal conflict revolves around his fear of abandonment and a desire for liberty, he prefers to taking risks to fulfill his potential instead of facing the possibility of being abandoned again.

From Genius to Genuine! The Psychological Journey of Self Discovery in 'Good Will Hunting' (2024). Will Hunting experienced childhood trauma who creates internal conflict on himself. It because he build the strong emotional defenses and have difficulty trusting others due to his childhood (Masykuroh, 2017).

Will Hunting has suffers fear abandonment disorder, it deeply ingrained fear of being in new relationship with anyone, stemming from his childhood experiences of being abused and abandoned by his adoptive father (Hillman, 1992). Will's dark experiences has instilled in him self that is afraid of being hurt or abandoned again, it make Will avoiding himself from potential meaningful relationships and limit his vulnerability. This fear manifests itself as resistance to therapy and avoidance of forming new relationships.

3. RESEARCH METHODS

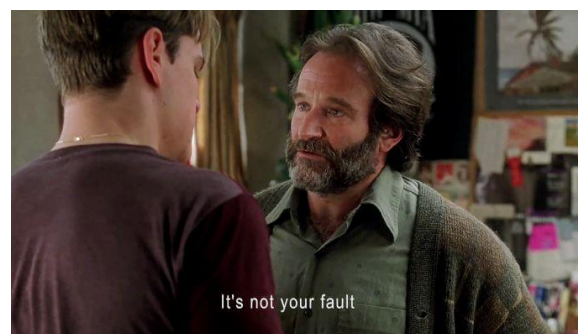
The researcher analyzed the thesis with the smaller scope of 'Fear abandonment' and 'childhood trauma' of the main character, because the researcher wants to find the causes of fear abandonment disorder in a person (Waska, 2025). The reseacher will uses "self defense mechanism" theory by Sigmund freud. This theory relates to the main character's issue , because Will Hunting experienced childhood trauma from the past, which made him self suffers fear of abandonment. This research will focus analyse deeper about how the way of main character reflect self defense mechanism to resolve his childhood trauma . This theory will useful to help the researcher for narrowing the scope of this study (Gitrasika, 2018).

This study is using context oriented approach. Context oriented approach is the way to make interpretation of the literature that focuses on the context oriented. This approach would being analyze about characteristic of Will Hunting and his fear of abandonment and his childhood trauma (Aulia & Syathroh, 2024). The researcher will completed the research by using self defense mechanism theory by Sigmund Freud

4. RESULTS AND DISCUSSION

Avoid discuss past topic as form of repression

Repression is a self defense mechanism that is carried out by suppressing the thoughts, feelings, or intolerable memories by individual. Repression could release people from getting pain and experienced the uncomfortable feeling by avoiding to remembering or talking about bad memories. The primary function of repression is to protect individuals from experienced unpleasant situation comes from the internal conflicts. Repression helps to shield the person from the emotional distress that would arise from confronting the unacceptable thoughts or bad memories. The mental disorder suffers with their childhood trauma would prefer to repressing themselves for discussing about past memories rather than tried to heal the trauma.



This scene implies about the moment Will talking with Sean Maguire. The scene demonstrated the way Will reflects a repression on him self. Will refuses any discussions about his childhood experience because he doesn't like to remember about his childhood memories anymore. In his opinion, the bad memories just leads him to engage in unpleasant feeling on his heart. Since many years, his bad childhood memories holds him tight , but he prefers to keeping alone all on his deep heart and avoid to sharing to others, it is caused he doesn't like to involve in unpleasant situation by doing conversation about this. He didn't want to feel discomfort when he must remember about the way his father treats him with others.

Throughout this scene, researcher found that he was doing repression by avoiding to expose about his true emotions and his past experience to Sean Maguire. It causes Will doesn't like to engage in any discussions about his childhood experiences, it is a clear indication that his past experiences would feel painful when he must revisit those memories. In other words,

his past experience leads him to remembering unpleasant memories, which would make him experienced deeply discomfort feeling on himself. Hence, Will decides not to expose about his childhood experience to anyone including Sean. Will was reflected his repression in this movie. However this scene's part is exhibiting that Sean doesn't surrender with Will respond which tried to avoiding the discussion, eventhough Will was doing repression continually. Sean Maguire was keeping to push Will constantly to convey about his past experience, which is still uncovered, as can be seen in the dialogue below:

Sean was repeated his dialogue for several time:

"is not your fault.. " .

Sean tried to make Will exposed his deep true feeling. But in this scene Will didn't reveal anything, he kept doing repression and precisely got triggered and be furious with Sean's repetitive sentences. Will showed off his anger as his reaction to " it's not your fault" statement. However Sean Maguire kept repeating by saying its sentence constantly, to convince Will to discover subconscious pain by himself. At the end, the statement succeed to make Will being in touch. He can't resist himself and show off his true feelings toward Sean Maguire. His cathartic cry leads himself to finally resolve his chidhood pain, he makes peace with his past trauma and find out what actually his soul really wants. Eventhough Sean Maguire had to face Will's repression first , but as Will theraphis, he finally succeed to heal Will's childhood trauma. Will finally have a courage to share about his bad childhood memories to others, and totally he could stopp for doing his repression again. He eventually can resolve his unfinished pain.

Denial feeling as prevention to new bondaries.

Denial is unconscious psychological strategy where an individual refuses to recognize about facts or experiences that are too painful or disturbing to accept. It functions as defense mechanism to protect the person from the discomfort feeling or anxiety that might arise from confronting those truths. Will didn't acknowledge about something actual truth on himself. Chronic denial could make internal conflict growth and lead to negative consequences. However, in some cases, denial action could help individuals for avoiding unpleasant situation happened by being honest about some truth or fact.

Will totally reflect denial action by showing no interest to involve on new bounding with anyone. Will decide to creating a distance between himself and others, it because he didn't want to create a new meaningful relationship anymore, in his sight his denial action might could avoide him from potential of being abandon or hurt again. His traumatized feelings of being ignored and abandoned leads him to doing denial actions as his self-defense mechanisme form.

He insisted to against anything that makes him face the same situation with his unpleasant childhood memories. He feels frightened to experience his past again.



"I love you Will " —Skylar

"You take care" —Will

This scene shows the moment of the dialogue between Will and Skylar in the payphone, while Skylar is going to fly. In this scene there is a dialogue when Skylar was saying I love you" to confess her feeling to Will, but instead of saying "I love you, too" Will prefer to reply Skylar by saying " you take care" as his respond toward Skylar's confession. His respond while answering her phonecall is represented as a denial action. A person might refuse to acknowledge clear signs of their actual feeling, to avoiding relationship issues, despite evidence to the contrary. He didn't acknowledge about his actual feeling by saying "you take care" as his respond. Eventhough He actually has the same feeling with Skylar, but his traumatized encourage him to denying his feelings. His bad chilhood memories are too scary for him, and leads him to avoid creating a new meaningful bondaries with anyone. It is because of himself, he will feel painful when must experience being abandon and ignored twice by his lovely person. He can't resist the feeling that is why he tried to stop creating a new relationship, by not to recognize about his actual feeling toward Skylar. He was only responded with "you take care" as his preventif action. Will Hunting was denying about his actual feeling to Skylar because he suffers fear of abandonment. People which had traumatizm being abandon generally doing denial action to avoiding being abandon twice (Purwati, 2021).

Changing background identity as rationalization

Rationalization is a defense mechanisms which involves creating logical to justify bad actions of someone on the current situation. Rationalization is used to defend against feelings of guilt, maintain self pride, and protect oneself from getting criticism from others. While this defense mechanism can protect our self esteem and alleviate guilt, excessive reliance on rationalization may hinder individuals to reach personal growth and ruin connection with

others. People with rationalization will justifying something wrong to make it appear appropriate or be correct in their mind, it includes the way to avoid guilty feeling or maintain



the self pride.

"Seven, eight. How many?" —Skylar

"I have 12 big brothers" —Will

This scene exhibiting the moment when Will and Skylar were talking to each other while they were watching the dog races competition. The dialogue shows the moment that Will says about the wrong background information of him toward Skylar. He conveys about the fake fact that he has 12 brothers which is in the reality he doesn't have any siblings at all. This scene demonstrated that Will is doing rationalization action by justifying his wrong action with maintaining self pride as the reason. He was making up about his background information to conceal about his real background identity. He tried to avoid embarrassed feeling by sharing his actual information. Will reflect Rationalization by justifying about his lying to others, when he lied to Skylar about his background information, he doesn't think that it is wrong. He was justifying his action to his mind because he believes that telling about his fake background information will become the right way to avoid unpleasant moment with others. In his sight, revealing his actual information that he is an orphan and doesn't have siblings would make him self looks pity in front of other people.

Will's anger displacement toward skylar.

Anger displacement in a psychology is defense mechanism where the anger is redirected towards a wrong object. People project the negative feelings (anger) toward someone who cannot be the true cause of their negative emotion. This is generally doing by society. People displaced their anger due to lack of ability for directly expressed their feelings to the right anger source. Displacement can stem from various factors, including childhood experiences, unresolved issues, traumatized, or underlying mental health conditions. Simply, people have anger displacement because they are unable to express the anger on themselves to original

anger source, that is the reason that would make people could redirect their anger to the wrong object.



"What you want to know ! What, that I don't have twelve brothers?"

*"That I'm a f*cking orphan ? "*

According the dialogue above, it implies that Will was doing anger displacement towards Skylar, where he supposed to express his anger to the original anger source that he has an adoptive father, the person who creates his bad past but he redirects his anger to Skylar. In this scene Will actually got triggered after Skylar asked him about the scars on his chest. Will replied that the scars is from the surgery when he was a child, but Skylar asked him for the second time and it makes Will feel cornered and was very angry. He immediately shouted at Skylar and conveyed all about of his dark experiences, using a high voice. Will revealed that the scars on his chest that it caused by his adoptive father who lit a cigarette on his chest when he was a child. He even acknowledged the truth that he was just an orphan and did not have 12 siblings. Instead of thinking that Skylar was just asking him, he took it as humilization . He suddenly pushed Skylar's back into the wall, gripping her shoulders tightly, and continued to vent his anger to himself. This scene is totally reflected an anger displacement of Will .

Redirect Anger to positive growth activities as Sublimation.

Sublimation refers to a defense mechanism where unacceptable impulses or emotion are channeled and turn into socially acceptable activities or constructive behaviors. Doing sublimation would lead individuals to manage their negative emotion into a growth constructive activities. These techniques help to channel the energy of anger into productive and positive outlets, fostering personal development and emotional well being. It helps them self to life at society in appropriate way. Sublimation is considered a mature and adaptive way

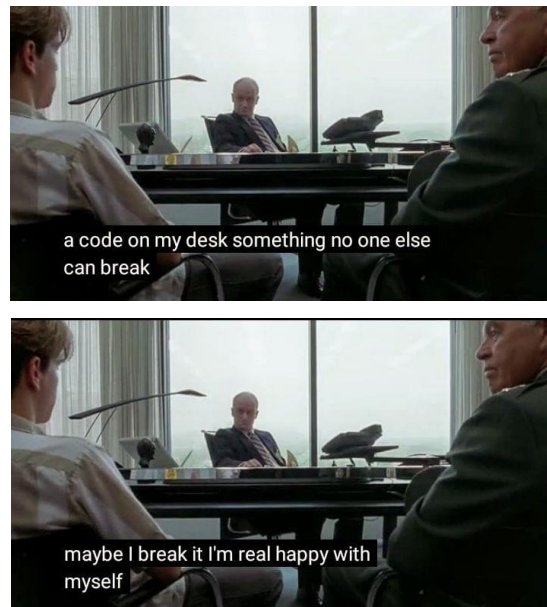
of dealing with the unconscious negative emotion. It includes as form of defense mechanism in people without harming others.



Good Will Hunting movie serves that the main character's doing Sublimation in himself by redirecting his negative emotion into growth activities. Despite having troubles on his past and struggles on his internal conflict, Will decides to continue his life by working as cleaning staff in Massachusetts Institute of Technology (MIT). This action reflects the process of sublimation, where he could manage his negative emotions from his bad childhood to not being a destructive person (Freud & Psychoanalysis, 2018). He tried to distract his negative memories by doing constructive growth action. Will is doing his job as a cleaning staff to change the bad effect potential due to his negative memories, being transformed into constructive and positive endeavors. Sublimation is a form of self defense because he realized if he just continually remembering about anything happened on his childhood it just will destruct himself. He finds a job to spend his life, it will be a positive activities to avoiding bad potential of negative emotions and internal conflict. Besides doing sublimation by being a cleaning staff in Massachusetts Institute of Technology, Will also commences to use his prodigious intellect to solve math problems after he met Prof Lambeau, which expected that it would can contribute for community .

In the end of "Good Will Hunting" movie scene, Will unconventional approach to job interviews is having interviewed in NASA. Eventhough it is not always a direct reflection of successful personal growth strategies. People suffer sublimation by engaging in acceptable or socially unacceptable behaviors. Same in this case, Will did the job interview, for highlights the potential benefits of authenticity and self awareness. Will's initial reluctance and subsequent vulnerability, guided by his therapist Sean Maguire, Will demonstrates that he has genuine self passion which could be a powerful asset in job connection, including potential employers. Doing job interview is a good way to reflect sublimation. People with internal conflict and negative emotions could be continued in their life, with more meaningful

interactions and understanding whether a job is a good fit for him or not. In this issue, Will has done job interview in NASA to spend his precious time in better way and prepare the bright future. On his job interview, he was demonstrating self awareness, including an understanding of one's limitations, is crucial. It shows maturity and a willingness to learn and grow (Widjaya, 2021).



The NASA job interview was done great and he is passed successfully, he can answer all questions and makes the interviewer got amazed of his answers. But in the end of the movie exhibiting that Will prefers to pursue Skylar who moves to California. This incident is indirectly caused by his denial feeling and anger displacement that he did.

5. CONCLUSION AND SUGGESTIONS

Fear abandonment is a mental disorder which arise from being abandon and neglect in their past, it obtained the bad trauma on themselves. Based on the findings from the analysis result, this study concluded that average people with fear of abandonment disorder will take various preventive action to resist a new relationships or meaningful bonds creates. According to the analysis result, the reseacher finds that the main character reflects denial and displacement to avoiding the new relationship, and reflects repression, rationalization and sublimation to prevent the self desruption from the internal conflict, by remembering unpleasant memories continually. The findings demonstrate that 'self defense mechanism' is highly efficient to help the society which suffers fear of abandonment disorder to resolve their internal conflict and distract the negative emotions and bad memories from them selves.

In relation to society, many cases of neglecting the children by parents surrounding the society environment, which is many societies have wounds in their heart, people carry the wound until they are adults. Based on the findings, the researcher suggests for the society which suffers fear of abandonment disorders for using "self defense mechanisms" by Sigmund Freud, to resolve their fear of abandonment disorder, as the main character's doing. For distract negative emotion and childhood trauma, people can use Repression, Rationalization and Sublimation. There are some defense mechanisms to manage fear abandonment for not being self destruction. For the sufferers that want to resolve the problem by avoiding new relationship, the researcher suggests to replace the method into doing therapy instead of denial action. Therapy could resolve the unfinished wound from bad past experience by healing from the inside. Fear abandonment is not only inflicted the huge trauma on the sufferers but also efficiency to being a self destruction. Therefore the researcher suggests for the audience which has the same case with the main character, to try to reflect self defense mechanism to resolve the fear abandonment disorder instead of resisting on the new bounding creates.

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