

Fragments of the Mind: Trauma, Memory, and Identity in Literary Narratives

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ABSTRACT

Literature has long served as a mirror to the human psyche, revealing the intricate workings of memory, trauma, identity, and emotional conflict. This paper examines how literary narratives represent the fragmented nature of the human mind, particularly in relation to trauma and memory reconstruction. Drawing upon psychological theories and narrative techniques such as stream of consciousness, interior monologue, and nonlinear storytelling, the study explores how writers portray the complexities of inner life. Through selected examples from modern and contemporary literature, the paper argues that narratives do not only depict psychological struggle but also function as therapeutic spaces for self-discovery and healing. Ultimately, literary texts become powerful mediums through which readers engage with universal experiences of loss, resilience, and identity formation.

Keywords: Human psyche, Trauma, Memory, Narrative identity, Psychological criticism.
