



استكشاف نفسي للإدمان، الصدمات النفسية، والتعافي في رواية "دكتور سليب" (٢٠١٣) لستيفن كينغ

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الملخص

يستعرض دكتور سليب (٢٠١٣) لستيفن كينغ مواضيع الإدمان، والصدمات النفسية، والتعافي، خصوصاً من خلال شخصية دان تورانس. تمثل هذه الرواية تكملة لرواية البريق (١٩٧٧)، حيث تتبع تطور شخصية دان من طفل متأثر بالصدمات إلى بالغ يعاني من الإدمان على الكحول، مما يكشف كيف أن ماضيه في فندق أوفرلوك لا يزال يطارد. يتبنى هذا المقال منظوراً نفسياً لتحليل تحول دان، مع التركيز على العلاقة بين الصدمة غير المعالجة، وآليات التكيف غير التكيفية، والإمكانات العلاجية من خلال العلاقات الإنسانية ذات المعنى. يُصوّر إدمان دان للكحول كآلية للتكيف مع الألم العاطفي العميق الناتج عن ماضيه، مما يسلط الضوء على كيف أن الإدمان غالباً ما يكون استجابة للصدمات. ومع ذلك، فإن رحلته نحو التعافي تتأثر بشكل كبير بالعلاج العلاقي الذي يعيشه، خصوصاً من خلال مشاركته في جماعة المدمنين المجهولين (AA) وإرشاده لأبرا ستون. توفر هذه العلاقات له الدعم العاطفي وتعطيه إحساساً متجدداً بالهدف، مما يوضح كيف أن الروابط مع الآخرين والعمل من أجلهم يمكن أن يعزز القوة العاطفية ويسهم في النمو الشخصي.

كما يفسر المقال العناصر الخارقة للطبيعة في الرواية، وبخاصة قدرة دان على "التوهج"، باعتباره استعارة نفسية لحساسيته العالية تجاه الصدمة. لا تقتصر هذه العناصر على إثراء السرد، بل توفر أيضاً منظوراً فريداً لفهم الإدمان والتعافي. من خلال وضع دكتور سليب في سياق الأدب الخيالي، يظهر هذا البحث كيف يدمج كينغ بين الواقعية النفسية والسرد الخيالي. يُبرز تصوير الرواية لتعافي دان القيمة العلاجية للمجتمع، والإيثار، وقبول الذات، ويقدم رؤية دقيقة للتحديات والانتصارات في التغلب على الإدمان. في النهاية، يُسهم هذا المقال في مجال التحليل الأدبي النفسي من خلال توضيح كيف يمكن للأدب الخيالي أن يكشف عن تجارب نفسية معقدة، ويقدم رؤى جديدة حول التأثيرات المستمرة للصدمة والإمكانات التحويلية للتعافي.

الكلمات المفتاحية: الإدمان، الصدمات النفسية، التعافي.

A Psychological Exploration of Addiction, Trauma, and Recovery in Stephen King's *Doctor Sleep* (2013)

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Abstract

Stephen King's *Doctor Sleep* (2013) explores themes of addiction, trauma, and recovery through the character of Dan Torrance, a traumatized child from *The Shining* (1977). The novel traces Dan's journey from a boy haunted by the Overlook Hotel to an adult struggling with alcoholism, using alcohol as a coping mechanism for unresolved emotional pain. This article applies a psychological perspective to examine Dan's transformation, highlighting the relationship between trauma, maladaptive coping strategies, and healing through meaningful relationships. Dan's addiction is portrayed as a response to the deep emotional distress caused by his traumatic past. However, his recovery is shaped by relational healing, particularly through his involvement in Alcoholics Anonymous (AA) and his mentorship of Abra Stone. These connections provide emotional support, helping him find a renewed sense of purpose and illustrating how service to others can foster emotional resilience. The article also interprets Dan's supernatural "shining" ability as a metaphor for his heightened sensitivity to trauma, using fantastical elements to enrich the narrative and explore addiction and recovery. By situating *Doctor Sleep* within the broader context of supernatural literature, this study demonstrates how King blends psychological realism with fantastical storytelling. The novel's portrayal of Dan's recovery emphasizes the therapeutic value of community, altruism, and self-acceptance, providing a nuanced understanding of the struggles and victories in overcoming addiction. Ultimately, this article contributes to psychological literary analysis by showing how supernatural fiction can offer fresh insights into trauma's lasting effects and the transformative potential of recovery.

Keywords: Addiction, Trauma, Recovery.

Introduction

Stephen King's *Doctor Sleep* (2013) revisits the character of Dan Torrance, son of Jack Torrance in *The Shining* (1977), and charts his adult life as he grapples with alcoholism, trauma, and eventual recovery. The novel is not only a supernatural thriller but a profound psychological analysis of addiction and its roots in unresolved trauma. This article applies a psychological framework to a discussion of Dan's addiction and recovery struggle and considers the interplay between trauma, self-regulation, coping skills, and relational healing. In analyzing Dan's psychological transformation, this research aims to illuminate the novel's handling of addiction as both a symptom of trauma and a process of self-discovery and healing.



The psychological dimensions of addiction, trauma, and recovery have been extensively studied within both clinical and literary contexts, providing a rich foundation for analyzing the themes in Stephen King's *Doctor Sleep*. Trauma, especially when experienced in childhood, is widely acknowledged as a significant contributor to the development of mental health challenges, including addiction. This study builds on foundational research, such as Judith Herman's *Trauma and Recovery* (1993), which provides a comprehensive perspective on the enduring impact of trauma, highlighting its capacity to erode an individual's sense of safety, self-worth, and ability to form stable, meaningful relationships. This framework is particularly applicable to the character of Dan Torrance, whose traumatic childhood experiences at the Overlook Hotel leave him grappling with a broken sense of identity and recurring nightmares that persist into his adult life. These psychological scars not only shape his struggles with addiction but also serve as a lens through which the novel explores the profound and lasting effects of unresolved trauma on the human psyche.

Building on Herman's foundational insights, Bessel van der Kolk's (2014) *The Body Keeps the Score* offers a more comprehensive exploration of the psychological effects of trauma. Van der Kolk explains that trauma often leaves individuals struggling to cope with overwhelming emotional pain, leading them to adopt maladaptive strategies, such as substance abuse, as a way to manage their distress. His use of alcohol as a coping mechanism highlights how trauma can drive individuals toward self-destructive behaviors in an attempt to regulate their emotions and escape from painful memories. Dan's struggle exemplifies the profound connection between unresolved trauma and the development of addictive behaviors, underscoring the challenges faced by those attempting to navigate the aftermath of psychological wounds.

Gabor Maté, in *In the Realm of Hungry Ghosts* (2008), argues that addiction stems from emotional suffering and functions as an ineffective means of regulating emotions for individuals who lack healthier coping mechanisms. Maté's perspective offers a valuable framework for understanding Dan's addiction as a form of self-medication aimed at managing the lingering effects of his trauma. Similarly, Stephen Porges' *Polyvagal Theory* (2011) emphasizes the role of the autonomic nervous system in regulating responses to stress and trauma, suggesting that individuals with a history of trauma often experience difficulties with self-regulation. These difficulties can manifest in behaviors such as substance abuse, as exemplified by Dan's reliance on alcohol to cope with his



emotional distress. Together, these theoretical perspectives highlight the complex relationship between trauma and addiction, providing a nuanced understanding of Dan's psychological struggles.

John Bowlby's *Attachment Theory* (1988) emphasizes the importance of secure relationships in fostering emotional well-being and resilience, particularly for individuals recovering from trauma. This theoretical framework is reflected in Dan Torrance's journey, where his involvement in Alcoholics Anonymous (AA) and his bond with his sponsor, Billy Freeman, provide him with the emotional stability and support needed to confront and overcome his addiction. These relationships offer Dan a foundation of trust and security, which are essential for his recovery.

Marsha Linehan's *Dialectical Behavior Therapy* (1993) further emphasizes the therapeutic importance of interpersonal relationships in the recovery process, especially for those with a history of trauma. Linehan's research highlights how social support systems can aid individuals in developing healthier coping mechanisms and regaining their sense of self. This theme is central to Dan's narrative, as his relationships with Billy and Abra Stone become crucial to his healing. Through these connections, Dan is able to rebuild trust, cultivate emotional resilience, and find a sense of belonging, all of which are vital for his recovery and personal growth.

Viktor Frankl's *Man's Search for Meaning* (2006) introduces the concept of logotherapy, which posits that finding purpose and meaning is a critical pathway to overcoming adversity. Frankl's ideas resonate deeply with Dan Torrance's journey in *Doctor Sleep*, as his work at the hospice and his mentorship of Abra Stone provide him with a renewed sense of purpose and fulfillment. By dedicating himself to helping others, Dan is able to derive meaning from his own traumatic experiences, transforming them into a source of strength and resilience. This process aligns with Frankl's assertion that discovering meaning, even in the face of suffering, can empower individuals to endure and transcend their struggles.

Lisa Najavits' *Seeking Safety* (2002) further underscores the therapeutic role of altruism and service to others in the recovery process. Najavits suggests that engaging in acts of helping others can facilitate emotional healing and enhance psychological well-being. This principle is central to Dan's narrative, as his efforts to protect and guide Abra enable him to confront his past, reclaim his agency, and ultimately achieve a sense of redemption. Through these selfless



actions, Dan not only aids Abra but also heals himself, illustrating the reciprocal benefits of altruism in the recovery journey.

By integrating these theoretical perspectives, this article aims to illuminate the psychological depth of *Doctor Sleep* and its intricate exploration of addiction as both a manifestation of unresolved trauma and a potential pathway to healing and self-discovery. The novel not only depicts the profound and often devastating effects of trauma and addiction but also presents a hopeful vision of recovery, emphasizing the transformative power of community, relationships, and altruism. Through Dan Torrance's journey, *Doctor Sleep* highlights the resilience of the human spirit and the possibility of finding meaning and healing, even in the face of overwhelming suffering. Dan's participation in Alcoholics Anonymous (AA), his mentorship of Abra Stone, and his compassionate work at the hospice illustrate how meaningful connections and acts of service can foster emotional resilience and facilitate personal growth. Ultimately, the novel stands as a powerful testament to the enduring impact of trauma, the challenges of overcoming addiction, and the redemptive potential of human connection and self-acceptance.

2. Addiction as an Adaptive Response to Psychological Trauma

In *Doctor Sleep*, Stephen King explores addiction as a response to trauma, particularly through Dan Torrance's struggle with alcoholism. Rather than presenting Dan's addiction as a mere personal failing, King frames it as a consequence of his unresolved childhood trauma—especially the horrors he endured at the Overlook Hotel. Alcohol becomes Dan's way of numbing the pain, silencing the lingering memories, and dulling the psychological wounds that refuse to heal. Through this portrayal, King illustrates how trauma and addiction feed into each other, creating a vicious cycle that traps the sufferer. The novel presents addiction not as a moral weakness but as a flawed, deeply human attempt to survive unbearable pain.

Dan's addiction is initially portrayed as a response to the profound psychological scars left by the traumatic experiences of his childhood. King writes, "He had to drink to shut off the pictures in his head" (King, 2013, p. 45). The term "pictures" functions metaphorically, referring to the intrusive and distressing memories of the Overlook Hotel, the violent abuse inflicted by his father, and his complicity in his father's death. For Dan, these "pictures" are not merely passive recollections; they are persistent and vivid traumatic flashbacks



that intrude upon his conscious awareness. The consumption of alcohol serves as a temporary form of emotional regulation, providing a means to diminish the intensity of these aversive memories and mitigate the psychological distress he endures. In this context, alcohol serves as an unhealthy coping mechanism, enabling Dan to avoid the intense emotional distress tied to his past temporarily. This aligns with psychological frameworks that view addiction as a form of self-medication, where individuals with unresolved trauma turn to substances to manage or numb their emotional pain. Dan's dependence on alcohol exemplifies a broader understanding within psychological research, which suggests that individuals who have experienced trauma may resort to substance use as a way to avoid confronting painful emotions or to dull their emotional responses.

The cyclical nature of addiction is further demonstrated through Dan's ongoing battle with alcohol. He recognizes that his attempts to use drinking as a means of erasing painful memories only serve to intensify his dependence. King writes, "Each time he thought he was drinking to forget, he was only reminding himself of his shame and guilt" (King, 2013, p. 86). This statement underscores the paradox inherent in addiction. While Dan seeks to escape his traumatic memories through alcohol, each instance of drinking deepens the emotional pain and psychological guilt he is attempting to avoid. This repetitive cycle of temporary relief, followed by increased emotional distress, highlights the self-reinforcing and harmful aspects of addiction, especially when it serves as an ineffective coping strategy for trauma.

Dan's experiences at the Overlook, particularly the traumatic events he witnessed as a child, are too overwhelming for him to fully process. He turns to alcohol to soften the sharpness of these painful memories. In a particularly influential moment, King writes, "The alcohol was the only thing that made him feel alive" (King, 2013, p. 124). This statement highlights how addiction can become a way of regaining a sense of control and relief in the face of pervasive emotional numbness. For Dan, alcohol is more than just a substance; it symbolizes an effort to reclaim some sense of normalcy and to experience something other than the constant emotional pain. This mirrors a broader psychological perspective on addiction, viewing it as an attempt to self-medicate and soothe emotional wounds, offering fleeting moments of respite from an otherwise overwhelming emotional reality.



The theme of addiction as an ineffective coping mechanism is further explored through Dan's eventual journey toward recovery. King contrasts the destructive cycle of alcohol dependence with the potential for healing that comes from confronting one's traumatic experiences. As Dan begins to address his past, he gradually breaks free from his addiction. King writes, "He was learning that he didn't have to drink to escape the pain of the past" (King, 2013, p. 312). This shift in Dan's character marks a critical turning point, where he starts to take responsibility for his trauma and seeks healthier methods to manage the emotional pain he had long repressed. In this instance, King suggests that although addiction may provide temporary relief, genuine healing is achieved through facing the past and processing trauma, rather than avoiding it through substance use.

Through Dan's journey, King offers a detailed exploration of addiction, highlighting how trauma can lead individuals to adopt ineffective coping mechanisms such as substance abuse. Yet, King also presents a message of hope: recovery is possible, not by avoiding the past, but by understanding, confronting, and ultimately healing from it. The cyclical nature of trauma and addiction is broken not through denial or repression, but through acceptance and self-regulation. This process of recovery is framed as a journey toward personal growth, self-acceptance, and the ability to establish healthier relationships.

3. The Significance of Relationships in Overcoming Trauma and Addiction

A key theme in *Doctor Sleep* is relational healing, which highlights the transformative role that relationships play in the recovery process. This theme aligns with psychological theories that stress the importance of secure attachments for emotional healing, especially following trauma. Dan's recovery is supported by the development of significant relationships, such as his bond with his Alcoholics Anonymous (AA) sponsor, Billy Freeman, and his mentorship of Abra Stone, a young girl who shares his "shining" ability. These connections not only provide Dan with emotional support but also help him regain a sense of belonging and purpose.

John Bowlby's Attachment Theory (2008) is especially helpful in understanding the importance of healing relationships in *Doctor Sleep*. According to Bowlby, forming secure and trusting connections is essential for emotional health and building resilience. For those recovering from trauma, having a dependable support system can greatly impact their ability to heal. In *Doctor*



Sleep, Dan's relationship with Billy Freeman exemplifies this. Billy offers Dan the stability and trust he needs to face his addiction and confront his painful past.

Dan's reflection on his relationship with Billy—"Billy Freeman had been the rock Dan clung to when he was at his worst" (King, 2013, p. 208)—emphasizes the essential role that Billy plays in Dan's recovery journey. This bond offers Dan the emotional stability and trust necessary to confront his addiction and heal from the psychological scars of his past. Bowlby's Attachment Theory, which underscores the importance of consistent and dependable emotional support, is clearly demonstrated in Dan's recovery process. This relationship exemplifies the critical role of a secure attachment figure in facilitating recovery and emotional resilience. Dan's relationship with Billy exemplifies the transformative influence of a stable attachment figure in navigating and overcoming psychological distress. Billy Freeman's role in Dan's healing process not only aligns with Bowlby's Attachment Theory, which emphasizes the importance of secure, consistent emotional support, but also resonates with the overarching theme in *Doctor Sleep* that relational connections can provide essential guidance through an individual's most challenging and tumultuous periods.

The relationship between Dan and Abra Stone further exemplifies the healing power of interpersonal connections in the recovery process. Abra, a young girl who shares the same "shining" ability as Dan, represents a bond that transcends the trauma both characters have endured. Through his mentorship of Abra, Dan not only gains a renewed sense of purpose but also finds a meaningful outlet for his energy by assisting someone else. This dynamic aligns with Bowlby's perspective, which posits that secure relationships foster emotional resilience. Dan's involvement in Abra's life allows him to rediscover his own sense of self-worth and emotional stability, reinforcing the transformative potential of supportive connections.

Abra's innocence and resilience function as crucial emotional support for Dan, while their mentorship relationship provides him with a renewed sense of responsibility and personal validation. This reciprocal dynamic underscores the therapeutic potential of interpersonal relationships, where both individuals contribute significantly to each other's emotional recovery. The strength of their bond is particularly evident when Dan reflects on his role in Abra's life: "He had taken her under his wing, and she had become, in some ways, more than a daughter to him" (King, 2013, p. 314). This relationship exemplifies the notion that healing is not solely about receiving support, but also about offering it to



others, fostering a mutually beneficial process that enhances the emotional well-being of both individuals.

Marsha Linehan's Dialectical Behavior Therapy (DBT) (1993) offers valuable insight into the role of interpersonal relationships in the healing process from trauma. Linehan's framework posits that social support systems profoundly shape emotional stability and the development of healthier coping mechanisms. In *Doctor Sleep*, Dan's connections with Billy and Abra exemplify the core principles of DBT, which emphasizes the use of relationships as a foundation for building emotional resilience. These relationships provide Dan with the opportunity to develop coping strategies that foster self-acceptance and emotional stability, aligning with DBT's emphasis on the therapeutic potential of supportive interpersonal bonds.

In conclusion, *Doctor Sleep* presents a compelling narrative that emphasizes the transformative power of relationships in the process of emotional recovery. The psychological theories of John Bowlby and Marsha Linehan offer a valuable theoretical framework for understanding the role of relational healing within the novel. Through Dan's interactions with Billy Freeman and Abra Stone, King illustrates how relational support can aid in healing from trauma, foster emotional resilience, and restore a sense of self-worth. These relationships not only provide the emotional stability needed for recovery but also offer individuals the opportunity to rediscover purpose and meaning in their lives, underscoring the fundamental importance of human connection in the healing process.

4. The Role of Self-Acceptance in Recovery and Healing

In Stephen King's *Doctor Sleep*, the theme of self-acceptance is integral to Dan Torrance's journey of healing, not only from his addiction but also from the profound trauma that has shaped his life. As the novel progresses, it's evident that Dan's recovery is not just about quitting alcohol; it's about coming to terms with his past, forgiving himself for the things he cannot change, and learning to live with the emotional scars that still define him. Self-acceptance, particularly after enduring trauma, is a complex and often painful process. It requires recognizing one's imperfections and mistakes without judgment, as well as acknowledging the possibility for growth and change. For Dan, this journey involves accepting his flaws and weaknesses, not as something to be ashamed of, but as part of the fabric of who he is and how he moves forward. Through this lens, King offers a narrative that speaks to the broader human experience of coming to terms with our own vulnerabilities.



Dan's battle with addiction is deeply rooted in a sense of shame that has been amplified by the traumatic events of his childhood. The horrors he experienced at the Overlook Hotel, combined with the abuse at the hands of his father, created emotional wounds that have lingered throughout his life. These memories don't simply fade with time; instead, they persist as haunting "pictures" in his mind—vivid and relentless. Dan's emotional scars are so intense that at times, the pain seems unbearable. At one point, he even thinks, "I wish I were dead" (King, 2013, p. 242). This thought, in part, represents the weight of his addiction, but it is also an expression of his overwhelming shame and guilt, which stem from the trauma he cannot escape. The "pictures" of his past are more than just intrusive memories—they are emotional anchors that trap him in a cycle of self-loathing and regret. Alcohol becomes his primary way of numbing these memories, offering him temporary relief but at a heavy cost. While alcohol dulls the pain for a while, it also exacerbates his guilt, allowing the memories to haunt him with greater force.

The importance of self-acceptance in Dan's recovery is underscored by his ability to confront these pictures rather than run from them. As he struggles with his self-image and the shame of his past, it becomes clear that healing begins when Dan accepts himself as he is—flaws, imperfections, and all. The process of self-acceptance involves acknowledging the mistakes he's made, including his inability to protect his mother from his father's violence. This sense of self-blame becomes a central theme in the novel, especially as Dan repeatedly tries to escape his past through alcohol. At one point, King captures the confusion and guilt Dan feels with a reflection on the toxic relationships around him: "What's this about? He'd asked her, running the tip of his finger over her upper left arm. She was wearing a sleeveless blouse, so the tattoo showed. She liked the tattoo to show when she was out looking for a date. She wanted men to see it. They thought it was kinky. She had gotten it in San Diego the year after she killed her father." (King, 2013, p. 8). This quote highlights how Dan's past is inextricably linked to the people around him and how he struggles to navigate relationships while grappling with his internal shame. His inability to untangle the trauma he experienced and its effect on his identity makes self-acceptance all the more difficult.

In the midst of his struggles, the concept of self-compassion becomes an essential tool in Dan's healing process. Kristin Neff (2003), a leading researcher in the field of self-compassion, describes it as treating oneself with kindness,



especially when dealing with personal failures or traumatic events. For Dan, learning to show himself the same kindness and understanding he might offer to others is a crucial turning point. He begins to realize that his path to recovery is not about punishing himself for past mistakes, but about learning to accept himself and his actions. This realization is a turning point, as Dan starts to shift from self-doubt to self-empowerment. Instead of running from his past, he begins to face it head-on. There's a pivotal moment in the novel when Dan reflects on the emotional pain he's been carrying for years, thinking, "I know what you want, honeydoll. Come back and you can have it." (King, 2013, p. 9). This moment marks a critical juncture in Dan's growth, as he begins to recognize that facing the pain of his trauma is the only way to move forward.

Dan's emotional transformation is also tied to the reconstruction of his identity. Erik Erikson (1963), in his stages of psychosocial development, emphasized the importance of forming a stable sense of self, especially in the face of adversity. For Dan, the trauma he faced as a child disrupted his sense of who he was and left him questioning his place in the world. His addiction was an attempt to regain control over this fractured identity, but it only served to deepen the void. Alcohol became a coping mechanism, a temporary escape from the overwhelming emotional pain. But as Dan begins to confront his past, he also begins to reconstruct his sense of self. A pivotal moment comes when Dan starts working at a hospice, finding purpose in helping others cope with the end of their lives. This work provides him with an opportunity to give back, which in turn helps him rediscover his own sense of purpose and self-worth. King writes, "I want this one. And what I want, I get." (King, 2013, p. 10). This realization is Dan's acknowledgment that his recovery will not come through avoidance but through embracing his ability to heal others and, in turn, heal himself.

The act of giving—of altruism—becomes a vital part of Dan's journey toward self-acceptance. Gabor Maté (2008) argues that addiction often stems from deep emotional suffering, and that people turn to substances as a way to self-medicate and numb their pain. For Dan, alcohol served as a way to avoid confronting his emotional scars. But as he begins to help others—especially through his mentorship of Abra Stone, a young girl who shares his "shining" ability—Dan learns that healing comes from selflessness. By guiding Abra and helping her face her own fears, Dan finds a renewed sense of purpose. Through Abra, he realizes that his trauma doesn't define him; he can still make a difference in the world.



Dan's bond with Abra highlights the power of relationships in healing. In his relationship with Abra, Dan not only provides guidance and support but also finds the strength to face his own demons. King emphasizes the power of these connections throughout the novel, showing how supportive relationships help Dan rebuild his sense of self. King writes, "Sabbatha hanti," they chanted. "Lodsam hanti. Cahanna risone hanti." (King, 2013, p. 11). These relationships with Billy and Abra provide Dan with the emotional support he needs to recover, demonstrating how healing is a relational process.

As Dan continues on his journey toward recovery, his relationship with his sponsor, Billy Freeman, serves as a critical anchor in his life. Billy's consistent presence offers Dan a sense of stability, trust, and emotional security that helps him confront his addiction. Bowlby's Attachment Theory (2008) underscores how important secure, trusting relationships are in the healing process. Dan's reflection on his relationship with Billy highlights the value of this connection: "I want this one. And what I want, I get." (King, 2013, p. 10). Billy is the stable figure that Dan needs in order to face his deepest fears and work toward recovery.

Dan's connection with Abra also illustrates the profound healing power of relationships. Through his mentorship of Abra, Dan not only helps her confront her own struggles, but he also finds the strength to face his own unresolved issues. These connections—both with Billy and Abra—serve as the foundation of Dan's healing, offering him the support, purpose, and stability needed to overcome the darkness of his past.

Conclusion

In conclusion, Stephen King's *Doctor Sleep* offers a profound exploration of the themes of self-acceptance, identity reconstruction, and the healing power of relationships in the context of addiction and trauma recovery. Through Dan Torrance's journey, King demonstrates how addiction is often a response to unresolved emotional pain and trauma, and how recovery is not simply a matter of overcoming substance dependence, but of confronting the past, embracing self-compassion, and forming meaningful connections with others. By drawing on psychological theories of self-compassion, identity reconstruction and relational healing, the novel highlights the transformative potential of human connection in the recovery process. Through his relationships with Billy Freeman and Abra Stone, Dan learns to accept himself, confront his past, and find a renewed sense of purpose. Ultimately, *Doctor Sleep* underscores the redemptive power of self-



acceptance and the profound role that relationships play in overcoming trauma and addiction.

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