

**AN ANALYSIS OF TOXIC RELATIONSHIP  
REPRESENTATION IN *IT ENDS WITH US* NOVEL  
BY COLLEEN HOOVER**

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**Abstract**

This study was about an analysis of toxic relationship representation between the main characters in *It Ends with Us* novel by Colleen Hoover. This study would answer the question “What kind of toxic relationship form experienced by the main character in *It Ends with Us* novel by Colleen Hoover. By answering the question the writer would know what kind of toxic relationship was found in the novel. The writer used descriptive qualitative research. The object of the study was a novel entitled *It Ends with Us* by Colleen Hoover. The instrument of this study was the writer herself as the human instrument key. In collecting the data, the writer read the novel highlighted and underlined those sentences and quotations from the novel and the last rewrote them in another book. In analyzing the data, the writer identified the data, categorized and classified all data in the novel, reduced the data, and described and interpreted the data. There is a point explained in the novel. The writer found about Toxic Relationship in the novel and it is divided into seven parts. Deprecator Belittler, the Bad Temper Toxic Partner, the Guilt Inducer, the Overreacted, the Dependent Partner, the Independent Toxic Controller and the Possessive Toxic Controller.

Keywords: *Toxic Relationship, Relationship and It Ends with Us.*

**INTRODUCTION**

Novels play a significant role in human life, as they express creativity and imagination. Romance, a popular genre, is a feeling of love or strong attraction

between people. The author often uses stories based on their experiences or life experiences, such as love or romance novels. However, not all stories have happy endings, and some novels involve two main characters with relationships that make the story in line with the plot.

Toxic relationships are unhealthy relationships that can happen to anyone, regardless of age. In this study, the author chose the novel *It Ends With Us* because it is engaging and effectively describes the many concerns that can develop in a story related to toxic relationships. The story is based on the experiences of Lily, an adolescent with toxic parents who frequently abused her mother. The author analyzed the novel because it was about love and interest, and it brought the story of Lily, who is portrayed as an adolescent with toxic parents. The novel is an attractive literary work that brings relationships that become unhealthy, called toxic relationships, between people who try to build their chemistry.

Interpersonal relationships are not only internalized in the image of the other person but also externally based on the other's positive reactions, actions, gesture-provoking reactions, actions, and gestures. These relationships can be described about people's characteristics and qualities, which can be applied to literary art like novels.

In conclusion, the study of *It Ends with Us* by Colleen Hoover reveals the complex nature of relationships and the challenges they can create. By examining the interpersonal relationship approach, the author can better guide readers in

building healthy relationships and understanding the potential consequences of toxic relationships in their lives.

## METHODOLOGY

This research utilized the descriptive qualitative research method; the aim of the research was to describe the novel's characters and harmful relationships in the novel. To describe the object of the investigation It was referred The purpose of descriptive qualitative investigations is to provide a concise summary of specific events experienced by individuals or groups of persons

## RESULT AND DISCUSSION

This study analyzes toxic relationships in the novel It Ends With Us using Thomas L Cory theory. It identifies 13 types, including Deprecator Belittler, The Bad Temper, The Guilt Inducer, Overreacted, Dependent Partner, Independent Toxic Controller, User, and Possessive Paranoid Toxic Controller. The analysis uses a table to separate these types.

**Table 1. Deprecator Belittler**

No.	Deprecator Belittler
1	Ryle lets out a disbelieving laugh and points at atlas, but he's still looking at me. <i>"this is Atlas? The homeless boy you pity-fucked?"</i> (Dialogue Ryle to everybody. Ch:15, p:152)

The table reveals only one deprecator belittler type of toxic relationship, where the user mocks their partner's ideas, views, or desires, making fun of them in public.

**Table 2. The Bad Temper**

No.	The Bad Temper
1	<p><i>I opened the garage door and didn't see my mom. <b>I just saw my dad behind the car doing something.</b> I took a step closer and realized why I couldn't see mom. <b>He had her pushed down on the hood with his hands around her throat. He was choking her, Ellen!</b> (Lily POV to her diary. Ch:8, p:83)</i></p>
2	<p>I'm instantly not laughing anymore, I'm on the floor, my hand pressed against the corner of my eye. <b>In a matter of one second, Ryle's arm came out of nowhere and slammed against me, knocking me backward.</b> There was enough force behind it to knock me of balance, when I lost my footing, <b>I hit my face on one of the cabinet door handles as I came down. Pain shoot through the corner of my eye, right near my temple. And then I feel weight.</b> (Lily POV. Ch:14, p:142)</p>
3	<p>"He's lucky I got his fucking voice mail. "He chunks my phone clear across the room and it crashes against the wall, shattering to the floor. <b>(Dialogue Ryle to Lily. Ch:19, p:177)</b></p>

4	<p><b>I squeeze my eyes shut, just as his fingers begin to trace across my skin, up to my shoulder.</b> He slowly runs his finger over the heart and a shudder runs over my whole body. <b>His lips meet my skin, right over the tattoo, and then he sinks his teeth into me so hard, I scream.</b></p> <p>(Lily POV. Ch:23, p:204)</p>
5	<p><b>His body comes down against mine and he takes my wrist with one hand above my head, pressing them against the mattress.</b></p> <p>(Lily POV. Ch:23, p:205)</p>

From the table above, the writer found 5 of The Bad Temper toxic user. The user is constantly arguing or disagreeing with their partner because they become enraged or lose their temper, and they frequently refuse to communicate with them in any meaningful way for days. "Controlling by intimidation" is a classic toxic spouse behavior. Frequently, they will launch a physical attack or engage in destructive behavior that could endanger their spouse.

**Table 3. The Guilt Inducer**

No.	The Guilt Inducer
1	<p><b>He never should have to push me, but I also did things I wasn't proud of.</b> And if I'd have just left would that not going against our marriage vows? <b>For better or worse. I refuse to give up on my marriage that easily.</b> (Lily POV. Ch:21, p:190)</p>

2	<p><b>I could call the police, but my mind can't even process what all that entails. I don't want to give a statement. I don't know that I want to press charges, knowing what this could do to his career. I don't want Allysa mad at me. I just don't know.</b> I don't completely rule out eventually notifying the police. I just don't have energy to make that decision right now. <b>(Lily POV. Ch: 23, p:207)</b></p>
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Based on the table above, the writer found 2 of The Guilt Inducer toxic user. The guilt inducer exerts control by persuading their spouse to feel guilty if their partner does anything they dislike. They will frequently have someone else relay their "disappointment" or "hurt" to their lover.

**Table 4. The Overreactor/Deflector**

No.	The Overreactor/Deflector
1	<p>This isn't how this was supposed to be my whole life. I knew exactly what I'd do if a man ever treated me the way my father treated my mother. It was simple, I would leave and it would never happen again.</p> <p><b>But I didn't leave. And now here I am with bruises and cuts on my body at the hands of the man who is supposed to love me. At the hands of my own husband. And still, I'm trying to justify what happened. (Lily POV. Ch:24, p:186)</b></p>

2	<p>“We all have the limit. What we’re willing to put up with before we break. When I married your father, I knew exactly what my limit was. But slowly... with every incident... my limit was pushed a little more. The first time your father hit me, he was immediately sorry. <b>He swore it would never happen again.</b> The second was more than a hit. It was a beating. And every single time, I took him back. But the fourth time, it was only a slap. <b>And when that happened, I felt relieved. I remember thinking, ‘at least he didn’t beat me this time. This wasn’t so bad’</b> (Dialogue Lily’s mother to Lily. Ch: 32, p:259)</p>
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From the table above, the writer found 2 of The Overreactor/deflector. Instead of gaining comfort, the overreactor/deflector user will soothe their toxic relationship. Worse, they feel awful about themselves for being "so selfish" in bringing up something that "upset" the toxic partner so much. Needless to say, the initial anxiety, pain, or aggravation fades as they remorsefully attend to the concerns of their toxic relationship.

**Table 5. The Over Dependent Partner**

No.	The Over Dependent Partner
1	<p><i>When she said that, I just looked out of my window and started crying. Because I thought for sure this was the final straw. That she would leave him now that he hurt me. <b>That was the moment I realized that she’d never leave him. I feel so defeated, but I was too scared to say anything to her about it.</b> (Lily POV to her diary. Ch: 8, p:83)</i></p>

The table shows only one over dependent partner toxic user, who expects their partner to make most decisions for them. This toxic control strategy makes them dependent on their partner, making them responsible for the outcome. Not deciding can lead to someone else being responsible for the outcome.

**Table 6. The Independent Toxic Controller**

No.	The Independent Toxic Controller
1	<p>“You pushed me” I say through tears. It’s all I can think or say or see.</p> <p>“You fell” He say calmly. <b>About five minutes ago. Right after I found out what a fucking liar I married. (Dialogue Ryle to Lily. Ch:19, p:178)</b></p>

Based on the table above, the writer found only 1 of the independent toxic controller toxic user. This nasty individual rarely keeps their promises. Actually, what these people are doing is dominating their spouse by remaining unclear about what they will do.

**Table 7. The Possesive (Paranoid) Toxic Controller**

No.	The Possesive (Paranoid) Toxic Controller
1	<p>“Why is he still here, Lily?” His voice isn’t as composed as it was in the kitchen. He’s really angry now. <b>“He’s in everything. The magnet on the fridge. The journal in the box I found in our closet. The fucking tattoo on your body that used to be my favorite goddamn part of</b></p>

<b><i>you!</i>" (Dialogue Ryle to Lily. Ch:22 &amp; p:205)</b>
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The table reveals one possessive toxic controller, who becomes suspicious and domineering over time. They often double-check everything and question their partner, making their life miserable. The possessive partner often develops an "All or Nothing" mentality and "Catastrophic Conclusions," suggesting cheating. The data is classified based on Thomas L. Cory theory, with sentences and quotations bolded to clarify the type of toxic relationship..

This study focuses on the toxic relationships in Colleen Hoover's novel *It Ends With Us*. According to Thomas L. Cory's theory, there are seven types of toxic relationships in the novel: deprecator belittler, bad temper toxic partner, guilt inducer, overreacted/deflector, over dependent partner, independent toxic controller, and possessive toxic controller. The author identified seven types based on Cory's theory, with users being the most common type due to their one-way nature and the fact that their spouse would never have done enough for them.

The data analysis found in the novel revealed seven types of toxic relationships: Deprecator Belittler, The Bad Temper, The Guilt Inducer, The Overreactor/Deflector, The Over Dependent Partner, The Independent Toxic Controller, and The Possessive Paranoid Toxic Controller. Deprecator belittlers make fun of their partner's stupid and ridiculous ideas, beliefs, or wants in front of the public. The characters in the novel, Ryle, Lily, and Atlas, experience this type of relationship. Ryle humiliates Lily's past before meeting him at Atlas Restaurant, making it seem ridiculous. This toxic relationship occurs when one character humiliates another character and makes fun of it.

The other type of toxic relationship is the resentment of the other character, which is a form of resentment towards the other character. This type of relationship is more common in the romantic relationships between the characters, as they are often unable to express their feelings and needs in front of others.

The Bad Temper is a toxic partner who often argues or disagrees with their partner, leading to physical attacks or harmful activities that can hurt their partner. In the novel *Its End With Us*, the characters Lily's Father & Mother, Ryle, and Lily experience a toxic relationship. Lily has trauma from her father's abuse and spends her time away from her mother, which shows her deep hatred for her father. Ryle's first time with Lily, she has no knowledge about his past or story, leading to a physical attack on Lily. Ryle accidentally knows that Lily saved Atlas number in her phone housing, and he is mad about it, crushing Lily's phone. Ryle becomes mad and has trouble controlling his anger, attacking Lily's body and doing terrible things over her.

The Guilt Inducer controls by persuading their partner to feel bad whenever their partner does anything they don't like. They often have someone else relay their "disappointment" or "hurt" to their lover, persuading her spouse to trust and be accountable to them. Lily is one of the characters involved in a toxic relationship, but she always thinks she can escape from Ryle and never wants to give up. This suggests that Ryle has brainwashed Lily's brain to not leave him and stay. Lily's mind is constantly occupied with Ryle, making her feel like a doll with low battery.

The Overreactor/Deflector is another toxic control that causes their partner to soothe their toxic relationship. Instead of comforting themselves, they feel awful about themselves for being "so selfish" when they bring up something that upsets their partner. The characters in novel *Its End With Us* also experience the Over Dependent Partner, who is a toxic control for their partner to be so dependent on them.

In summary, the Bad Temper, Guilt Inducer, Overreactor/Deflector, and Over Dependent Partner are all examples of toxic relationships that can lead to physical and emotional harm. These relationships can be harmful to both the partner and the partner, and can lead to a toxic and harmful relationship. It is crucial for both partners to be aware of their own actions and to be aware of their own actions to prevent further harm.

## **CONCLUSION**

The author analyzes thirteen toxic relationships in Colleen Hoover's novel *Its End With Us*, including deprecator belittler, bad temper, guilt inducer, overreacted/deflector, over-dependent partner, independent toxic controller, and possessive toxic controller. These relationships occur between Ryle, Lily, Atlas, Lily's mother, Ryle's father, Lily's mother, Ryle's father, Lily's mother, the independent toxic controller, and Lily's control by Ryle. The author concludes that these relationships are a result of Ryle's bad behavior and the influence of his family.

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