ASHLEY’S STRUGGLE FOR HER TRUE IDENTITY
IN SHELDON’S TELL ME YOUR DREAMS

A SARJANA PENDIDIKAN THESIS

Presented as Partial Fulfilment of the Requirements
to Obtain the Sarjana Pendidikan Degree
in English Language Education

By
Josephine Alvina Puspananda
Student Number: 141214145

ENGLISH LANGUAGE EDUCATION STUDY PROGRAM
DEPARTMENT OF LANGUAGE AND ARTS EDUCATION
FACULTY OF TEACHERS TRAINING AND EDUCATION
SANATA DHARMA UNIVERSITY
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Dr. Yohanes Harsoyo, S.Pd., M.Si.
A journey of a thousand miles begins with a single step
-Lao Tzu-

This thesis is dedicated to:
My Lord, Jesus Christ
Bapak Bambang Surya Wiwaha
Mama Helena Sri Sunarti
Dionysius Byron Agathon
Suryono’s family
Kliwon Pujo Winarto’s family
STATEMENT OF WORK'S ORIGINALLITY

I honestly declare that this thesis, which I have written, does not contain the work or parts of the work of other people, except those cited in quotations and references, as a scientific paper should.

Yogyakarta, September 12, 2018
The Writer

Josephine Alvina Puspananda
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IN SHELDON’S TELL ME YOUR DREAMS

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Pada tanggal 12 September 2018

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(Josephine Alvina Puspananda)
ABSTRACT


This study discusses about Sidney Sheldon’s novel entitled Tell Me Your Dreams. The novel tells about a dissociative identity disorder which is experienced by Ashley Patterson, the main character. Ashley has two other alternate personality named Toni Prescott and Alette Peters. Since she has another two different alters, she does not remember moments when the alters take over her body. Thus, she has to struggle for her true identity in order to be free from her dissociation.

There are three research questions to answer in this research: (1) “How is Ashley Patterson and her alter-ego described?”, (2) “What are Ashley Patterson’s experiences in having dissociative identity disorder?”, and (3) “How does Ashley Patterson struggle for her true identity?”.

This research employed the library research method to answer the questions. The researcher used two sources in this study. The primary data was Sheldon’s Tell Me Your Dreams (1998) and the secondary data were taken from relevant books, journals, other printed references, and some electronic sources. The approach employed in this research was psychological approach. Psychological approach was used to understand the major character psychological illness and how she overcame her problems.

The findings showed that Ashley Patterson has three separated personalities with different characteristics. Ashley, herself, is described as a good-looking, intelligent, and insecure person. On the other hand, Toni Prescott, Ashley’s other personality is described as a tempting, talented, cynical, and cruel woman. While the other alter named Alette Peters is depicted as a humble, kind-hearted, and talented woman. Since Ashley has three different personalities, she experiences of having the symptoms of dissociative identity disorder. First, she has gaps in her childhood memory. Second, she gets lapses in memory. She has lost her days and time without knowing what has happened. Third, she discovers the evidence of alters’ actions. Ashley finds several things that do not belong to her, but her alters’. Besides, Ashley has to struggle for her true identity by rejecting to be the suspect of the five murders that have been done by one of her alters, going to the therapy session that never easy, and dealing with her traumatic memories which she never imagines.

The researcher provides suggestions for future research to conduct study on Tell Me Your Dreams. First, future researchers can analyze the David’s motive to be Ashley’s attorney. Second, the characteristic development of Ashley Patterson after the therapy will be an interesting topic to discuss as well. Third, the ending of the novel is also interesting to be analyzed by the future researcher.

Keywords: struggle, identity, dissociative identity disorder.
ABSTRAK


Terdapat tiga pertanyaan untuk dijelaskan dalam penelitian ini, yakni: (1) “Bagaimana Ashley Patterson dan kepribadian lainnya dideskripsikan?”, (2) “Apa saja pengalaman Ashley Patterson saat mengalami identitas disasosiatif?”, dan (3) “Bagaimana Ashley Patterson berjuang bagi identitas asli dirinya?”


Peneliti juga menyarankan tiga hal untuk peneliti selanjutnya tentang novel *Tell Me Your Dreams*. Peneliti selanjutnya dapat menganalisa tujuan David menjadi pengacara dari Ashley Patterson. Yang kedua, kedepannya perkembangan karater dari Ashley Patterson setelah menjalani terapi pun bisa menjadi topik yang menarik untuk dibahas. Ketiga, bagian akhir novel dapat menjadi topik yang menarik untuk dianalisa oleh peneliti selanjutnya.

Keywords: struggle, identity, dissociative identity disorder.
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CHAPTER I
INTRODUCTION

This chapter consists of four parts which are research background, research questions, research significance, and definition of terms. The research background explains the reason why the researcher chose a novel entitled *Tell Me Your Dreams* as the primary data. The research questions show the problem formulation discussed in this research. Then, the research significance state the benefits of the study. Last, the definition of terms provides the explanation of the important key terms used in this research.

A. **Research Background**

People have many problems in their life. Whether they become big or simple problems, they depend on how people perceive them. Some people may consider them as big problems and others may consider them as small problems.

There is an idea that problems in life cause people to struggle (Lasker, 1907, p. 5). In Darwin’s perspective, struggle is related to natural selection whether it is a success or failure depends on favorable variations (Bowler, 1976, p. 632). Thus, people must struggle to solve the problems that come to their life. How people struggle to solve their problems is an important thing. When someone experiences a certain struggle, others may be curious to know how he/she could go through it.

Therefore, some of the literature carry the real story of life that can inspire the reader (Hudson, 1910, p. 17). People can learn how to deal with problems from the surroundings and also from literary works because, some of literary works contain non-imaginative material; political, historical or scientific writing.
“Literature has a special value over the other discipline because it puts ideas in human context” (Henkle, 1977, p. 86). One example of the literary work can be in a form of fiction, like novel (Castle, 2007, p. 6). Novel, as a literary work, has moral values which are close to our life. It is because “every novel must necessarily present a certain view of life and of some of the problems of life” (Hudson, 1910, p.131). Because, a great novel contains the originality and freshness of nature, the novel may contain personal experiences of the author and/or based on true cases (p. 15). One of the novels which is based on the true cases is entitled *Tell Me Your Dreams* by Sidney Sheldon.

This novel tells about Ashley Patterson as the main character who suffers from Dissociative Identity Disorder (DID). She is possessed by her two alternate personalities in her body named Toni Prescott and Alette Peters. Her dissociative identity disorder is caused by her awful childhood memories. She has got sexual abuses from her father and her mother even hates her.

Ashley does not recognize her other personality’s appearances, so she feels innocent about five murder cases which are related to her fingerprints and the other evidences of her involvement. The alters have the negative characteristics which Ashley never imagines. Toni is one of the alters who has murdered five men. Toni is the strongest personality, and she can control the other personalities and memories of Ashley. On the other hand, Alette Peters is humble, kind-hearted, and talented. She becomes the opposite of Toni. Alette brings the memory of Ashley’s mother rudeness. Alette protects the hurtful memory from Ashley’s mind, so Ashley does not remember what her mother has done to her. Meanwhile, Ashley does not
have the power for herself. Ashley loses some memory of her childhood. She does not remember about her mother yelling and mocking her. Besides, her father who disrespects her since early age.

Ashley must struggle for several years in the psychiatric hospital. She wants to be cured but the alternate personalities want to stay forever in her body. Day by day, Ashley and the alters begin to talk to each other. Then Ashley, Toni, and Alette have the same chance to show their actions. This is one of the strategies to release the pain of each personality. So that after several years, there are no other personalities, but Ashley Patterson.

This novel is worth analyzing because it represents the real life of individual with Dissociative Identity Disorder. It is stated that the novel is based on the actual cases happening in 1998. It provides some information that describe how the individual with DID lives his/her life and how the disorder can be cured. The novel also presents a different perspective on how people deal with DID which Ashley experiences. Therefore, this research can provide the new information related to DID. In addition, New York Daily News admits that this novel becomes the new international bestseller.

Moreover, the students of English Language Education Study Program obtain some courses that are related to literature like novel. It will be better if the required courses like Book Report and Introduction to Literature use the novel which is based on true cases to discuss. Besides, the students can take the additional information from the novel. For example, Tell Me Your Dreams which provides
some information about dissociative identity disorder and the treatments. Thus, the students can broaden their knowledge by reading this novel.

**B. Research Questions**

There are three research questions to analyze, which are:

1. How are Ashley Patterson and her alternate personalities described?
2. What are Ashley Patterson’s experiences of having a DID?
3. How does Ashley Patterson struggle for her true identity?

**C. Research Significance**

There are three benefits and objectives of this study that are expected to be useful for readers in general, teachers, and future researchers. For the readers in general, it is good to broaden people knowledge about psychological disorder of Ashley Patterson. Problems with dissociative identity disorder mostly mistaken as possessed by the ghosts or supernatural power that lead to mistreatments. However, throughout this study, hopefully the readers in general get a better understanding how to deal with DID. Besides, this study is expected to be one of teaching materials used by teachers. Through this study, the students can analyze a literature work by using psychological approach and learn about new information as well. Moreover, from this study the teachers will get better understanding about the psychological disorder that possibly happens to students in class so that the teachers do not mistreat them. Besides, this study hopefully becomes a reference for future researchers who want to study more about *Tell Me Your Dreams* novel.
D. Definition of Terms

This section aims to provide a brief explanation of some difficult terms used by this study to avoid misunderstanding. The terms are:

1. Struggle

In Darwin’s concept as cited in Bowler (1976), an individual’s fight for his existence is called struggle. In the theory of natural selection, both humans or animals need to struggle for their life. In other words, every creature needs to maintain their life (pp. 632-635). Additionally, Mifflin (1996) states that struggle is a process of achieving something difficult. In this research, struggle refers to the fight for the personality’s existence in someone’s body.

2. Identity

According to Oyserman, Elmore, & Smith (2012) “Identities are the traits and characteristics, social relations, roles, and social group memberships that define who one is” (p. 69). Thus, identity is the description of an individual. Identity in this study is related to the main character which has three identities because of the bad situation which has happened to her.

3. DID (Dissociative Identity Disorder)

Dissociative Identity Disorder is a psychological disorder when someone’s identity creates distinct personalities because of the traumatic events. It is usually diagnosed by having two or more distinct personality states, recurrent gaps in everyday event and impairment in social life (American Psychiatric Association, 2013, p. 292). Additionally, Foster (2016) says that
Dissociative identity disorder is still sometimes called multiple personality disorder (MPD). This is because many people experience the changes in parts of their identity as completely separate personalities in one body. In fact, the parts of your identity are all part of one personality but they are not joined up or working together as a whole. (p. 8)

In this study, the main character has the disorder which is called Dissociative Identity Disorder. She has no idea about what happens to her until she is suspected of conducting five murders.
CHAPTER II

REVIEW OF RELATED LITERATURE

This chapter consists of three parts which are review of related studies, review of related theory, and theoretical framework. The review of related study presents previous studies that are related to this research. The review of related theory shows some theories which are related to this research. The theoretical framework explains how theories and previous studies are applied in this research.

A. Review of Related Study

This part reviews four studies which are related with this research. Three of them are from Sanata Dharma University by Dita Novensa Dyah Putri, Agatha Dwi Lestari, and Vindy Kartika Dyas Primaningrum. Meanwhile, the fourth study is a doctoral dissertation conducted by Margaret Rose Barlow from University of Oregon.

The first study was conducted by Dita Novensa Dyah Putri, a student of English Language Education Study Program in 2015. Her study was entitled *The True Meaning of Ashley Patterson’s Dream as Seen in Sidney Sheldon’s Tell Me Your Dreams*. In Putri’s study, she analyzed the meaning of Ashley’s dreams where Ashley had recovered and vanished all of her bad experiences. She wrote that Ashley’s dreams were influenced by childhood traumatic events, so that she used the psychological approach to answer the research problems. Putri found that Ashley’s dream becomes joyful and full of happiness after the therapy.

The second study was conducted by Agatha Dwi Lestari in 2016. Her thesis was entitled *An Analysis of Rukmani’s Personal Struggle for Her Life as Revealed*
in Kamala Markandaya’s Nectar in a Sieve. Her study found out the personal struggle of Rukmani. Lestari used psychological approach to find out the struggle of Rukmani’s life. Rukmani as the main character lived in poverty and everything was getting worse day by day. Lestari’s study showed how Rukmani managed to struggle for her life despite of her difficult problems.

In 2017, Vindy Kartika Dyas Primaningrum, a student of English Letter conducted a study entitled Clay’s Struggle for Identity Against Racial Stereotyping in Amiri Baraka’s Dutchman. It was a play script about a black man and a white woman. Primaningrum tried to focus on socio-cultural issues experienced by the black man named Clay. Clay dressed and spoke like a white man to cover his black identity in America. It was one of his struggle for freedom as a mankind. However, the white woman used offensive speeches that caused the black man to show his defensive attitude. Primaningrum focused her study on how Clay struggled for his identity as a black man against the racial stereotyping.

The fourth study was conducted by Margaret Rose Barlow from University of Oregon in 2005. She prepared the dissertation for the Doctor of Philosophy in the Department of Psychology. Her dissertation was entitled Memory and Fragmentation in Dissociative Identity Disorder. She wrote: “The current study adds to the literature in this area by utilizing a broad conceptualization of memory functioning in DID, combining ecologically valid memory test with experimental paradigms, and examining share ability, switching, and integration” (Barlow, 2005, p. iv). She analyzed how the memory of an individual with DID was working
differently in separated personalities. She also introduced Integration Measure (IM) which was the first standardized measure of integration in DID.

Those four studies are different from this research because the researcher tries to analyze Ashley Patterson’s struggle for her true identity. In this research, the struggles of the main character are analyzed differently, which has not been conducted by anybody else.

B. Review of Related Theories

There are some theories related to this study which are used to analyze the novel. This part consists of the theory of psychological approach, identity, personality, character and characterization, dissociative identity disorder, theory of needs, motivation, and struggle.

1. Psychological Approach

“Psychological criticism deals with a work of literature primarily as an expression, in fictional form, of the state of mind and the structure of personality of the individual author” (Abrams, 1993, p. 263). The psychological approach to literature is likely studying human behavior. Kuspit (1974) says that psychology approach to literature relates with the real life. It gives the concrete images of life through the story (p. 224-226). Similar to Kuspit, Dewi (2016) says that literary works are the “reflective of the authors’ mind”, so characters, settings, and socio-historical may contains the real life of the author (p. 8). Because this research analyzes the behavior and the struggle of the character, the psychological approach is used by the researcher.
Additionally, Rohrberger and Woods (1971) agree that “Freud’s theories have any validity; they should be applicable to human behavior in any time or place” (p. 14). It is also valid for a literature work. The psychology approach is applied to analyze the character’s personality because, it can help to figure out the development of the character as well. This psychology approach gives an explanation about the character’s psychological problems, struggle and another psychological development presented in the novel.

2. **Identity**

   Every person has his/her own identity that makes him/her different from the others. There are many theories about identity. Oyserman, Elmore, and Smith (2012) say that “Identities are the traits and characteristics, social relations, roles, and social group memberships that define who one is” (p. 69). It means, an identity of an individual is built by outside factors such as society, ethnic group, and family as well (Kitano, 1985, p. 82). Thus, different individuals have varied factors to build their own identity. In other words, the identity of each person will be influenced differently by his/her surroundings.

3. **Personality**

   According to Kenneth F. Walker (2008, pp. 172-175), personality is the original habit and reaction of a person. Moreover, Freud (as cited in Weiner, 1980) describes that there is a natural process which is related to the personality of a person. There are three component parts of personality which are the id, the ego, and the super-ego. This structured personality processes in human being. The id is the first component which is related to the biological side in a heritance of sexual
and aggressive drives. It is also the primary process of thinking that is related to human’s instinct or desire to fulfill the primary needs. Second component comes to the ego. The ego has a more real principle rather than a pleasure principle. It represents the actual and logical sides of someone’s experiences. Then, the processes end up to super-ego. The super-ego has two main functions which are to reward individuals for accepting moral behavior and reminding bad action (pp. 14-16).

4. **Character and Characterization**

The character is made based on what character does, feels, thinks, and habits. In *Mastering English Literature*, Gill (1995) states “A character is someone in literary work who has some sort of identity, an identity which is made up by appearance, conversation, action, name and thoughts going on in the head” (p.127). The characters fulfill the story of the narrative work by showing the distinctive types of persons who are presented in dramatic or narrative work and interpreted by the reader. For example, they can be shown through the dialogues and actions in the novel or drama. Therefore, the character in a novel can be described in many ways by the author (Roberts & Jacobs, 1987, pp. 119-120).

Some experts classify the characters based on their changing. It means that the readers can find whether the characters have a consistent behavior as the story goes by. Abrams (1993), distinguishes the characters into flat and round characters. Flat characters do not have much detail in individualizing. In other words, they are stable and have the same behavior until the end of the story. Whereas, round
characters have more complicated emotion and motivation. They like to surprise
the readers about their changing (p. 24).

On the other hand, characterization has a different meaning because,
“Characterization is the way in which character is created” (Gill, 1995, p. 127). In
line with this Roberts and Jacobs (1987) say that the author of the fiction has many
ways to bring the information about the character so that the reader can determine
the character in fiction (p. 122).

In addition, according to Murphy (1972, p. 161) there are nine ways of
characterization. First is personal description which is the way of author describes
the character by the appearance. Second is character as seen by another as the way
of author describes the characters through another character’s point of view. Third,
a way of author describes the characters by giving a clue through the character’s
speech. Fourth, the author describes the characters by giving information about the
character’s experience in the past. Fifth is conversation of others. It is the way of
the author describes the characters through the conversation between characters.
Sixth concerns with reaction as the way of the author describes the character by
letting the reader know how the character’s reaction through a certain event.
Seventh is direct comment and that is the way of the author describes the
characterization directly. Eighth concerns with thought. It is the way of the author
to describe the characters through the character’s thinking. Ninth is a way of the
author is describing the characters from the character’s manner or habit.
5. **Dissociative Identity Disorder**

According to American Psychiatric Association (2013), Dissociative Identity Disorder (DID) is the existence of two different personalities or more in one body. An individual with DID experiences unconsciousness and discontinuities about their surrounding and memory, so that sometimes he/she gets amnesia for some moments. In other words, there is memory fragmentation as the result of the psychological dysfunction (p. 292).

According to Foster (2016) in her book entitled *Understanding Dissociative Disorder*, shows how an individual has a DID like the following. The first sign is each of the identities may have a different way of thinking to the real world. Second, the identities can be in different ages and genders. Third, there may be a host identity as the main identity of the individual. Fourth, each of the identity may have their own memories and experiences. Therefore, the individual may suffer from amnesia. Fifth, the different identities usually are known as ‘alters’. Sixth, the individual may experience when he/she has no control over himself/herself (pp. 7-8).

a. **Symptoms**

   Based on American Psychiatric Association (2013, p. 293), there are two symptoms of an individual with DID which are recognizing alteration and having dissociative amnesia. When the individual has the DID, he/she experiences alterations or discontinuities in sense of self and sense of agency. The discontinuities may affect the individual’s life. In some cases, the individual may know that he/she becomes someone else he/she does not know. He/she suddenly
has a different voice, age, gender, or even culture, and many other different aspects. The behavior, manner, and preferences may suddenly shift and then back again. Most of the people with DID may report that he/she has no control over himself/herself and he/she becomes the observer of himself/herself. This symptom may be discovered by the people surrounding like family, friends, or the psychiatrist.

Second, he/she experiences dissociative amnesia. Amnesia usually attacks an individual with DID. He/she may forget the crucial thing in their life. The dissociative amnesia shows in three primary ways: 1) The individual with DID may experience gaps. He/she cannot remember the memory of such an important event of their life. For examples, the individual may not know how his/her childhood or adulthood, the death of his/her parent, and so on. 2) The individual with DID also experiences a time lapse. Sometimes, he/she does not know what has happened today or when he/she has learned some skills such as using the computer, reading, driving or cooking. 3) The individual with DID may find the evidences of the alterations’ doing. Sometimes, the individual finds unexplained things that do not belong to him/her. Moreover, he/she can also experience a dissociative fugue or dissociative travel. He/she may suddenly at the beach, at work, in a night club, or somewhere. He/she does not remember how he/she can go there.

b. Causes

Additionally, the causes of DID can be various to a different individual. They come from bad experiences in the past like childhood memories and traumatic events. These can affect the individual’s acceptance as herself/himself as well
Sheldon (1998) adds “... The victim shuts out the trauma by creating another identity. Sometimes a person will have dozens of different personalities or alters” (p. 149). Furthermore, Foster (2017) also agrees that the cause of DID is “to survive complex trauma over a long time and during childhood when the brain and personality are developing” (p. 9). Murphy & McVey (2010, p. 61) also state that “social experience, stress, and trauma” effect a process inside the brain that is related with “social and moral behavior”. In other words, traumas, stresses, and horrible experiences in early age become the most influencing factors of identity disorder.

The causes begin with probability of the individual’s dissociative “memory, identity, emotion, perception, body representation, motor control, and behavior” (APA, 2013, p. 291). The high possibility of individual dissociative problems influences the personality development as well. Moreover, an individual who suffers from repetitive traumatic events especially in early age, more likely will have emotion which leads to the dissociative. Therefore, those factors connect each other and make the chain reaction over the individual and result in having the disorder.

6. Theory of Needs

People do some actions and efforts to fulfill their needs. Maslow, as cited in Martin and Joomis (2007, pp. 72-75), believe that most people have to fulfill lower levels of needs before they go to the next levels. They are deficiency needs and growth needs. The deficiency needs are important and must be fulfilled before the higher level of needs. They are physiological needs, safety and security needs, love
and belongingness, and self-worth and self-esteem needs. While, the growth needs are the need to know and to understand, aesthetic needs, and the need for self-actualization.

a. **Physiological Needs**

Physiological needs are the important needs which are crucial for human’s life. These needs become the foundation of the needs or the lowest level of the hierarchy. If the physiological needs are not fulfilled, these can distract the life cycle of somebody. The examples of the physiological needs are oxygen, food, water, and shelter.

b. **Safety and Security Needs**

After the physiological needs of a person have been fulfilled, he/she can go to the next level: safety and security needs. Most of the people feel anxious that something bad can happen to their life. Therefore, they want a safe and secure environment. Safety is the feeling which he/she can get when they have no harm. Security is the feeling when the person has low anxiety and fears. In other words, when he/she gets their safety and security needs he/she has nothing to worry.

c. **Love and Belongingness**

After the previous levels have been fulfilled, people will go into the higher level of needs: love and belongingness. These needs relate to the satisfaction of the person’s relation and interaction with family, friends, and others. People’s life is related to their surroundings. They meet and interact with one another. Therefore,
people try to fulfill their love and belongingness needs by marrying, having family, or becoming the part of the society.

d. **Self-worth and Self-esteem Needs**

The fourth level of needs is self-worth and self-esteem needs. To fulfill the fourth level of needs, a person must feel safe, secure and become part of a group. The person must develop positive feeling about himself/herself and satisfy his/her needs for self-worth and self-esteem.

In addition, growth needs can never be satisfied perfectly. The more the growth needs are met, people’s motivation to achieve them increases. There are three growth needs:

e. **The Need to Know and Understand**

People must fulfill the four deficiency needs first before they go to growth level of needs. The need to know and understand is a primary area of focus and concentrate. It is applicable in the education area, when the teacher triggers the student to concentrate so that they have willingness to know and understand.

f. **Aesthetic Needs**

People want to accommodate these needs after the previous needs are fulfilled. These needs refer to the aesthetic or beautiful satisfaction. Decorating the room, washing, cleaning the rooms, and wearing up-to-date clothes are the examples.
g. **The Need for Self-actualization**

The top of the needs is the need for self-actualization. When the person has achieved the previous needs, he has a desire to become everything that he is capable of becoming. Maslow predicted less than 1% of adults achieve a total of self-actualization.

7. **Motivation**

Engler (2009) says that motivation is the reason why people do something. He believes that the motivation comes from unconscious mind. Additionally, Gottfried (1983) adds that motivation occurs when someone performs an activity for a reason (p. 64).

According to Huffman, Vernoy, and Vernoy (2000), there are two types of motivations which are intrinsic and extrinsic. Intrinsic motivation happens because of a person’s desire to act for his/her own purpose. One will do what he/she likes to do. In other words, the motivation comes from the inside of the person. On the other hand, extrinsic motivation happens because of external rewards. He/she will do something to get a reward and satisfaction (p. 377). Thus, people need motivation to maintain their life.

8. **Struggle**

People once in a while, may face the random life events such as death, tragedy, and disaster. Those events are called problems. People, as human beings will force themselves to solve any kind of problems which suddenly happen into their life. Mifflin (1996) agrees that people have to struggle to achieve something difficult. When someone cannot fulfill his/her needs, he/she has to struggle to get
them. In other words, struggle is an effort to get something difficult. Moreover, Weiner (1980) says that people have strategies to deal with stresses and problems in their life. In the process of dealing with the stresses and problems, people will struggle because it may not easy to go through it. It can be good for people having many struggles in their life, because people can learn from their problems and be better. However, when a person could not overcome his problems, he must struggle for his life (p. 250).

C. Theoretical Framework

This research discusses about how Ashley struggles for her true identity in Sheldon’s *Tell Me Your Dreams*. There are three research questions in this research. The first is how Ashley Patterson and her alternate personalities are described. The second is what the experiences of Ashley having the DID are. The third is how Ashley Patterson struggles for her true identity. The researcher uses some relevant theories to answer the three questions.

Theory of psychological approach, theory of identity, theory of personality and theory of character are used to obtain a better understanding of Ashley as the main character in the novel as well. Additionally, the theory of characterization is used to analyze Ashley and her other personalities. Thus, the researcher would be able to explain the depiction of the Ashley Patterson and her alters.

To solve the second research question, the researcher applies the theory of Dissociative Identity Disorder especially about the dissociative fugue/amnesia that occurs in Ashley’s case. The theory helps the researcher to know the causes and also the symptoms that Ashley experiences.
The last research question is how Ashley struggles against DID. The researcher uses theory of motivation to analyze the reason why Ashley wants to be cured. Besides, theory of needs is used to know what kind of needs that Ashley lost, and theory of struggle to analyze how Ashley Patterson struggles against her disorder for her true identity.
CHAPTER III

METHODOLOGY

This chapter consists of two parts. They are object of the study and approach of the study. Firstly, object of the study describes the novel as the primary data of this research. Second, approach of the study explains which approach is applied to analyze the novel.

A. Object of the Study

The researcher uses the novel entitled *Tell Me Your Dream* by Sidney Sheldon as the object of the study. This novel consists of 354 pages in 29 chapters. It was published in 1998 by Harper Collins Publisher. This novel has become The New International Bestseller by telling unspeakable and brutal murders.

This novel tells a story of three young women who are suspected of committing a series of brutal murders. The first woman is Ashley Patterson who is in her late twenties. She is an expert in advertising and graphic designing at Global Computer Graphics Corporation. She has dated Jim Clearly, but someone kills him badly. Currently, Ashley feels so worried about her strange life. She thinks that someone follows her and wants to kill her. She looks for the suspect.

Second is a twenty-two-year-old woman Toni Prescott who is born in London. She is confident and up-to-date. She spends her night by going to clubs playing piano and singing so that, the people will cheer her. That makes her more alive. She works in the same place as Ashley, but she hates Ashley. One day, she meets Jean Claude Parent in an on-line chat room. She is interested in Jean Claude and dating him. Unfortunately, Jean Claude is killed by a vicious murderer.
Third is Alette Peters who is born in Rome. She is twenty years old. Alette Peters loves art very much, but she is a little bit shy and not confident with herself. She paints beautifully and gives the money to the church. She dates a man named Richard Melton. She falls in love with Melton who is kind and helpful. However, someone kills Richard Melton brutally.

Thus, the police department investigates all the crime scenes and finds the evidences on these three women who are living in the same body, Ashley Patterson. However, Ashley has no idea how it can happen, because she does not remember the events at all. Unfortunately, Ashley has to struggle with the unspeakable murders.

B. Approach of the Study

Psychological approach is related to literary works that contains the work of human brain creativity. Rohrberger and Woods (1971) stated that human mind has its parts of imagination, creation, thought, behavior that create some kind of expression (pp. 13-14). It means that the literary work is the result of the process in human psychological.

In this study, the researcher employs psychological approach to analyze Ashley’s struggle for her true identity. In this case, the researcher analyzes the psychological disorder of Ashley Patterson because of the personalities’ conflicts inside herself. Since psychological disorder is experienced by Ashley, the researcher uses the psychological approach to analyze the main character’s behavior. Therefore, the purpose of the psychological approach is to find out how Ashley experiences of having DID and struggles for her true identity.
CHAPTER IV
ANALYSIS

This chapter is divided into three parts. They are description of Ashley’s personalities, Ashley experiences having DID, and Ashley struggles for her true identity against her DID. The first part analyzes three identities within Ashley Patterson. The second part mentions what experiences that Ashley has when having DID. The last part describes what struggle that Ashley goes through for her true identity.

A. The Description of Ashley Patterson’s personalities

In a story, characters are made up by appearance, conversation, action, name and possibly thoughts going on in the head. According to E. M Foster there are two types of character which are, flat character and round character (as cited in Gill, 1995, pp. 127-128). Based on those two types, Ashley as the main character can be classified as a round character. She changes most of the time because of her alters. Sometimes, she becomes Ashley and at the other time she becomes Toni or Alette who has different character from Ashley, herself. Therefore, the inconsistency of Ashley Patterson’s character changing is classified as a round character.

Besides, to understand how the character is created by the author, Murphy (1972) classifies nine ways of characterizations. They are personal description, character as seen by another, speech, past life, conversation of others, reaction, direct comment, thought, and mannerism. These ways are used to answer the first research problem.
As depicted in the novel, Ashley as the major character in the novel has two other different identities who are called alters. The alters have different characters, behaviors, and even different appearances from one another. Therefore, the researcher analyses the alters of Ashley Patterson as well. They are three personalities in one body of Ashley Patterson which are Ashley Patterson herself, Toni Prescott, and Alette Peters.

1. Ashley Patterson

Ashley Patterson is the main character of the novel. She is the owner of the body which is possessed by two alter ego named Toni Prescott and Alette Peters. There are three characteristics of Ashley Patterson which are analyzed based on the novel.

a. Good-looking

Ashley is a beautiful woman in her twenties. She looks at the mirror and sees “a woman in her late twenties, neatly dressed, with patrician feature, a slim figure” (pp. 3-4). She has brown eyes and dark hair. She is good-looking and some of her friends are interested in her. One of them is Shane Miller who has tried to flirt Ashley, but he gives up and they have become good friends (pp. 4-6). Another man who tries to flirt Ashley is Dennis Tibble.

He had an obsessive personality, and the word around the plant was fixated on Ashley.

“Need any help?”
“No, thank you.”
“Hey, what about us having a little dinner Saturday Night?”
“Thank you. I’m busy.”
“Going out with the boss again?”
Ashley turned to look at him, angry. “Look, it’s none of your–”
“I don’t know what you see in him, anyway. He’s a nerd, cubed. I can give you a better time.’ He winked. “You know what I mean?”
Ashley was trying to control her temper. “I have work to do, Dennis.”
Tibble leaned close to her and whispered, “There’s something you’re going to learn about me, honey. I don’t give up. Ever,” (p. 8)

Besides, Dennis ever asks Ashley to go to his apartment and have a conversation about his close girlfriend. As usual, Dennis tries to flirt her on the couch but as usual, Ashley ignores him (p. 51).

In addition, Dr. Keller admits that he is also attracted by Ashley after several months of consultation. Dr. Otto knows that it is dangerous for both of them because it may affect the therapy session to become a better or even worse. Therefore, Dr. Otto warns Dr. Keller to be careful with the feeling by keeping the secret from Ashley (p. 297). During the treatment, Dr. Keller knows that Ashley makes no significant progress until he takes Ashley to dinner or they have some walks outside the hospital once a week. He wants to make friend with Ashley. He knows that Ashley’s alters make Dr. Keller as their enemy. Therefore, he does something different in order to make Ashley comfortable with him, so that, he can heal Ashley’s illness.

They had lunch at an excellent little Italian restaurant called Banducci’s and dinners at The Palm, Eveleene’s and The Gumbo Pot. Neither Toni or Allete made an appearance. One night, Dr. Keller took Ashley dancing. It was at a small nightclub with a wonderful band.
“Are you enjoying yourself?” he asked.
“Very much. Thank you.” She looked at him and said, “You’re not like other doctors.”
“They don’t dance?”
“You know what I mean.”
He was holding her close, and both of them felt urgency of the moment. (pp. 301-302)
This shows that Dr. Keller feels attracted to Ashley. He treats her differently. He becomes more than just her friend. Finally, Dr. Keller can cure Ashley until she has no other personalities but herself. After the treatment, Dr. Hoelterhoff takes a kind of interview to make sure all the treatments are successful.

“Ashley?”
“Yes.”
“I'm Dr. Hoelterhoff.”
“How do you do, Doctor?”
“They didn’t tell me how beautiful you were. Do you think you’re beautiful?”
“I think I’m attractive…” (p. 342)

He tells her that she looks beautiful. Ashley feels that she is attractive and more confident to start her new life. It shows there is a progress after several months of treatment. Therefore, based on her personal description, character as seen by another and her speech, Ashley is categorized as a good-looking person.

b. Intelligent

Ashley is not only good-looking, but she is also intelligent. Ashley works at Global Computer Graphics Corporation. It is located in Silicon Valley, the high technology and social media global center. Global Computer Graphics Corporation is a new company that has two hundred employees and Ashley is one of the staffs there (p. 5). She is usually assigned to edit a photograph of a movie star who is used for an advertisement. She makes the photograph looks better than it looks like in reality.

Shane Miller showed Ashley a photograph of a movie star who was going to be used in an ad for a client. “We have a little problem here. Desiree has gained about ten pounds, and it shows. Look at those dark circles under her eyes. And even with makeup, her skin is splotchy. Do you think you can help this?”
Ashley studied the picture. “I can fix her eyes by applying the blur filter. I could try to thin her face by using the distort tool, but—No. That would probably end up making her look odd.” She studied the picture again. “I’ll have to airbrush or use the clone tool in some areas.” (pp. 6-7)

It shows that she is “an expert in advertising and graphic designing, and creating layouts with text and images” (p. 7). As a woman, she can use tools and computer applications to do the picture editing well. Therefore, Shane Miller assigns her to make over the photograph that will be used in advertisement.

When she is eighteen, she goes to college in London for two years. After graduation, she decides to be involved in working at a computer company. Then, she also applies “the prestigious MEI Wang Scholarship for Women in Engineering at the University of California at Santa Cruz” (p. 13). She graduates from University of California for three years. It takes five years for Ashley to finish her study until she is recruited by the Computer Graphic Corporation. It shows that Ashley is intelligent.

Ashley also likes to find out something she has not known before. She is curious about her stalker, so she tries to find out articles and read them. Moreover, Ashley buys a book of stalkers on a bookstore for any information she can get (pp. 14-15). Toni, one of her alters, considers that Ashley is a person who likes “to stay at home at night and read a book or watch History Channel or CNN” (p. 24). It means that Ashley is interesting in developing her knowledge by reading a book and watching History Channel instead of using the internet. Thus, from the past life of Ashley Patterson, direct comments, and character as seen by other, she is portrayed as an intelligent woman.
c. Insecure

From the beginning of the novel, Ashley is depicted as a person who feels insecure about her life. Ashley keeps speculating who is the person who stalks her at any time. However, she cannot find the answer.

Someone was following her. She had read about stalkers, but they belonged in a different, violent world. She had no idea who it could be, who would want to harm her. She was trying desperately hard not to panic, but lately her sleep had been filled with unbearable nightmares, and she had awakened each morning with a feeling of impending doom. (p. 3)

Ashley always feels there is someone who follows her. She finds her apartment lights been turned on when there is no one. Thus, she assumes a person has got into her apartment and tried to ruin her life, so that she feels insecure. She is also overwhelmed by her own thought. Her thought fills with a hallucination about somebody who is going to hurt her.

She turned on the windshield wipers. They began to sweep across the window, hissing, “He’s gonna get you… gonna get you… gonna get you….” Hastily, Ashley turned them off. No, she thought. They’re saying, “No one’s there, no one’s there, no one’s there.”

She turned the windshield wipers on again. “He’s gonna get you… gonna get you… gonna get you….” (p. 15)

After Ashley already knows about her alters, she is afraid to know that they live inside her. It is described in the novel that Ashley thinks doubtfully how to do the therapy session with Dr. Salem. She feels unsure about talking to her alters.

“Morning Ashley. You remember Dr. Salem?”
Ashley nodded.
“He’s going to hypnotize you again. Will that be alright?”
Ashley said, “He’s going to talk to the … the others?”
“Yes. Do you mind?”
“No. But I—I don’t want to talk to them.”
“That’s all right. You don’t have to.”
“I hate this!” Ashley burst out angrily.
“I know,” David said soothingly. “Don’t worry. It’s going to be over soon.”
He nodded to Dr. Salem. (pp. 182-183)

She even does not know how they are inside her. She rejects to talk to the alternates in the next hypnotized sessions, because she hates them. She thinks they have ruined her life and made her insecure for the whole time (p. 183).

Moreover, since she is suspected as a murderer, she feels comfortless to everyone. She gets stressed and cannot sleep well in the jail. She is worrying about something terrible may happen in the courtroom, because she is upset about the previous trials when the witnesses and juror seem not really helpful. She is in desperation because she does not have any idea about the mysterious murders. She is afraid of being executed by the jurors. It is because she feels innocent, she is not the murderer but her alters (pp. 193-194).

When Dr. Keller tries to dig out the true story by hypnotizing Ashley, Toni tells how she has killed and castrated Richard Melton. Ashley is afraid of the fact that Toni, her alters, has killed several men. Therefore, every hypnotherapy session Ashley gets hysteria.

Ashley was writhing in her chair, screaming.
“It’s alright, Ashley,” Dr. Keller said. “You’re safe. You’re going to wake up now, at the count of five.”
Ashley awoke, trembling. “Is everything all right?”
“Well, I should have told you about Richard Melton. He made love to you. You thought it was your father, so you—”
She put her hands over her ears. “I don’t want to hear anymore!” (p. 323)

Basically, Ashley is already haunted by her own mind that something is not going well. However, Ashley considers them as a stalker’s doing. Moreover, since she knows about her alters, she becomes more insecure. Therefore, from the reaction and thought of Ashley, it is regarded that Ashley is an insecure person.
2. **Toni Prescott**

Toni is one of the Ashley’s alternates. Toni appears in order to give protection to Ashley since her father has raped her. Toni takes control of the childhood memories, because she tries to hide the bad experience that has happened. Therefore, Ashley cannot remember most of her childhood events. Besides, unlike Ashley’ characteristics, Toni has become the opposite of Ashley.

a. **Tempting**

Toni is a twenty-two years old woman who is born in London, so that she has a very good British accent. She is “twenty-two years old, impish, vivacious, and daring” (p. 17). Toni is a tempting woman because she likes to wear miniskirts, a disco gear, and use a lot of makeup to show off.

There were a few nightspots in the Cupertino area, Toni frequent those: San Jose Live or P. J Mulligan’s or Hollywood Junction. She wore tight-fitting miniskirts and tube tops with open-toed shoes having five-inch heels or platform shoes with thick cork shoes. She used a lot of makeup – thick, dark eyeliner, false eyelashes, colored eye shadow and bright lipstick. (p. 18)

Toni’s style is very different from Ashley. Once, after Ashley has gone from Dennis Tibble’s apartment, Ashley finds herself in Chicago. She has just lost two days and two nights when Toni has taken over. When Ashley wakes up, she gets surprised when the clothes that she has only “a black leather miniskirt, a cheap-looking tube top and a pair of spiked high-heeled shoes”. Ashley thinks those outfit seems to be a prostitute’s clothes (pp. 52-53). Those clothes are Toni’s outfit whenever she takes over Ashley’s body. Behind her acts, all she wants is to prove that her mother’s opinion is wrong. Toni wants to show that she can be a wonderful woman (p. 16).
In addition, her delightful British accent is also tempting. She always calls “luv” to everyone who talks to her. It can be seen from her conversation with Dr. Salem and David. When Dr. Salem asks about the murders, she says “You’re wasting your time with her, luv” (pp. 147-148). Besides, when David calls Toni to speak up, Toni sings *Pop? Goes the weasel* and then she asks “Do you know why I like to sing that song, luv?” (p. 184). It also happens when Toni tries to flirt one of the male nurses in the Psychiatric Hospital.

The following morning a male nurse was escorting Ashley back to her room. He said, “You seem different today.”
“Do I, Bill?”
“Yeah. Almost like another person.”
Toni said softly, “That’s because of you.”
“What do you mean?”
“You make me feel different.” She touched his arms and looked into his eyes. “You make me feel wonderful.”
“Come on.”
“I mean it. You’re very sexy. Do you know that?”
“No.”
“Well, you are. Are you married, Bill?”
“I was, once.”
“Your wife was mad to ever let you go. How long have you worked here, Bill?”
“Five years.”
“That’s a long time. Do you ever feel you want to get out of here?”
“Sometimes, sure.”
Toni lowered her voice. “You know there’s nothing really wrong with me. I admit I had a little problem when I came in, but I’m cured now. I’d like to get out of here, too. I’ll bet you could help me. The two of us could leave here together. We’d have a wonderful time.” (pp. 291-292)

She tries to escape by persuading him, but it does not work. Dr. Keller finds out her plan to escape from the hospital (p. 293). Therefore, through her mannerism and speech, it is concluded that Toni is a tempting woman.
b. Talented

From her early age, *Pop! Goes the weasel* becomes Toni’s favorite song. From the beginning, her mother hates her voice. However, Toni still loves singing and playing piano (p. 16). At the evening, she likes to go to the club to sing and play the piano. She can do it beautifully and everyone will be amazed. Someone asks her, “Do you know you’re a fantastic singer, Toni?” (p. 17). It means that she can sing nicely. In some weekends Toni plays piano and sings at some restaurants or cafés. The customers love it and the owner is very pleased because of her talent (p. 18). Once, she meets a road producer company of *The King and I* who says “You have a remarkable talent, young lady. You’re wasting your time fooling around places like this. You should be on Broadway” (p. 19).

Besides, during the therapy session, Dr. Keller starts to know another personality by applying hypnotherapy. Dr. Keller lets Toni to talk. Under the hypnotized condition, Toni will sing before she begins to talk.

*Half a pound of tupenny rice,*  
*Half a pound of treacle,*  
*Mix it up and make it nice,*  
*Pop! Goes the weasel…*  
“That was very nice, Toni. I’m Gilbert Keller.”  
“I know who you are,” Toni said.  
“I’m glad to meet you. Did anyone ever tell you that you have a beautiful singing voice?”  
“Sod off.”  
“I mean it. Did you ever take singing lessons? I’ll bet you did.” (p. 284)

Since Dr. Keller says that Toni has a beautiful singing voice, he lets Toni sing and play the piano for one hour every afternoon as the part of the therapy. Toni starts to entertain the other patients and they seem happy to hear Toni’s voice (pp.
303-304). Thus, based on the conversation and character as seen by others, it is concluded that Toni is a talented woman in music.

c. Cynical

Toni feels uncomfortable with the things that are not related with exciting nightlife of London. She does not like to work in Global Computer Graphics where Ashley works at. She has a different interest from what Ashley likes to do (p. 18). She has a negative sight of what Ashley does, because Ashley has a different behavior from Toni.

On the work floor the next morning, Toni heard Shane Miller talking to Ashley Patterson and thought, *What the hell does he see in her? She’s a right git.* To Toni, Ashley was a frustrated, spinsterish Miss Goody Two-shoes. *She doesn’t bloody know to have any fun,* Toni thought. Toni disapproved everything about her. (p. 24)

Toni likes to insult people, particularly Ashley whom she knows the most. Most of the times, Toni does not like Ashley’s life. Therefore, Toni also insults Ashley by calling her “Miss Goody Two-shoes” or “tight-assed bitch” (p. 28).

When she is online on chat-room she is also cynical to the people who do not make her interested in. She says cynical words or ends the chat at a sudden. When chatting to a DJ from Holland, Toni stops the chatting because he directly asks whether they can make out. She does not go for a man like him. A doctor in South Africa, when she remembers her terrible memories and she suddenly ends the chat before Paul finishes his introduction. Another man in Dublin introduces himself in the chatting room, he is a bartender. Again, Toni ends the chatting because in her opinion this man is not interesting (p. 21-22).

“Is that you, Toni?”
“The answer to your dreams. Is it Mark?”
“Yes.”
“You haven’t been on the internet lately.”
“I’ve been busy. I’d like to meet you, Toni.”
“Tell me, Mark, what do you do?”
“I’m a librarian.”
“Isn’t that exciting! All those books and everything….”
“When can we meet?”
“Why don’t you ask Nostradamus?” (p. 73)

From this conversation Toni does not want to talk further with Mark. She is not interested in Mark’s job as a librarian, so that she rejects to meet Mark.

In addition, when Dr. Salem does the hypnotherapy, Toni Prescott shows herself off and tells about her willingness to get out from Ashley’s body. She says, “Let me tell you what I’d like. I’d like to get out of this bloody place. Can get us out of here?” (pp. 146-147). As usual, she is rude to everyone. She shows her anger and madness to everyone without considering with whom she is talking to.

When she is in a rage about her father, Dr. Keller talks to her. However, she is still angry so that the conversation does not really help. Dr. Keller asks her why she is so angry at that time and she says, “Don’t you know? I thought you were supposed to be such a great doctor. He’s marrying a woman with a three-year-old daughter. What’s going to happen to that little girl, Mr. Famous Doctor? I’ll tell you what. The same thing that happened to us. Well I’m going to stop him!” (p. 332). As usual, she is rude to everyone.

Five days after, Dr. Keller tells her four articles about Dr. Patterson as part of the treatment. Dr. Keller tries to heal her illness by using the articles of her father who is the main causes of her disorder. In the beginning, Toni is hysterical and full of hatred. She wants to kill her father. She is in a rage. Dr. Keller keeps reading the article and Toni is still in anger.
“Dr. Steven Patterson has resigned from St. John’s Hospital and will head the cardiac staff at Manhattan Methodist Hospital....”
“So he can rape all the little girls there,” Toni screamed.
“Dr. Steven Patterson received the Lasker Award for his work in medicine and is being honored at the White House....”
“They should hang the bastard!” Toni yelled. (p. 336)

Dr. Keller shows the articles about Dr. Patterson and Toni reacts so rude. She screams and yells. Therefore, from Toni’s reaction, speech, and thought, it is regarded that Toni is a cynical person.

d. Cruel

As a cynical person, Toni is also a cruel person. She can react as savage as the brutal murders in a second. Anything that may make Toni uncomfortable causes her to react savagely and attack everyone. When David asks Toni about the murders, she gets angry because David brings a hidden camera and records her. Suddenly, she grabs a letter opener and attacks David. She is full of anger and wants to kill David. When the guard tries to control Toni, she knocks him to the floor. Then, three uniformed officers come in to handle Toni while she is shouting (p. 265).

Furthermore, Toni is considered as a cruel person because she is in charge of the five murders. She takes over Ashley’s body when she murders them. The first murder case is Jim Cleary. This happens when Ashley decides to go to Jim’s house at night. Jim uses the opportunity to flirt Ashley, and then Toni takes over.

“I’m going to make you happy, honey.” It was her father saying “I’m going to make you happy, honey.”
She froze. She felt him pulling her clothes off and entering her as she stood there naked, silently screaming.
And the feral rage took over.
She saw the large butcher knife sticking out of a wooden block. She picked it up and began stabbing him in the chest, screaming, “Stop it, Father….Stop it…Stop it… Stop it……”
She looks down and Jim was lying on the floor, blood spurting out of him. “You animal,” she screamed. “You won’t do this to anyone again.” She reached down and plunges the knife into his testicles. (pp. 317-318)

Even though Jean Claude is one of Toni’s favorite men, she has killed him viciously.

The house was a beautiful two-story, redbrick house filled with antiques. “It’s lovely.”
“There’s something special I want to show you upstairs in the bedroom.” And he was taking her upstairs, and she was powerless to stop him. They were in the bedroom, he took her in his arms and whispered, “Get undressed.”
“I don’t want to——”
“Yes, you do. We both want it.” He undressed her quickly, then laid her down on the bed and got on top of her. She was moaning, “Don’t. please don’t, Father!”
But he paid no attention. He kept plunging into her until suddenly he said, “Ah,” and then stopped. “You’re wonderful,” he said. And the malevolent explosion shook her. She grabbed the sharp letter opener from the desk and plunged it into his chest, up and down and up and down. “You won’t do that to anyone again.” She reached for his groin.
Afterward, she took a leisurely shower, dressed and went back to the hotel. (p. 325)

Toni is the doer of the other three murders of Dennis Tibble, Richard Melton, and Deputy Sam Blake (pp. 320-328). Toni admits that those four men tries to hurt and Toni has taken over in order to protect the other personalities. Therefore, Toni has killed those men tragically. She comes to protect Ashley and Alette whenever they are being threatened. Toni thinks that killing those five men is the best decision to punish the men (p. 329).

Moreover, all traumatic memories which are kept by Toni cause her to rage, especially the memory about her father. Toni is out of control when she sees the newspaper about her father who has married his new wife and has a little daughter.
Ashley stopped and her face contorted into a mask of rage. “I’ll kill the son of a bitch,” Toni screamed. “I’ll kill him!” She was completely out of control. They had to put her in a padded room where she could not hurt herself, restrained by handcuffs and leg-irons. When the attendants came to feed her, she tried to grab them, and they had to be careful not to get too close to her. Toni had taken total possession of Ashley.

When she saw Dr. Keller, she screamed, “Let me out of here, you bastard. Now!”

“We’re going to let you out of here,” Dr. Keller said soothingly, “but first you have to calm down.”

“I’m calm,” Toni yelled. “Let me go!”

Dr. Keller sat on the floor beside her and said, “Toni, when you saw that picture of your father, you said you were going to hurt him, and—”

“You’re a liar! I said I was going to kill him!”

“There’s been enough killing. You don’t want to stab anyone else.”

“I’m not going to stab him. Have you heard of hydrochloric acid? It will eat through anything, including skin. Wait until I—”

“I don’t want to think like that.”

“You’re right. Arson! Arson is better. He won’t have to wait until hell to burn to death. I can do it so they’ll never catch me if—”

“Toni, forget about this.”

“All right. I can think of some other ways that are even better.”

He studied her a moment, frustrated. “Why are you so angry?” (pp. 331-332)

Toni is the result of Ashley’s pain. Ashley is assaulted by both of her parents. Therefore, she suffers through the terrible traumas that make the identities separated. Dr. Keller explains that “No. Ashley, you must remember that Toni was born out of your pain, to protect you. The same is true of Alette.” (p. 328). Thus, from her manners that killing five men and attacking everyone, it is concluded that Toni is a cruel person.

3. **Alette Peters**

Alette Peters is the other alter of Ashley Patterson. She is born in Rome, so that she has an Italian accent. She also has different characteristics from Ashley Patterson and Toni Prescott. Alette Peters is a young woman in her twenty. She likes painting and another thing which is related to classical style, art, and aesthetic.
Moreover, there are some of the distinct characteristics of Alette Peters which unlikely Ashley and Toni have. Those are:

a. **Humble**

Alette is a humble woman. Her personal description is clearly stated as a young woman who is “shy and soft-spoken” (p. 27). The members of a church, which Alette joins, have an idea to give Alette’s painting to Pastor Frank who is going to retire. However, Walter Manning, one of the senior members, speaks up that his daughter’s painting is the only one which is going to be given to the Pastor. However, most of the church members do not agree with the decision. The members choose Alette’s painting. On the other hand, Walter Manning stands still with his decision. He dislikes other people opinion. Surprisingly, Alette says “I agree” rather than rejects Walter Manning’s idea (pp. 34-35). She never says something bad to other people or being impolite. It can be seen also from her presence when she takes over Ashley’s body. Whenever Alette appears she speaks with a soft voice in an Italian accent.

Ashley expression suddenly started to change again. As David and Dr. Salem watched, Ashley seemed to shrink in her chair, and her face began to soften and go through an incredible metamorphosis until she seemed to become another distinct personality. She said in a soft voice with an Italian accent, “Toni…don’t say any more, per piacere.”

David was watching in bewilderment.

“Toni?” Dr. Salem edge closer.

The soft voice said, “I apologize for the interruptions, Dr. Salem.” (p. 147)

In other words, the diction which Alette uses is different from Toni. Alette considers that politeness is needed when she talks to whom she has not known before. Therefore, she asks for an apology before the conversation between Toni
and Dr. Salem. Moreover, Dr. Salem wants to dig the information whether Alette knows Jim.

And they watched Ashley’s face soften and go through the same transformation they had seen earlier. And then, that soft, mellifluous Italian accent.

“Buon giorno.”

“Good morning, Alette. How do you feel?”

“Male. This is a very difficult time.”

“It’s difficult for all of us,” David assured her, “but everything’s going to be all right.”

“I hope so.”

“Alette, I’d like to ask you a few questions.”

“Si...”

“Do you know Jim Cleary?”

“No.”

“Did you know Richard Melton?”

“Yes.” There was a deep sadness in her voice. “It was... it was terrible what happened to him.” (pp. 183-184)

Alette has the characteristic of a person who loves going to church, soft-spoken, have a good manner, and polite. Therefore, many people treat her nicely. From those evidences, the humble characteristic of Alette Peters can be analyzed from her personal description and her speech.

b. Kind-hearted

Alette Peters is a kind-hearted person. She likes to go to the church and volunteers in many kinds of activities. Once a week, Alette goes to the mission for homeless in San Francisco by giving them dinner. Every Sunday morning, she goes to the church and does some volunteer programs. She teaches painting to the young. All she does is only for the good things related to the charity. She is “genuinely kind and sympathetic and enjoyed helping people” (pp. 28-30). Toni, another alter,
also admits that “Alette is the religious one. She goes to church regularly, that one” (p. 185).

Additionally, when everyone is looking for a present for Pastor Frank. She agrees to paint the picture of Pastor Frank. It is because Pastor Frank will retire soon. She says happily, “Of course”. However, there is one senior member who disagrees with Alette’s painting. He makes all people agree about her daughter’s painting to be given to Pastor Frank. Alette says, “I like her painting very much. Let’s give it to the pastor” instead of disagrees (pp. 33-34).

Alette also wants to protect Toni when Toni tries to tell Dr. Salem about the murders. Suddenly, Alette interrupts by coming up and talking to Dr. Salem. In fact, Alette does not want Dr. Salem to know about what Toni has done. She prefers to talk to Dr. Salem about something else.

She said in a soft voice with an Italian accent, “Toni … don’t say any more, per piacere.”
David was watching in bewilderment.
“Toni?” Dr. Salem edged closer.
The soft voice said, “I apologize for the interruption, Dr. Salem.”
Dr. Salem asked, “Who are you?”
“I’m Alette. Alette Peters.” (p. 147)

As an attorney, David talks to Alette whether she will come at the court. In fact, she is willing to help David in the court session as a witness, but Toni does not let her to appear. Alette wants to help David in order to win the case, so that Ashley has not to be sentenced to death (p. 264). She maintains her relation by spreading good things. Hence, Alette Peters is a kind-hearted person through her personal description and her mannerism.
c. Talented

Alette is also a talented woman. She becomes a successful artist. She knows that she has another talent to see, smell, and hear the nuances of the colors. Based on the personal description of Alette, she knows the characteristic of a person through their speech.

Her father’s voice was blue and sometimes red.
Her mother’s voice was dark brown.
Her teacher’s voice was yellow.
The grocer’s voice was purple.
The sound of the wind in the trees was green.
The sound of running water was grey. (p. 26)

She loves to visit gallery on weekends, because it can inspire her to paint (pp. 26-28). When there is a fair for a fund raiser, Alette brings some of her paintings to be sold. Then, Pastor Frank Selvaggio says that “These are – these are brilliant! You should be selling them at a gallery” (p. 30). At the fair, some of people also see her paintings and admire her paintings. She gets a lot of compliment from many people and all of her paintings has sold. A man comes up to her paint and says “You’re very talented” (p. 31).

Besides, a male nurse at The Psychiatric Hospital takes her painting and gives it to Dr. Keller. So that, Dr. Keller admits that she is a talented painter (pp. 288-289). Additionally, in the therapy session Dr. Keller lets Alette to paint in order to heal her soul. While she is painting in the garden, some of the patients are watching her.

“Your paintings should be in a gallery.” Black.
“You’re really good.” Yellow.
“Where did you learn to do that?” Black.
“Can you paint a picture of me sometime?” Orange.
“I wish I knew how to do that.” Black. (p. 305)
Even though, she admits that she never studies about painting, she can paint nicely. Everyone seems to like her paintings (pp. 305-307). The colors that she can see, feel, and hear show that she is attentive. She knows the mood from other people through their colors of speech. It can be concluded that through her personal description and her character as seen by another, Alette is a talented woman of art.

B. Ashley’s Experiences of Having DID

This part shows Ashley’s experiences of having DID. Ashley does not notice that the alters live inside her. She has no idea there are other personalities. However, Ashley realizes that some unreasonable things occur. Actually, she experiences the symptoms of DID. Ashley experiences the recurrent dissociative amnesia. According to APA (2013, p. 294) dissociative amnesia is divided into three categories. First, is gaps in long-term memory or important personal life events such as childhood memory, adulthood memory, and the death of family member. Second, lapses in dependable memory. The individual may not know how to do their job, how to play piano, how to drive, and even how to write. Third, the individual discovers the evidences of the alters’ actions. The individual may discover things which are done by the alters. Ashley, as the individual with DID, experiences those three categories as the result of having DID.

1. Gaps in Personal Life Events

The individual with DID may lose some of personal life events that usually memorable for some of people, like childhood based on APA (2013, p. 293). Gaps in a remote memory of Ashley occur when she tries to remember how her childhood
has been. Ashley has blocked her mind from the childhood memory. The only thing she remembers is about her parents who are arguing to each other about the same thing.

Ashley cringed with embarrassment. She had forgotten how savage her father’s temper was. He had once punched an intern during an operation for making an error in judgment. Ashley remembered the screaming arguments between her mother and father when she was a little girl. They had terrified her. Her parents had always fought about the same thing, but try as she might, Ashley could not remember what it was. She has blocked it from her mind. (p. 9)

It also happens when she goes to her hometown in Bedford. She explores some places. She then passes the Memorial Hospital where her father has become well-known. She recalls her bad memory about her parents arguing but as she tries so hard, she cannot remember either (p. 43). This event shows that Ashley has no control over her memory especially the terrible events that has occurred.

Ashley has got a lot of trauma from her childhood so that, the alters may appear to hide a part of her childhood memory (p. 149). The alters take some of Ashley’s remote memories. It is the way of her mind to protect herself from the traumatic event that she has got in early age. Based on the novel, Ashley does not remember how rude her mother is. From Toni’s story, it can be seen that Ashley’s mother hates her. Her mother always yells and mocks her (pp. 184-185). Moreover, her father has raped her since when she is six years old. At that time, Ashley has no power to tell somebody, so she keeps the story by herself (p. 314). Ashley tries to survive form early age when the development of personality arises. It causes her to have the protection for herself by making the alternates based on Foster (2017, p. 9).
Ashley has experienced such an awful childhood. According to APA (2013), the alternates are created because of “overwhelming experiences, traumatic events, and/or abuse occurring in childhood” (p. 294). Therefore, Toni appears and becomes the protector. When a man tries to sleep with her, the memory of her father comes back. Suddenly, Toni takes over to murder him. After that, Ashley cannot remember what she has done. Ashley has no idea how Jim Clearly, Dennis Tibble, Jean Claude, Richard Melton, and Deputy Sam Blake are killed savagely. Even though the evidences lead to Ashley Patterson, herself (pp. 316-332).

According to the American Psychiatric Association (2013), the first primary way which has been experienced by the individual with DID is the gaps in remote memory (p. 292). Ashley cannot remember most of her childhood memory and also the murders. She has lost some of her personal life events because of the DID.

2. Lapses in Memory

A dissociative fugue happens to Ashley when she visits Dennis Tibble’s apartment. She wakes up naked, in a Chicago Loop Hotel. She does not know how she can get there and she just loses two days and two nights. She cannot remember what actually happens to her.

It was difficult for Ashley to speak. “What—what day is this?”
“Today is the seventeenth of —”
“No. I mean what day of the week is this?”
“Oh. Today is Monday. Can I —”
Ashley replace the receiver in a daze. Monday. She had lost two days and two nights. She sat up at the edge of the bed, trying to remember. She had gone to Dennis Tibble’s apartment….She had had a glass of wine….After that, everything was a blank. (p. 52)

Moreover, in her first hypnotherapy session with Dr. Salem, Ashley wonders whether she is helpful. Dr. Salem hypnotizes her and starts to talk with Toni and
Alette. They introduce themselves. There are only two of them beside Ashley. However, Ashley does not even know that the alternates have talked to Dr. Salem.

Ashley opened her eyes. She looked around the room. “I feel — Was I asleep?”
David stood there, staring at her, stunned.
“Yes,” Dr. Salem said.
Ashley turned to David. “Did I say anything? I mean…Was I helpful?”
My God, David thought. She doesn’t know! She really doesn’t know! David said, “You did fine, Ashley. I’d like to talk to Dr. Salem alone.” (p. 149)

Besides, in another hypnotherapy session, Ashley still does not realize that the alters have appeared. She says “Tired. Did it … Did it go all right?” (p. 186). She does not know how the hypnotherapy session is done. Ashley thinks she just falls asleep and does not know what she has done. She does not know that the alters have talked to Dr. Keller (p. 286). It can be concluded that Ashley experiences lapses in her memory. Sometimes, she loses times and days, because the alters take over her body.

3. Discovering the Evidences of the Alter’s Actions

In the beginning, Ashley has no idea about her disorder. She finds many strange things happening and does not know that those have been done by one of her naughty alters, Toni Prescott. Ashley thinks she is being followed by a stalker, but actually she has not known about her alters. Once, she gets shocked to see a picture of herself in her computer. “As Ashley watched, horrified, a hand holding a butcher knife appeared at the top of the screen. The hand was racing toward her image, ready to plunge the knife into her chest” (p. 40). It is the evidence of Toni’s characteristic as a cruel person.
Moreover, in Chicago Loop Hotel after she has lost two days and two nights, what she finds is only “a black leather miniskirt, a cheap-looking tube top and a pair of spiked high-heeled shoes”. Ashley never dresses that kind of outfit. Therefore, it does not make sense to Ashley what has just happened. After her flight back to San Jose, Ashley gets back to her apartment, she looks for an outfit in her closet. Surprisingly, she finds a burned cigarette butt that belongs to someone else’s (p. 52-55). Since the characteristic of Toni Prescott is tempting, the researcher knows that the outfit and cigarette belong to Toni.

Meanwhile, Ashley is a person who never goes to clubs and rarely goes to shop, Toni is the opposite personality. Unfortunately, Ashley receives a credit card statement around $1000 for Mod Dress Shop, Circus Club, and Louise’s Restaurant (p. 69). Toni is tempting, she wants to impress other people by her appearances. Therefore, she goes to shops and buys some nice outfit so that she can go to the fancy restaurant.

Therefore, Ashley gets surprised whenever she finds some strange things happening around her especially in her apartment where no one can get in except her. She finds a writing in a bright red lipstick YOU WILL DIE (p. 97). The evidences show that Toni is the opposite of Ashley who is trying to give a sign that she wants her real existence to be known and wants to protect Ashley. Toni is full of surprises. Whenever she appears there must be an incident as the result of the cruelty of Toni.

Ashley finds another evidence that has been done by one of the alters. When she is in the psychiatric hospital, David sends her a letter and a photograph of his
first baby boy. At that time, Ashley feels happy and keeps the letter. Unfortunately, after lunch she returns to her room and find the letter has been torn.

Dear Ashley,

I hope that you’re coming along well and that the therapy is progressing. Everything’s fine here. I’m working hard and enjoying it. Enclosed is a photograph of our two-year-old, Jeffry. At the rate he’s growing, in a few minutes, he’ll be getting married. There’s no real new report. I just wanted you to know that I was thinking about you.

Sandra joins me in sending our warm regards,
David

Ashley studied the photograph. He’s a beautiful little boy, she thought. I hope he has a happy life. She went to lunch, and when she returned, the photograph was on the floor of her room, torn to bits. (p. 306)

According to APA (2013, p. 293), the individual with DID experience the third way of dissociative amnesia which is discovering the evidence of the alters’ doing. Ashley finds something she cannot explain such as the actions and tasks she does not do. Thus, she experiences the third primary ways of dissociative amnesia. The bad actions can be concluded as the result of Toni characteristics who are tempting and cruel.

C. Ashley’s Struggles for Her True Identity against Her DID

Ashley has a terrible childhood. She has been assaulted by both of her parents. Even though she cannot remember how her childhood memory feels like, the other alters tell the truth that her mother hates her. Every time she sings her favorite song, her mother will be very rude and say inappropriate words. Besides, her father does not become a good protector for her, but he forces her to go into bed.
Ashley struggles of her needs. She cannot fulfill her love and belonging needs and the rest of the needs. That is why Ashley Patterson has dissociative identity disorder. She struggles through a lot of problems since childhood. The hurtful memories of childhood bring her mind to create alters who can take care of her memory. However, the alters have their own way to solve some problems and make Ashley deal with three moments below.

1. **Rejecting to be a Suspect of the Five Murders**

Ashley has been imprisoned for a reason that she never imagines. She has been suspected of the five murders. The victims are Jim Clearly, Dennis Tibble, Richard Melton, Jean Claude Parent, and Deputy Sam Blake. She does not know why this can happen to her. She still wonders whether someone plays with her.

At Santa Clara County Jail, Ashley Patterson sat in her cell, too traumatized to try to make sense of how she got there. She was fiercely glad that she was in jail because of the bars would kept whoever was doing this to her. Her whole life had become a screaming nightmare. Ashley thought of all the mysterious events that had been happening to her … the trip to Chicago … the writing on her mirror … and now the police accusing her of unspeakable things she knew nothing about. (pp. 134-135)

Ashley rejects to do the savage murders. She does not even know who is Richard Melton and Jean Claude Parent because Ashley never meets them (pp. 137-138). In the beginning, Ashley tries to wonder who the bloody murder of Jim Clearly is. She gets shocked when she knows that Jim has been killed and castrated.

At the night before, she meets Jim and plans to go out of the town with him and he will marry her. She has no idea that actually, at that night Jim tries to sleep with her. At that sudden shock, Toni appears and plunges a knife to Jim (pp. 317-319).
The second is the murder of Dennis Tibble. Ashley goes to his apartment and she wakes up at the different place and loses for two days. It is when Toni takes over because she has been raped by Dennis. Toni grabs a wine bottle, breaks it and attacks him hardly (pp. 320-322).

The third is the murder of Richard Melton, Ashley does not know him, but Alette Peters knows him well. Alette is interested in him. He is an artist who has the same taste of art with Alette. Alette also does not know what actually happens to him. However, Toni tells that Richard has invited Alette to come into his apartment to look over his paintings. In a sudden, Richard grabs her and tries to sleep with her so that, the bad things happen. Richard has been stabbed and castrated with a knife (pp. 322-323).

The fourth victim is Jean Claude. He is a nice friend of Toni. Jean gives her anything she wants and takes her out every day. She feels happy with him. However, a bad day comes. Jean Claude takes her into bed and sleeps with her. Toni gets raged. She takes the letter opener and kills him (pp. 324-326).

The fifth is the case of Deputy Sam Blake. He is an officer who protects Ashley at the night before he is killed. He awakes when he hears someone is crying from inside Ashley’s bedroom. He opens the door and finds Ashley sleeps and naked. All he wants to do is only to make her comfortable. However, it turns into a raping. Ashley becomes panic and the savage personality takes over. She grabs a knife and kills Deputy Sam Blake (pp. 326-328).

From those five murders, Ashley does not remember any events because the alter takes over. The murders have done by Toni, as the way to fulfill the safety and
security needs of Ashley Patterson. Ashley is innocent. However, there are no one else’s fingerprints, but hers as the evidence. There are pros and cons about the illness which Ashley has had. Some of the witnesses do not believe that the DID exists. They think it is one of the ways the suspected wants to be free. Luckily, the record of Ashley’s alteration makes the juror believe that Ashley has the DID (pp. 263-266). That is why, Ashley is not imprisoned but she gets the treatment in the Psychiatric Hospital for years (p. 275).

2. **Going to the Therapy**

Ashley has already known about her alters, but she has not met them personally. She knows that one of her alters murders the five men badly. In the first meeting with Dr. Gilbert Keller, Ashley is optimistic that she can be healed. A week after she arrives, Dr. Keller hypnotizes her to talk to the alters but they are not cooperative. The alters do not let Dr. Salem knows the major pain of their life (pp. 281-286).

According to Huffman, Vernoy, and Vernoy (2000) intrinsic motivation occurs when a person acts for his/her own purpose (p. 377). Ashley has her intrinsic motivation; she wants to be cured, because she knows that her alters are not good for people around her. Ashley wants her alters not to take control over her anymore. She wants to be free without losing some of her memories and maintains a positive life as Ashley, herself (Sheldon, 1998, p. 294).

However, Toni and Alette want to live forever inside Ashley’s body (p. 298-290). Toni hates the therapy session because it brings back too many bad memories. Toni thinks that no one appreciates her, although she tries to protect Ashley and
Alette. Therefore, Toni tries to find a way to escape from the hospital. Luckily, it
does not happen because Dr. Keller finds out that she wants to escape by flirting
one of the nurse. Toni gets angry. Meanwhile, Alette is saddened by the therapy
session. It reminds her about Rome and Richard Melton. Both Toni and Alette have
planned to pretend that everything is fine (p. 308).

For several months, the therapy has no significant progress. Dr. Keller still
has no clue to solve the problem. Toni and Alette do not want to share their stories
yet. They still think that Dr. Keller is an enemy. Therefore, Dr. Keller tries to be a
friend by asking Ashley for a dinner in a restaurant every weekend. For Toni, he
provides opportunity to play a piano and sing in the recreation room for one hour
every afternoon. Dr. Keller also gives a set of paints to Alette. She paints every
afternoon and other patients watches how wonderful her painting is. Dr. Keller
thinks those activities can help them to release the pain. However, the treatments
do not really helpful yet (pp. 297-309).

It takes years until Dr. Patterson comes to know Ashley’s progress when he
comes to see Ashley’s development. Suddenly, Ashley gets hysteria seeing her
father is playing with Katrina – her father’s stepdaughter. She remembers how her
father rapes her. She does not want the same thing happens to anybody else. Ashley
is too afraid to face the traumatic memory about her father. Therefore, Toni tells
that it is her father’s fault (pp. 312-315). After that, Dr. Keller find the way out from
those terrible memories of Ashley Patterson. The images of her father are used to
heal her pain. Dr. Keller agrees that the main problem is Toni’s anger about what
her father has done to her. She needs to control the anger and reduce it. Every month
there are three of four articles to be showed. As usual, Toni is hysterical when she sees the picture of her father. However, as time goes by Toni seems to reduce the hatred and changes it into acceptance. She admits that she feels hurt for this whole time because of the childhood memories of her parents. Thus, Dr. Keller knows that the real pain has already diminished, and the three identities are ready to united (pp. 335-337).

Dr. Keller said, “Ashley, you needed Toni and Alette because you couldn’t stand the pain. How do you feel about your father now?” There was a brief silence. She said slowly, “I can never forget what he did to me, but I can forgive him. I want to put the past and start my future.” “To do that, we must make you all one again. How do you feel about that, Alette?” Alette said, “If I’m Ashley, can I still go on painting?” “Of course you can.” “Well, then, all right.” “Toni?” “Will I still be able to sing and play the piano?” “Yes,” he said. “Then, why not?” “Ashley?” “I’m ready for all of us to be one. I—I want to thank them for helping me when I needed them.” “My pleasure, luv.” “Mierna anche,” Alette said. (p. 338)

After the integration has been managed, Ashley has no other personalities, but herself. She appreciates her alters appearances and thank them. Even though she erases the other personalities but the memories are still there. However, she is ready to go home and starting her new life as Ashley, herself (pp. 338-343).

3. Dealing with Traumatic Memories about Her Parents

According to Maslow as cited in Martin and Joomis (2007), if someone cannot fulfill his/her safety and security needs, then the following needs cannot be completed. From her early age, Ashley cannot fulfill her safety and security needs
which is the crucial level of needs. Since six years old, her father sexually abuses her. Therefore, Toni becomes the protector of Ashley and keeps the hurtful memories (p. 314).

In London, when Ashley is six years old, her father starts to go into bed with her. She screams but her father does not listen. Ashley is too terrified to face it. Then it becomes the time when Toni is born. Ashley tries to talk with her mother about it, but her mother calls her a lying little bitch. Every day, Ashley feels frightened of her father coming to her bedroom and sleeping with her. The same thing happens when they move to Rome. Her father comes into her room while Ashley is asleep and forces her to go into bed. Then she just cries because she cannot tell anyone. Thus, Alette also appears to hide those awful memories (pp. 313-315).

In the psychiatric hospital, Ashley sees a newspaper with picture of her father, his new wife, and a three-year-old daughter. He has married and bought a new house. Ashley is out of control. Suddenly, Toni takes over Ashley’s body and is ready to kill her father. Toni tries to hurt everybody, so that she has to use handcuffs and leg iron. After that, Dr. Keller tries to talk to her, wondering what is actually disturbing her. From that time, Toni tells that her mother always yells at her, and her father disrespects her until Ashley cannot stand with it anymore (pp. 331-336).

“I’d hoped we’d gotten rid of all that hate.”
“Hate? You want to hear about hate?”

It was raining, a steady downpour of raindrops hitting the roof of the speeding car. She looked at her mother sitting at the wheel, squinting at the road ahead, and she smiled, in a happy mood. She began to sing:
“All around the mulberry bush, the monkey chased—”

Her mother turned to her and screamed, “Shut up. I told you I detest that song. You make me sick, you miserable little—”

After that, everything seemed to happen in slow motion. The curve ahead, the car skidding off the road, the tree. The crash flung her out of the car. She was shaken, but unhurt. She got to her feet. She could hear her mother, trapped in the car, screaming, “Get me out of here. Help me! Help me! And she stood there watching until the car finally exploded. (pp. 332-333)

Dr. Keller also uses pictures of Dr. Patterson to heal her pain. He agrees that the problem of Toni’s anger is what her father has done to her. She needs to control the anger and reduce her emotion. After several therapies, Toni admits that she is not angry with her father anymore. She starts to realize that her father gets older and he is happy with his new family now. Toni knows that it is the time she should leave her anger behind and lets Ashley free (pp. 335-337).

At the beginning, it is hard for Ashley to know all those terrible memories, especially about her father. The only one family she has, becomes the major problem of all those things (pp. 312-315). Therefore, it is hard for Ashley to manage her feeling and life freely from hatred (p. 338). Ashley deals with her major problems which are traumatic to her. She knows that her parents have hurt her so bad, but she has to manage her emotion. By using her father’s photos and articles, Ashley begin to reduce her anger through the treatment. Thus, she lives happier and free from her nightmares (p. 342-345).
CHAPTER V
CONCLUSIONS, IMPLICATIONS, AND SUGGESTIONS

There are three parts in this chapter. The first part presents with conclusions, which explain the answers of research questions. The second part shows implications of the research to education. The third part provides some suggestions for future researchers on Sidney Sheldon’s *Tell Me Your Dreams*.

A. Conclusions

There are three research questions to analyze. The first research question is to understand how Ashley Patterson is described in Sheldon’s *Tell Me Your Dreams*. The second research question is about what the Ashley Patterson’s experiences for having Dissociative Identity Disorder are. Since Ashley has two alternate personalities, the next question is about how Ashley Patterson struggles for her true identity.

The analysis shows that based on the theory of character by Foster, Ashley Patterson is a round character because her characteristics change as she is having the alters. Sometimes, Ashley appears but at the other time the alters, Toni or Alette can take over. Based on the analysis, Ashley Patterson has three different identities inside her body. They are Ashley Patterson herself, Toni Prescott, and Alette Peters who have different characteristics.

Ashley Patterson, is good-looking, intelligent, and insecure. She dresses neatly and some of her friends are interested in Ashley. They try to flirt her, but she always refuses them. Ashley works at a big company in Silicon Valley. She is an expert in graphic design. Before having the job, she goes to college and gets a
prestigious scholarship for her study. Thus, Ashley is an intelligent woman. However, she is worried about her life. She thinks that someone follows and wants to hurt her. Ashley gets anxious easily. She thinks that someone is going to ruin her life. Therefore, Ashley is categorized as an insecure person. Those Ashley’s characteristics can be seen from her personal description, character as seen by other, mannerism, past life, reaction, and thought based on the theory of characterization by Murphy.

Toni Prescott, her alter, is tempting, talented, cynical, and bad tempered. She has different characteristics from Ashley, which is tempting. Toni has her own style to dress by wearing a miniskirt, a disco gear, and using a lot of makeup. Sometimes, she uses her British accent to tempt a man. However, she loves to sing and play the piano. At night, Toni usually goes to clubs or restaurants to sing and play the piano, and the people around her pleased. When someone tries to flirt her, she becomes cynical. Moreover, she becomes rude to people who touch her, or Ashley, or Alette. She can kill them viciously. Based on the theory of characterization by Murphy, Toni’s characteristics can be identified from her mannerism, speech, conversation, character as seen by other, and reaction.

While Alette Peters is humble, kind-hearted, and talented. She has a soft-spoken Italian accent. Sometimes, she protects Toni and Ashley from any problems. Alette takes over and speaks to Dr. Salem when Toni wants to admit the murders so she is considered as humble. She joins a church community to help people. Therefore, she interacts with the homeless. She also loves to paint and she can see the color of everybody’s speech. Based on Murphy, the characteristics of Alette
Peters can be seen from her personal description, speech, mannerism, and character as seen by other.

Since the alternates of Ashley Patterson take control, Ashley experiences of having dissociative amnesia. There are three primary ways of dissociative amnesia based on APA. First, she has gaps in some of her personal life events. As an example, she loses her childhood memory. She cannot remember about the fight of her parents, she does not remember what father has done to her, and her mother’s rudeness. Second, she experiences lapses in memory. One day she finds herself in Chicago, she has no idea how she gets there. She does not realize the alters’ conversation with Dr. Salem as well. Third, she finds the evidences of the alters’ doing. She finds a strange picture of herself, an unusual outfit, a strange credit card statement, and a torn letter which she does not have any idea about them.

Thus, because of such experiences, Ashley must struggle for her true identity. She rejects to be a suspect of the five murders because, she never imagines to do the tragic murders. She does not even know the three of the victims. The true murderer is Toni, one of her alters. Second, Ashley wants to drive away her alternates so that, she goes to the therapy. However, Toni and Alette do not want to go. They pretend that everything is fine in order to let them escape from the therapy. It takes years for a significant progress of her therapy. Until one day, Toni becomes out of control because she sees her father brings Katrina to the hospital. Toni takes over Ashley’s body for five days. She is in a rage and wants to hurt everyone. The last step, Ashley has to deal with her traumatic memories about what her parents have done to her. It is never easy for Ashley to know that her beloved parents have
done terrible things to her. Especially, the alter has done the terrible murders she never imagines. She cannot accept the other identities as the part of her life. However, as the story goes by, Ashley learns to control her emotions. She starts to talk to the alters and thank them because their purpose is to protect Ashley. Finally, Ashley is cured. She is free from the alters and starts her new life.

B. Implications

The understanding of the psychological disorder is important because there are many speculation of dissociative identity disorder. Some people think it is related to the supernatural power, while the other may do not know about the disorder. Thus, by reading this novel people will understand about DID and broaden their knowledge.

Besides, the psychological approach to literature can be taught to the students who take Book Report and/or Introduction to Literature course. The students can learn about the true cases like Sheldon’s Tell Me Your Dreams, because it is closer to humans’ life. Teachers and students can learn from the character’s finding out of her true identity as well. Teacher can lead the students to find what is meant by DID, and/or the struggles behind that. Thus, the students can understand the values behind the story. Additionally, as the pre-service teachers, the students of English Language Education Study Program require to know about the personality especially related to children’s personality. This knowledge is useful for the teacher to know the students’ personality. Thus, if the teacher discovers any unusual behavior of the students, they can refer to the knowledge of personality and identify the problem so that, they can solve it properly.
C. Suggestions

*Tell Me Your Dreams* is a novel based on true cases on 1998 and contains many interesting aspects to be analyzed. Since, this research discusses the struggle of Ashley Patterson only, other aspects are left to be analyzed. The future researchers may analyze the motive of David to be Ashley’s attorney. So the future researches can find out why David wants to be Ashley’s attorney even though it is a difficult case.

Another aspect such as the development of Ashley Patterson as the main character can be analyzed as well. The future researchers can analyze what is the differences of Ashley’s characteristic before and after the therapy. The psychological approach to analyze this topic will be interesting to analyze.

Future researchers also may analyze the true ending of the novel because there is a song related to Toni. In relation with the genre of the novel which is full of mystery, the ending of the novel becomes the interesting topic to be analyzed. Whether Ashley is already cured or there are still other personalities.
REFERENCES


APPENDICES
Appendix A

Summary of Tell Me Your Dreams

This novel starts with the major character, Ashley Patterson. She lives in Cupertino, California. In her late twenties, she works at Global Computer Graphics Corporation, one of the successful companies in Silicon Valley. She worries about someone who follows her and wants to hurt her. Actually, it is because of the other personalities. Ashley has a psychological disorder namely Dissociative Identity Disorder. She has two alternate personalities; Toni Prescott and Alette Peters. They have born because of the pain that Ashley cannot stand on it. Ashley gets sexual abuses from her father when she is six years old. She tries to tell her mother about it, but her mother does not believe her. Her mother even hates her and yells at her all the time. She often cries and finally she cannot stand with that pain. Therefore, her mind creates Toni and Alette as the protector for Ashley. The alters appear to hide the traumatic memory, so that Ashley can still enjoy her life without knowing her childhood memories.

Ashley experiences some strange things. She finds the lights in her apartment been turned off by someone else. She also finds clothes and cigarette butt that are not belonged to her. She has to bear with gaps and lapses in her personal life events. She also finds evidences from her alters’ actions. The most shocking experience is that she becomes a suspect of several savage murders.

Toni Prescott is an attractive woman. She has born in London and has a British accent. She loves sports, so she is athletic. She likes to spend her time by going to the clubs or fancy restaurant. Toni also loves singing while playing the
piano at those places. Toni remembers how her mother hates her voice and yells to her. Toni grows as a woman who has a bad manner to someone who tries to attract her. She says bad words and easily to get angry. Toni is the actual subject of the murders.

In the other hand, Alette Peters has a good manner. She is the opposite of Toni Prescott. She is humble and helpful. She loves painting and aesthetic matters. She has born in Rome, so she has Italian accent. She helps Toni and Ashley to tell the truth. Alette knows that Toni is the actual murderer, so she protects her from the interview with Dr. Keller. Alette wants to help Ashley in the court room, but Toni does not let her to do that.

Ashley has to struggle with her problems. First, she goes to the therapy session to deal with her alternates. She hates her alters but she has to live with them. Therefore, she is hypnotized and starts to know the alters’ purpose. Toni and Alette hate the therapy session because it remains them about the pains. They want to live forever in Ashley’s body. The therapy session takes several years to heal Ashley’s disorder. It is not easy for the doctor knowing the source of the pain. Until one day, Dr. Patterson with his new family come to see Ashley in the hospital. Ashley is out of control. Toni suddenly takes control and she tells all the traumatic memories about her father. From that time, Ashley’s doctor realizes that the main source of the pain is Dr. Patterson.

Therefore, the pictures and articles of Ashley’s father become the way out from the pain. There are another pictures and articles each day to trigger Ashley’s
anger. Day by day, the anger decreases. Toni tries to change her mind set about her father.

Finally, Ashley knows that the cause of all her pain is her father. She learns to control her emotion and her alternates. Ashley is under hypnotherapy when she meets the alters and says good bye to them. She is cured and ready to face her new life without her alternates.
Appendix B

Biography of Sidney Sheldon

Sidney Sheldon was born on February 17, 1917 in Chicago. He started with his $10 poem. He studied in Northwestern University and took part-time jobs. He tried to find a job in Hollywood. He became a reader prospective film material at Universal Pictures. He wrote his own screenplays “South of Panama” for $250 in 1941.

After World War II, he became a prolific writer in the New York theater community. He received a Tony awards as part of the writing team for the Gwen Verdon hit “Redhead” which brought him to Hollywood. His first title was The Bachelor and the Bobby-soxer in 1947.

In the early 1960, he made “The Patty Duke Show”. He did something differently at that time. For seven years he wrote almost every single episode of the series. He also wrote “I Dream of Jeannie”. Then, he tried to write a novel “The Naked Face” that had been sold 21,000 copies in hardcover. The novel scored even bigger in paperback, where it reportedly sold 3.1 million copies. Therefore, his novel became the best-seller for months at a time.

“Rage of Angles,” “The Other Side of Midnight,” “Master of the Game,” and “If Tomorrow Comes,” made him to be well-known. He tried to write his book so the reader cannot put them down. He remarked that if he wrote about a place, he had been there. If he wrote about a meal in Indonesia, he had eaten there at that restaurant. He did not fool the reader. He wrote his novel authentically. For example, “Windmills of the Mind,” and “Tell Me Your Dreams.”

He was married Jorja Curtright Sheldon and has two children. He died on January 30, 2007 because of the pneumonia complication.

Adapted from:

https://www.imdb.com/name/nm0791084/bio