

Diving Deep: Exploring Avery's Inner Realms in Jennifer Lynn Barnes' The Inheritance Games

OPEN ACCESS

Volume: 12

Special Issue: 3

Month: January

Year: 2025

P-ISSN: 2321-788X

E-ISSN: 2582-0397

Citation:

Gayathri, R., et al.
"Diving Deep: Exploring Avery's Inner Realms in Jennifer Lynn Barnes' The Inheritance Games."
Shanlax International Journal of Arts, Science and Humanities, vol. 12, no. S3, 2025, pp. 125–28.

DOI:

<https://doi.org/10.34293/sijash.v12iS3-Jan.8845>

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Abstract

According to Freud's psychoanalytic theory, Avery's actions are a subconscious reaction to her fear of abandonment and early trauma. Repressed issues with vulnerability and self-perception are reflected in her activities, which are motivated by a need for emotional security and autonomy. Through postcards, Avery's desire for freedom and escape represents her struggle for autonomy and self-worth, which is reflected in her subconscious. Her guarded exterior belies repressed hope and insecurity, motivated by a desire for a better life and a fear of rejection. Avery's unconscious urge to comprehend her value and position in society is the root of her search for identification and acknowledgement. Her obsession with Tobias Hawthorne's legacy is a reflection of her suppressed fears and need for self-validation, belonging, and purpose Avery struggles to strike a balance between desire and self-defence in a frightening setting, as evidenced by her subconscious battle. She suppresses her misgivings and worries of inadequacy, questioning her value and position among the Hawthorne's, despite her calm exterior. Avery's imposter syndrome, dread of being vulnerable, and difficulty accepting her unexpected inheritance are all symptoms of her unconscious concern over rejection. Her internal battle between self-worth and the fear of being manipulated or undeserving is highlighted by her defensive tactics and repressed emotions.

Keywords: Subconscious, Self-Perception, Emotional Security, Autonomy, Self-Validation, Rejection, Self-Defence.

Introduction

The subconscious mind is any recent memory that needs to be quickly recalled, such as a phone number or the name of someone one recently met, is kept in the subconscious mind. Additionally, it keeps track of the current information that people use in their daily lives, including recurrent thoughts, patterns of behaviour, habits, and emotions. Freud's subconscious mind, which serves as the mind's random-access memory (RAM), is the brain's or body's workhorse. Therefore, the unconscious mind can be viewed as the source of dreams and automatic thoughts—that is, thoughts that happen for no apparent reason—and as the storehouse of memories that have been forgotten but are nevertheless accessible to consciousness at a later time. The things about which a person has good knowledge or implicit knowledge can do that without thinking.

Unconscious mind an individual's memories and experiences are stored in the unconscious mind. These are memories that have been suppressed by trauma and deliberately forgotten memories that are no longer significant to the person, such as automatic thoughts. Furthermore, a person's ideas, habits, and behaviours are shaped by these memories and experiences. It is clear from a previous report that the unconscious mind is located at a deeper layer beneath the subconscious mind. Nonetheless, the unconscious and subconscious minds are closely related and address related topics. Like a library, the unconscious mind is the cellar where all of one's memories, habits, and behaviours are kept, along with one's likes and dislikes. It's the warehouse of all the deep-seated emotions the individual has faced since birth.

Freud's Theory on Avery's Behaviours

According to Freud's psychoanalytic theory, a primary subconscious drive that frequently results from early emotional trauma or loss is the fear of vulnerability and abandonment. To shield oneself from possible rejection or abandonment, people may exhibit this anxiety by avoiding emotional exposure or becoming dependent on others. Because she values independence and shuns emotional vulnerability, Avery's behaviour is influenced by this underlying fear. Subtle clues from Avery's subconscious represent how she sees herself, such as her broken phone screen and unreliable car. Her inward struggles and emotions of imperfection are reflected in the "brokenness" of these items. Nevertheless, she represses these fears and is adamant about going forward, which feeds her irrational urge to avoid vulnerability at all costs. For instance, she states, that picking up an extra shift was worth trading a 98 for a 92(TIG 2) demonstrating her predilection for pragmatic survival over emotional or intellectual excess. Her unwillingness to rely on others, as evidenced by her insistence on taking the test right away I'll take it now (TIG 4), demonstrates her need for emotional security and control. Avery's actions are motivated by her unconscious need to maintain a protected, autonomous identity, her fear of emotional desertion, and her reaction to the death of her mother.

Her subconscious emphasizes Avery's need for independence and security, particularly as she muses If Drake's staying here, then I'm not (TIG 7) This highlights her strong demand for independence and self-respect by demonstrating her refusal to stay in a poisonous situation, even if it means living in her car. Avery's subconscious mind can be accessed symbolically through the postcards. These stand up for her repressed desire for an adventurous and free life, which contrasts sharply with her existing difficult and uninteresting circumstances. Every location on the postcards represents a facet of her unspoken identity her wish to travel and escape the emotional burdens of her current existence.

To keep her from facing intense emotions, her mind represses the full degree of her susceptibility. Feelings of uncertainty and insecurity dominate Avery's psyche. She has a strong sense of inadequacy as a result of her difficult life circumstances, and the unexpected attention from the wealthy Hawthorne family exacerbates this internal turmoil. She struggles with self-worth issues, questioning why someone as unimportant as she believes herself would be selected for such a huge bequest. Beneath her rational scepticism, there is a hidden hope a glimmer of hope that this could be her opportunity to change the course of her life. While her mind vacillates between anxiety and the intense need to fit in, she also unconsciously fears rejection or deceit, protecting herself with a guarded manner of recognition.

Avery's unspoken quest for recognition and identity is evident in her response to Tobias Hawthorne's bequest. The mystery surrounding her selection and her subsequent interest in Hawthorne's fortune may represent an unconscious need to comprehend her worth and position in society. Avery subconsciously doubts her worth, questioning why Tobias Hawthorne would leave

her his fortune. These doubts manifest in her repeated internal reflections on her identity and value “Why me? What did I have that made me worthy?”

As she wrestles with the issue of her link to a man she never met, this quest for meaning may also be an unconscious attempt to satisfy an unfulfilled emotional need or hole. An internalized fear of being judged or viewed as inferior by others, particularly by those who appear to represent riches and power like Alisa Ortega, may be the driving force behind Avery’s subconscious.

Since Avery may be unwittingly worried that being perceived as “homeless” could result in social rejection or a loss of identity, Libby’s urge to correct Alisa reflects Avery’s protection strategy of repression and displacement. Given how little she knows about Tobias Hawthorne, Avery’s ongoing preoccupation with him may be seen as an unconscious effort to satisfy suppressed feelings or ideas. She might be unknowingly looking for something that her present life is lacking possibly a reason for her selection, the final component of her identity, or a goal that gives her a feeling of purpose and community.

An internal conflict is evident in Avery’s first encounter with Grayson. Although she finds Alisa’s belief that she would fall for a Hawthorne annoying, when she deliberately rejects(denies) any possible emotional vulnerability, Avery’s subconscious demonstrates suppression, a crucial defensive strategy. In an attempt to protect herself from the power dynamics and emotional risks associated with the Hawthorne family, she claims to keep her heart I keep mine under lock and key (TIG 220) Notwithstanding her denial, subliminal clues like her in-depth assessments of Grayson’s glistening eyes, well-tailored suit, and haughty manner display repressed feelings of interest and fascination. This reveals her unconscious battle to strike a balance between self-defence and desire in a frightening new setting.

She believes she is unworthy of the inheritance and feels alienated from the Hawthorne’s. When Zara asked how did you know my father? Silence descended on the cavernous foyer. I swallowed. I didn’t (TIG 28) ‘To safeguard her mental health, she presents a composed, unconcerned demeanour rather than displaying her anxieties. Avery keeps her composure when she is among the Hawthorne family, such as when she meets Zara and Grayson’s mother(Skye). She feels on the inside that she is not welcome in their world. Her mind combats the fear of being perceived as a phoney by projecting a sense of calm and rationality.

Among the rich Hawthorne family, Avery feels uncomfortable and uneasy. She suppresses these emotions despite this, remaining calm and aware of what is happening. She is unable to analyse her underlying fear of why she was picked because of the emphasis on riches and inheritance. What’s the catch? Avery describes how she finds it difficult to understand her place in this scenario and how nothing about the day feels real. She is suppressing thoughts of whether she belongs here or whether Tobias’s decision has a sinister undertone.

Avery assumes that the lawyers and the Hawthorne family would doubt her presence or despise her, so she puts her feelings of inadequacy and unworthiness onto them. When her name is called, she feels “naked” or exposed, which is a psychological projection of her underlying anxiety that she is unworthy of the inheritance.

Evidence: She projects her inadequacies onto the expected reactions of others by thinking things like, “I’m nothing,” and obsessing over their incredulity when the will is read. Her brittle self-esteem is exposed by her belief that people are evaluating her.

Avery may have an unconscious fear of being rejected or out of place, as seen by her recurring ideas This is not happening, this cannot be happening, (TIG 39) and Someone in this room is actually going to kill me (TIG 41). Her unconscious shock is symbolized by her sickness and disorientation, which show that she views the bequest as a disturbance to reality. A protective system is reflected in the subconscious threat response. She perceives the Hawthorne family as a threat because she feels emotionally and physically weak.

Her new identity as an heiress and her prior self-perception as an average person disconnected to the wealthy world are directly at odds as a result of the inheritance. Her involuntary aversion to embracing this sudden change is highlighted by her repeated whispers There must be some mistake (TIG 39). Avery's subconscious battle for acceptance and self-worth is revealed by her response to being rejected by others (such as Skye purposefully calling her "Ava"). As evidenced by her identification as an outsider in the family dynamic, this tension points to an underlying anxiety of not living up to expectations or being undeserving of the inheritance.

Avery finds herself in a bizarre predicament after inheriting a big fortune that may or may not be her biological property. She unconsciously looks for approval for her position within the Hawthorne family's heritage as a result of this internal tug-of-war. Her cautious and somewhat neurotic approach to the truth, however, betrays her

Fear of being undeserving Maybe my father isn't really my father (TIG 49) This reinforces the imposter syndrome by pointing to an internal struggle in which Avery's mind wonders if she is a member of this affluent family or if this inheritance is a coincidence. She attempts to fabricate a background for herself to justify this good fortune, implying a long-standing anxiety of being perceived as "out of place" In addition to causing unsolved emotional difficulties, Tobias's brief note I'm sorry (TIG 51) leaves her vulnerable and makes her yearn for deeper explanations.

Avery's first reaction, reaching for her keys and getting ready to defend herself, demonstrates how she relies on defence mechanisms to deal with unforeseen circumstances. She is making a deliberate attempt to shield herself from vulnerability through her sarcasm, rejection of Jameson's flirtation, and insistence on boundaries (Get out, don't touch my face (TIG 80) But her mixed feelings both resisting and giving in to Jameson's magnetic presence indicate that she is suppressing her emotions, as she denies the attraction of playing the Hawthorne "game. "Avery's deeper doubts about her own life and value are symbolized by Jameson. Her response reflects her fears of manipulation when he implies that everything is a game. Avery is externalizing her fear of being used or objectified, which is probably a holdover from her past, by accusing him of wanting something.

Conclusion

Avery's dreams offer insight on her repressed emotions and correlate to the psychoanalytic theory of Sigmund Freud. According to Freud, dreams employ symbols to illustrate our subconscious reasoning. In one dream, Avery recounts making sugar castles with her mother, indicating her quest for comfort and connection. the way to which these events impacted her identity is illustrated by another remembrance of Tobias Hawthorne hearing her full name. Not only are these dreams random, but they act as a bridge connecting her history and present, leading her through the dark corners of the Hawthorne family and her place within it. Dreams play an important part in Avery's journey as the book deals with issues of identity, belonging, and self-discovery by combining subconscious feelings with her real struggles.

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