

CHAPTER IV

CONCLUSION

In Kathleen Glasgow's *How to Make Friends with The Dark*, the main character, Tiger Tolliver, undergoes a profound existential crisis, which can be interpreted through Viktor Frankl's concept of the tragic triad: pain, guilt, and death. The sudden death of her mother initiates Tiger's journey through intense grief and meaninglessness, representing the "death" component of the triad. This loss not only strips her of her emotional anchor but also forces her to confront life's finality and search for purpose amidst overwhelming sorrow.

The aspect of emotional "pain" in the tragic triad reflects through the Tiger's struggle with poverty and bullying also the displacement into the foster system. In foster care, she struggles to adapt to unfamiliar environments, exacerbating her sense of loneliness and disconnection from her previous life. Tiger also experiences the aspect of "guilt" that she feels over her last harsh words to her mother. This adds a significant emotional burden, preventing her from finding closure and deepening her despair.

Despite these hardships, Tiger's journey also illustrates the importance of Frankl's logotherapy principles in overcoming existential crises. Through "the freedom of will", Tiger makes conscious choices that help her navigate her grief, such as her decision to continuously wear the dress her mother bought her. This act initially serves as a coping mechanism but later transforms into a symbol of her growth as she learns to honor her mother's memory in more meaningful ways.

Tiger's evolving sense of purpose, or "will to meaning," is evident as she reestablishes connections with people who offer support and stability. Rebuilding her relationship with her step-sister Shayna and moving to a new environment represent significant steps towards healing. These relationships and responsibilities provide Tiger with new sources of meaning, aligning with Frankl's view that purpose can be found through love and duty to others.

Ultimately, Tiger's ability to find "the meaning of life" in her suffering, a key tenet of logotherapy, is demonstrated through her creative, experiential, and attitudinal values. Engaging in productive activities, forming meaningful relationships, and adopting a positive attitude towards her suffering help Tiger to reconstruct her life and find a renewed sense of purpose. Through Tiger journey, *How to Make Friends with the Dark* exemplifies the transformative power of finding meaning in the face of profound loss and hardship.