



**OBSESSIVE LOVE DISORDER
OF THE MAIN FEMALE CHARACTER
IN CHARLOTTE LEVIN'S *IF I CANNOT HAVE YOU***

A THESIS

**In Partial Fulfilment of the Requirements
for S-1 Degree Majoring English Literature in the English
Department, Faculty of Humanities, Diponegoro University**

Submitted by:

**Firnanda Larasati
NIM 13020118120054**

**FACULTY OF HUMANITIES
DIPONEGORO UNIVERSITY
SEMARANG
2022**

PRONOUNCEMENT

The writer truthfully states that this thesis is completed entirely by her without taking any input from other researchers in the diploma, S-1, S-2, and S-3 degrees of any universities. The writer also ensures that she has never used any material from other works besides the cited references.

Semarang, 16th December 2022

Firnanda Larasati

MOTTO AND DEDICATION

Indeed, with hardship (will be) ease.

Surah Al – Inshirah (94: 6)

Do the best you can until you know better. Then, when you know better, do better.

Maya Angelou

Opportunities do not happen. You create them.

Chris Grosser

I, not events, have the power to make me happy or unhappy today.

Groucho Marx

*This thesis is dedicated to
My dear mother, father, sister, brother, best friends,
and those who have encouraged me to accomplish this thesis.*

APPROVAL

**OBSESSIVE LOVE DISORDER OF THE MAIN FEMALE CHARACTER
IN CHARLOTTE LEVIN'S *IF I CANNOT HAVE YOU***

Written by:
Firnanda Larasati
NIM: 13020118120054

Is approved by the thesis advisor
on 21st December 2022
Thesis Advisor



Dra. R. Aj. Atrinawati, M. Hum.
NIP. 196101011990012001

The Head of English Department



Dr. Oktiva Herry Chandra, M. Hum.
NIP. 196710041993031003

VALIDATION

Approved by

Strata I Thesis Examination Committee

Faculty of Humanities Diponegoro University

on 30th December 2022

Chair Person



Ariya Jati S.S., M.A.

NIP. 197802282005011001

First Member



Hadiyanto, S.S, M.Hum.

NIP. 197407252008011013

ACKNOWLEDGEMENTS

Praise be to Allah SWT, who has rewarded the writer with infinite blessings and great mercy and enabled the writer to accomplish this thesis. This section aims to express gratitude to everyone who has assisted in the completion of this thesis. This gratitude might not ever be enough to repay them for their assistance and wishes.

My thesis advisor, Dra. R. Aj. Atrinawati, M. Hum., deserves my sincere gratitude and appreciation for sparing her precious time to patiently offer insightful suggestions and continual assistance, without which I would be doubtful of successfully completing this thesis.

My greatest gratitude also goes to the following;

1. Dr. Nurhayati, M.Hum, as the Dean of Faculty of Humanities, Diponegoro University.
2. Dr. Oktiva Herry Chandra, M. Hum., as the Head of the English Department of the Faculty of Humanities, Diponegoro University.
3. All English Department lecturers at Diponegoro University. For me, their invaluable information and suggestions would be unforgettable.
4. My beloved parents, Miftachun and Lindayani, who are the main reasons and motivations for my success in achieving education. Thank you for the endless loves and wishes.

5. My younger sister, Nadhirafahira Salsabillah, and my younger brother, Muhammad Zain Firmansyah Putra. Thank you for being the nicest and supportive siblings ever.
6. My high school mates, Puput Oktavia, Novita Amartya, Dinda Asha, Tasliyatul Ummah, Shinta Amrina, and Hanun Karend. Thank you for always be there by my side until today.
7. My college best friends, Anggi Meyshella, Diana Titi, and Dwi Sri. Thank you for always being there for each other during our college years.
8. My Class B friends, who have known each other for 1.5 years and have studied in a college classroom together. Thank you for the memories.
9. All my friends from English Department batch 2018 who have journeyed through college together from the beginning to the ending. Hopefully, you would all be able to attain your goals in the future. Until we cross paths again someday in the future, see you soon. Thank you for everything.

Of course, this thesis must still be developed, since I recognize that it is far from the ideal. As a result, any suggestion would be welcomed and appreciated. Finally, I hope that this thesis will be useful to people who are interested in learning more about obsessive love theory or any other relevant area.

Semarang, 16th December 2022

Firnanda Larasati

TABLE OF CONTENTS

| | |
|---|------|
| PRONOUNCEMENT | ii |
| MOTTO AND DEDICATION | iii |
| APPROVAL | iv |
| VALIDATION | v |
| ACKNOWLEDGEMENT | vi |
| TABLE OF CONTENTS | viii |
| ABSTRACT | x |
| CHAPTER I: INTRODUCTION | 1 |
| 1.1 Background of the Study | 1 |
| 1.2 Research Problems | 2 |
| 1.3 Objectives of the Study | 3 |
| 1.4 Previous Studies | 3 |
| 1.5 Scope of the Study | 6 |
| 1.6 Writing Organization | 6 |
| CHAPTER II: THEORY AND METHOD | 8 |
| 2.1 Theoretical Framework | 8 |
| 2.1.1 Intrinsic Aspect | 8 |
| 2.1.1.1 Character | 8 |
| 2.1.1.2 Setting | 8 |
| 2.1.1.3 Conflict | 8 |
| 2.1.2 Extrinsic Aspect | 9 |
| 2.1.2.1 Obsessive Love | 9 |
| 2.1.2.2 Symptoms | 9 |
| 2.1.2.2.1 Idealized Lover | 9 |
| 2.1.2.2.2 Delusional Jealousy | 9 |
| 2.1.2.2.3 Pursuit | 10 |
| 2.1.2.3 Causes | 10 |
| 2.1.2.3.1 Abandonment | 10 |
| 2.1.2.3.2 Rejection | 11 |
| 2.2. Research Method | 11 |
| 2.2.1 Data and Data Source | 11 |
| 2.2.2 Method of Collecting Data | 11 |
| 2.2.2 Method of Analysing Data | 12 |
| CHAPTER III: RESULT AND DISCUSSION | 13 |
| 3.1 Intrinsic Aspects | 13 |
| 3.1.1 Character: Constance Little | 13 |
| 3.1.2 Setting: Place | 15 |

| | |
|--|-----------|
| 3.1.3 Conflict | 17 |
| 3.1.3.1 Internal Conflict | 17 |
| 3.1.3.2 External Conflict | 18 |
| 3.2 Extrinsic Aspects..... | 19 |
| 3.2.1 The Symptoms of Constance’s Obsessive Love | 19 |
| 3.2.1.1 Samuel as Idealized Lover | 20 |
| 3.2.1.2 Delusional Jealousy to Samuel’s Female Friends..... | 21 |
| 3.2.1.3 Pursuit to Samuel | 23 |
| 3.2.2 The Causes of Constance’s Obsessive Love | 26 |
| 3.2.2.1 Fear of Abandonment | 26 |
| 3.2.2.2 Fear of Rejection..... | 28 |
| 3.2.3 The Effects of Constance’s Obsessive Love | 29 |
| 3.2.3.1 Excessive Anxiety..... | 30 |
| 3.2.3.2 Self-harm..... | 30 |
| 3.2.4 The Recovery Processes of Constance’s Obsessive Love | 31 |
| 3.2.4.1 Talking to a Psychiatrist..... | 31 |
| 3.2.4.2 Writing Untold Story..... | 32 |
| 3.2.4.3 Forgiving | 33 |
| 3.2.4.4 Continuing Her Life | 33 |
| CHAPTER IV: CONCLUSION | 35 |
| REFERENCES | 37 |

ABSTRACT

This thesis analyses the obsessive love disorder experienced by Constance Little, the main female character in Charlotte Levin's novel, *If I Cannot Have You*. The objectives of the study are to identify the obsessive love symptoms, causes, effects and recovery processes of Constance. The writer applies the obsessive love theory of two psychiatrists, namely Susan Forward and Craig Buck, to support the analysis of the extrinsic aspect which talks about Constance Little's obsessive love. Several research methods are used by the writer, including library research, a psychological approach, and qualitative research. The results of this study prove that Constance Little's behaviour, attitude, and thoughts show the symptoms of obsessive love, such as the idealised lover, delusional jealousy, and obsessive pursuit. Those symptoms are caused by abandonment and rejection. Her obsessive love disorder affects Constance's mentality; she experiences excessive anxiety and self-harm. In order to deal with her love obsession, Constance tries a variety of recovery techniques.

Keywords: obsessive love, abandonment, rejection, recovery techniques.

CHAPTER I

INTRODUCTION

1.1 Background of the Study

Every human being must have personally encountered the beauty of falling in love. They desire repaid love to grow into true love which will end happily ever after. However, not all romantic relationships meet everyone's expectations. It quite often happens when unrealistic expectations turn the love feeling into an obsession to someone. A person's obsession which becomes overwhelming will justify anything to gain the attention of someone they love. Obsession also often leads individuals to behave inappropriately, even to the stage of harming a loved one (Forward and Buck, 1991:8).

The obsession of love that occurs can also be found in works of literature such as novels. Wellek and Warren stated, "Language is the material of literature as stone or bronze is of sculpture, paints of pictures, or sound of music" (1963:22). The authors of a book or novel address their readers throughout the text. One of the authors of a novel that contains obsessive love is Charlotte Levin.

Charlotte Levin, the author of the novel *If I Cannot Have You*, chooses to tell the story of a woman's obsession with her new love in her book. Constance Little, the main female character, plays a crucial role in unveiling her personality directly to the reader through her point of view by addressing the letters she wrote to Samuel, who is the new surgeon at the surgery hospital where she works as a

receptionist. Her life is significantly changed when she meets Samuel who represents her destiny. However, Samuel only considers Constance as a colleague and friend. The relationship between Constance and Samuel does not go as smoothly as she hoped. The more Constance approaches him, the greater her suffering becomes.

The psychological approach, according to Mary Rohrberger and Samuel Woods is an attempt to identify and present particular recurrent patterns using psychology as a different source of knowledge. This approach draws on psychological theories to explain human motivation, personality, and patterns of behaviour depicted in literary objects (1971:31).

Utilizing psychological approach will involve the writer in comprehending Constance's personality, behaviour, attitude, and thoughts. According to the preceding description, the writer intends to conduct a study of the main female character's obsessive love by examining its symptoms, causes, effects as well as her recovery from her obsessive love disorder in the novel.

1.2 Research Problems

The following are the research questions of this study:

1. What are the symptoms of Constance Little's obsessive love portrayed in Charlotte Levin's *If I Cannot Have You*?
2. What are the causes of Constance Little's obsessive love portrayed in Charlotte Levin's *If I Cannot Have You*?
3. What are the effects of Constance Little's obsessive love portrayed in Charlotte Levin's *If I Cannot Have You*?

4. What are the recovery processes of Constance Little's obsessive love portrayed in Charlotte Levin's *If I Cannot Have You*?

1.3 Objectives of the Study

The following are the objectives of this study:

1. To analyse the symptoms of Constance Little's obsessive love are portrayed in Charlotte Levin's *If I Cannot Have You*.
2. To analyse the causes of Constance Little's obsessive love are portrayed in Charlotte Levin's *If I Cannot Have You*.
3. To analyse the effects of Constance Little's obsessive love are portrayed in Charlotte Levin's *If I Cannot Have You*.
4. To analyse the recovery processes of Constance Little's obsessive love are portrayed in Charlotte Levin's *If I Cannot Have You*.

1.4 Previous Studies

The writer must be aware of previous studies discussing the same object of study to identify the gap between this study and others. Since the object of study chosen by the writer was just published in 2020, no thesis or journal article has been found analysing Charlotte Levin's novel *If I Cannot Have You*. However, the writer has found ten article reviews discussing *If I Cannot Have You* by Charlotte Levin.

The first review, entitled "*Book Review: If I Can't Have You by Charlotte Levin*," published by Leah Reads Books in July 2020. She focuses on how Levin does an excellent job of developing the character of Constance in the novel.

Constance's feelings of loneliness, obsession, and abandonment can be conveyed to the point of emotional exhaustion.

The second review, entitled “*ShortBookandScribes #BookReview – If I Can’t Have You by Charlotte Levin,*” published by Nicola in July 2020. She states that the character development successfully makes the reader feel a variety of feelings. The author’s writing style is also the one that make the reader love the novel.

The third review, entitled “*IF I CAN’T HAVE YOU – CHARLOTTE LEVIN,*” published by Because Books in July 2020. He states that the plot is so bold and quick-paced. The prologue itself triggers the reader's curiosity. It keeps them reading until an unexpected ending with a satisfactory resolution for all the characters.

The fourth review, entitled “*If I Can’t Have You by Charlotte Levin: A fascinating, psychologically astute story - book review -,*” published by Pam Norfolk in July 2020. Based on his opinion, the novel tells the reader about Constance's love story, which devolves into a tale of dark obsession and leads her to commit several terrible acts.

The fifth review, entitled “*Book Review – ‘If I Can’t Have You’ by Charlotte Levin,*” published by Dreaming of Cats in August 2020, describes this novel as a work with a surprising storyline, interesting characters, dark and humorous undertones, and elements that keep readers speculating about Constance's potential actions.

The sixth review, entitled “*REVIEW: If I Can’t Have You by Charlotte Levin,*” published by Sam Still Reading in August 2020. Based on his evaluation, this novel

is a winter-appropriate thriller with an intriguing narrative, and it is shocking that the main character sometimes exhibits a vile personality.

The seventh review, entitled “*If I Can’t Have You by Charlotte Levin*,” published by Pile by the bed in August 2020. Based on his opinion, Constance's life story is not only about her obsession with Samuel but also about her past with her parents. Each character has an unexpectedly negative trait that surprises the reader.

The eighth review, entitled “*Book Review: If I Can’t Have You, by Charlotte Levin*,” published by Jessica Anne in August 2020. She highlights how much she admires the author, Charlotte Levin, for establishing the storyboard, character building, and unpredicted plot.

The ninth review, entitled “*If I Can’t Have You by Charlotte Levin: Review*,” published by Jo Little in January 2021. Constance's life story, according to his argument, is conveyed in a cool sense by Charlotte Levin. The character of Constance is also well-developed and relatable.

The tenth review, entitled “*Review | If I Can’t Have You, by Charlotte Levin*,” published by Jaclyn in July 2021. He states that Constance's obsession with Samuel is just the beginning of her sufferings in London. It is difficult to not sympathize for Constance’s character throughout the story. The story is a dark, surprisingly emotional psychological thriller that kind of likes a girl version of Joe from Caroline Kepnes’ *You*.

This novel is highly recommended for both leisure reading and academic research. The writer feels both challenged and motivated to carry out the research using the novel. This is because other theses or journals rarely combine symptoms,

causes, effects, and recovery processes of obsessive love disorder in a single study. From the preceding analysis of previous studies, it can be concluded that the focus of this thesis differs from that of others. This thesis will examine the symptoms, causes, and effects of the main female character's obsessive love and how she recovers to be a better person.

1.5 Scope of the Study

This study focuses on Constance Little, the main female character in Charlotte Levin's novel *If I Cannot Have You*. This analysis includes both intrinsic and extrinsic components of Constance Little's personality. For the intrinsic aspects, the writer will emphasise the explanation of Constance Little's character, the novel's settings, and the conflicts between character. In terms of the extrinsic elements, the writer takes a psychological approach by using obsessive love disorder by Susan Forward and Craig Buck. The writer will focus on discussing Constance Little's obsessive love disorder by looking into the symptoms, the causes, the effects and the recovery processes depicted in the novel.

1.6 Writing Organization

This thesis is divided into four chapters, such as Introduction, Theory and Method, Discussion, and Conclusion.

CHAPTER I INTRODUCTION

This chapter consists of six sub-chapters. These include the background of the study; research problems; objectives of the study; previous studies; the scope of the study; and writing organization.

CHAPTER II THEORY AND METHOD

This chapter contains theories and methods used by the writer to examine the novel. The writer defines the theory of character, setting, and conflict as intrinsic elements and applies the obsessive-love-disorder theory by Susan Forward and Craig Buck to analyse the extrinsic elements. The writer collects the data through qualitative and library research methods and conducts research through psychological literature.

CHAPTER III DISCUSSION

This chapter discusses both the intrinsic and extrinsic aspects of Charlotte Levin's novel *If I Cannot Have You* to answer the research question. The intrinsic aspects focus on character, setting, and conflict, whereas the extrinsic aspects focus on the analysis of obsessive love disorder, specifically the symptoms, causes, effects and recovery processes.

CHAPTER IV CONCLUSION

This section contains the conclusion of the discussion chapter.

CHAPTER II

THEORY AND METHOD

2.1 Theoretical Framework

2.1.1 Intrinsic Aspects

2.1.1.1 Character

In a novel, characters are living creatures whose moral, intellectual, and emotional qualities are interpreted by the audience based on what they speak and act (Abrams, 1999:32).

2.1.1.2 Setting

A setting in a narrative or dramatic work includes public locations, chronological time, and social conditions within which the narrative occurs (Abrams, 1999:284).

2.1.1.3 Conflict

Conflict is a struggle that develops from the interaction of two opposites that provide ambitions and pressures in the environment. In terms of conflict, there are two types: internal and external. The term internal conflict refers to a conflict that arises within the characters themselves. On the other hand, external conflict refers to a conflict that arises between a character and something that is not the character himself; this can take the form of a conflict with the environment, or it can be a conflict between a human and another human (Stanton, 1965:16).

2.1.2 Extrinsic Aspects

2.1.2.1 Obsessive Love

According to Susan Forward and Craig Buck, obsessive love disorder is a psychological disorder that can affect anyone, male or female, who has a passionate need to feel, think, or act in ways that express their intense love for another person. Those who experience this condition yearn for things they do not already have. A relationship with an obsessive lover is not a healthy connection that is marked by feelings of egotism, fear, delusional jealousy, distrust and possessiveness. A normal and healthy relationship, on the other hand, is defined as a feeling of trust, concern, and respect for one another. Obsessive lovers tend to believe their expectations rather than reality, whereas normal lovers must consider reality rather than unrealistic expectations (Forward and Buck, 1991:8-9).

2.1.2.2 Symptoms

2.1.2.2.1 Idealized Lover

This symptom manifests as an idea when a person meets someone who matches their ideal type; they fall in love at first sight and think that person is their destined partner. Obsessive lovers have expectations and fantasies about what they believe. They only see positive things in their loved one without considering the fact that their lover has flaws (Forward and Buck, 1991:19).

2.1.2.2.2 Delusional Jealousy

Obsessive lovers frequently experience extreme delusional jealousy, which is a typical emotion that only happens in someone's mind. They might imagine

everything that they hate to think about and feel uneasy if their partner gets along with the other gender. This symptom causes possessiveness, which shows distrust in their lover (Forward and Buck, 1991:55).

2.1.2.2.3 Pursuit

When their crush rejects them or their relationship is about to end, obsessive lovers come up with relationship-saving plans. These tactics can take the form of a wide range of activities, such as making repeated phone calls, sending letters or gifts, following secretly, showing up unannounced at the partner's house, frequently dropping by the partner's house or workplace, or even expressing suicidal or self-harm threats. Obsessive lovers employ all these methods of pursuit because it makes them feel in full control and powerful, even though it is a sign of fear and weakness when they lose their lovers. The pursuit tactics show their obsession to the lover because if a lover wants to end the relationship, the other must respect his or her decision and let each other be happy in the future (Forward and Buck, 1991:42-43).

2.1.2.3 Causes

2.1.2.3.1 Abandonment

Feelings of abandonment may arise from the birth of a new sibling, when a best friend meets a new friend, or when a child is left behind by parents due to divorce, departure, or death. Not everyone who goes through these will develop an obsession with their partner, but obsessive lovers have undoubtedly gone through one of the following events that made them terrified about losing their partner (Forward and Buck, 1991:173).

2.1.2.3.2 Rejection

When a child encounters parental rejection, they feel unwanted and worthless. That child does not want to experience the same rejection by their crush once they are in a relationship. The feeling of rejection is the true enemy of obsessive lovers since it leads a person to develop an obsession. That obsession makes them believe that the connection with someone they love is forever, so they will maintain the relationship no matter what, even if their partner wishes to end it (Forward and Buck, 1991:175).

2.2. Research Method

2.2.1 Data and Data Source

The data sources used by the writer are divided into two, namely primary data and secondary data. Primary data is any resource related to all literary works, such as fiction, poetry, and drama, whereas secondary data is any resource, including articles, essays, theses, journals, and book reviews, from the internet or library (Klarer, 1999:4). The primary source of data used by the writer is a novel entitled *If I Cannot Have You* by Charlotte Levin. Meanwhile, the secondary data comes from the internet, such as articles, journals, and e-books about literary elements and obsessive love disorder theory.

2.2.2 Method of Collecting Data

The writer uses library research as the method for collecting the data for analysis. Library research is a method that involves the process of gathering factual data and information or opinion to write or create something, especially study

research (George, 2008:6). In this study, the writer uses the novel *If I Cannot Have You* by Charlotte Levin as an object and other resources related to literary elements and Obsessive Love Disorder theory to support the analysis.

2.2.3 Method of Analysing Data

In order to do this research study coherently, the writer must analyse the data by using several methods, such as a psychological approach and qualitative research. Utilizing psychology as a distinctive source of knowledge, a psychological approach aims to locate and present specific recurrent patterns (Rohrberger and Woods, 1971:31). By applying a psychological approach, the writer can explain human motivation, personality, and patterns of behaviour depicted in literary objects.

According to Sharan B. Merriam, qualitative research is the process of analysing that can be used to understand how people construct their worlds, how they interpret their experiences, and what significance they assign to those experiences (2009:5).

CHAPTER III

RESULT AND DISCUSSION

3.1 Intrinsic Aspect

3.1.1 Character: Constance Little

The author does not describe Constance's formal or informal education, however, she explains that Constance works as a receptionist in a surgeon clinic, as stated as follows, "Unable to go home until all patients had left, I tidied reception and gathered my belongings for a quick escape" (Levin, 2020:30). It can be described as her intellectual character because she is a good worker and tends to complete all of her tasks well in the clinic.

As the narrator and the main female character in Charlotte Levin's *If I Cannot Have You*, Constance Little expresses her emotional character as a selfish and dishonest person throughout the story scenes. It can be seen from her actions and thoughts that Constance Little is a selfish woman. When her best friend, Dale, confesses his feelings to her, Constance is shocked because she was unaware of Dale's feelings during their friendship time. She is so in love with Samuel, her colleague, but at the same time, she never wants Dale to leave her after knowing that she only considers him a best friend. Unfortunately, Dale realizes that Constance does not love him, so he chooses to leave Constance's life in order to forget his unrequited feelings as quoted, 'Jesus, Constance . . . you've left me no choice.'... He was drifting backwards into the room. My words barely formed a whisper. 'Please, Dale. Don't leave' (Levin, 2020:145). Here, Constance's attitude

shows that she only considers her own feelings without understanding Dale's if he remains beside someone who does not love him back. To prevent Dale's departure and make him stay by her side, Constance accepts Dale's confession to be his girlfriend, as quoted, "Everything changed after that night. For a start, I was Dale's girlfriend" (Levin, 2020:147). From this scene, the writer can see Constance's selfishness, as she only considers her own feelings without thinking about how Dale would feel if he knew the truth about Constance, who loves Samuel.

Furthermore, Constance's moral character is also depicted in the novel as someone who frequently hides the truth or is dishonest. For example, she told Dale about being willing to be his girlfriend despite the fact that she had other men in her heart. This particular lie is obviously outrageous because Dale will be disappointed if the truth is discovered someday. After getting to know Edward, Constance's iconic lie is to use Edward's poor health as an alibi whenever Dale starts asking questions regarding her whereabouts. Constance had some moments when she wanted to satisfy her curiosity by observing Samuel's flat from Edward's flat. To prevent her relationship with Samuel from being found out, Constance tries to develop an alibi. She takes this action out of concern that Dale would end their friendship if he learned that she was seeing another man. Dale is informed by Constance that Edward's condition is unhealthy and that she must take care of him, as state as follows, "He's not good at all today, sorry. I won't be too long, but I've got to see him into bed..." (Levin, 2020:201). In fact, Edward was already falling asleep in his room and was in good health. The writer can infer from the previously mentioned evidence that Constance intentionally lied for her own reasons to keep

her relationship with Samuel as well as maintain her friendship with Dale. Constance lied far too frequently, to the point where she failed to recognize the damage her lies would cause to both herself and others.

In spite of her selfishness and untruthfulness, Constance grows up as a woman with empathy. Her moral character shows up when she intends to help Edward leave the hospital, even though Edward has lied about pretending to be Constance's father. Constance agrees to help Edward because she remembers her father and wonders what would happen if he were him, as she said, "...I'm here to collect Edward Seymour.' I wasn't even sure why I was there. Other than guilt. The fear of another death on my conscience" (Levin, 2020:155). She even delivers food and medicine to Edward's flat after work and accompanies him so he does not feel lonely.

3.1.2 Setting: Place

The novel's setting is crucial since it tells the reader when and how a certain event occurred, as well as the mood prevalent at that time. The writer only discusses the dominant setting, which is the setting of a place that has a tight connection to the main character. In the novel *If I Cannot Have You*, the setting of place plays an overly critical function. It is the location of several momentous events that take place throughout the novel, including the final conflict, which takes place in Samuel and Edward's flat.

Samuel's flat serves as the centre for many momentous events that frequently take place there. The first conversation, kiss, and even sex between Samuel and

Constance all starts at that point. Constance frequently views Samuel's flat as a safe haven to visit. When she misses him, her heart leads her into Samuel's flat, as quoted, "While talking, I'd crossed the road. Gravitated towards your flat. And by the time I'd hung up, I was standing on your top step" (Levin, 2020:201). She starts stalking and observing Samuel's activities from across his flat when her love for him turns into an obsession. One significant event ultimately brings an end to their union. It occurs when Constance sneaks into Samuel's flat while wearing Samuel's mother's wedding dress. Samuel has had enough of Constance and thinks of her as a lunatic. It is mentioned as follows when Constance broke into Samuel's flat, "Because you weren't there. It was just me. Alone. In your flat" (Levin, 2020: 202). Constance and Samuel's love affair starts and ends in Samuel's flat, which lead to it becoming quite a significant location.

Constance has once visited Samuel at his apartment, and he has introduced her to Edward, he says, "He lives in the flats opposite. Seems a right character, bless him" (Levin, 2020:56). Constance has a reason to visit Edward's flat, which she does not realise is right across from Samuel's flat, after an unfavourable encounter between the two of them. To gather information about Samuel, Constance conducts many of her missions there. She will visit Edward's flat after getting off work to prepare food and medicine, to accompany him, and to wait for him until he slept, however, she also goes there to see what Samuel does in his flat. Constance conducts this reconnaissance through the window of Edward's flat, which is directly across from Samuel's flat, as stated in the quotations, "Once on your street, I didn't cross with you. I made it to Edward's block and stepped under the canopy...I stayed

there for some time. Staring up towards the light of your flat” (Levin, 2020:102). In addition to Samuel's flat, which is a crucial location in this novel, Edward's flat becomes the second location where Constance is seen engaging in a variety of her missions to impress Samuel.

3.1.3 Conflict

3.1.3.1 Internal Conflict

Constance and her inner self face internal conflict as she attempts to deal with her past memories of her parents. Her decision to relocate to London is primarily caused by her intention of carrying on with her life after her mother's death, which leaves her feeling extremely desperate and makes her live a lonely life. Constance believes that her mother's death is the result of her mistakes in failing to intervene when her mother was near death due to her decision to commit suicide following a course of chemotherapy. If she had been more proactive and quicker to react, her mother would have remained by her side. Constance makes some confessions in her session with Dr Franco, she said, “I didn't stop her. I could have stopped her... I wouldn't have gone to get my stupid hair-cut . . . left her... I never checked her pulse... I would have encouraged her to remain positive about the trial...” (Levin, 2020:253).

Moreover, Constance still struggles with guilt over letting her father leave when she was five years old; she believes that by giving up on him, she unintentionally contributes to his sudden departure. She says in response to Dr Franco's question about why she has been so certain about her father's departure during their counselling session: “I let go, OK. I let him go” (Levin, 2020:124).

Constance feels bad about her father leaving, but she also thinks that he has left because he does not want to be by her side. She sees his father's departure as a sign of rejection and disaffection. That is the reason why Constance is afraid of rejection from men, especially Samuel, because she does not want to be rejected again like what her father did to her.

Constance concludes that everybody she loves leaves her, as both of her parents left at separate times. Constance's issue with her parents contributes to her becoming a person who is easily anxious and frequently put the blame on herself. Fortunately, she has found a way to resolve all of her issues through counselling with Dr Franco. Constance comes to the realisation that everything that has happened is fate and not her fault, and she forgives both her parents and herself.

3.1.3.2 External Conflict

Constance confronts a man who is involved in her romantic life. Her life path is forced to take unexpected turns by external conflicts with her co-worker, Samuel. Constance's love for Samuel begins as a tender emotion that grows over time into an obsession. She comes up with a plan to regain Samuel's attention because his rejection adds a bit of oil to her obsession. Constance carries out her actions in complete secrecy, with no one knowing. All of the actions start with following Samuel as he walks home, sending anonymous letters, making silent calls, observing Samuel from across his flat, stealing Samuel's flat key from his suit pocket, and then sneaking into Samuel's flat using the key she took. The moment Constance enters Samuel's flat using the key she stole is when their argument comes to a head.

Even though Samuel has forbidden it when Constance first arrives at his flat at that time, she brazenly opens the box containing Samuel's mother's wedding gown. Constance, who is wearing the wedding gown, unfortunately, is in a panic when Samuel unexpectedly returns home. Samuel is completely stunned when he first sees Constance's figure, and his expression is one of cynicism and disappointment. Samuel stated, "Explain? What's to fucking explain? You're in my flat . . . You're wearing my mother's wedding dress, your absolute lunatic" (Levin, 2020:287). Their last encounter is caused by the event at Samuel's flat. After learning that Constance is responsible for the letter and all the silent calls, Samuel kicks her out of the room. A few months pass, and Constance learns of Samuel's passing, whose cause is left unexplained in the novel. After having several counselling sessions with Dr Franco, Constance is able to overcome her obsession with love and continue her life. Since Constance is expecting their child, who will provide a source of strength for survival, she will still love Samuel even though they are no longer together.

3.2 Extrinsic Aspects

3.2.1 The Symptoms of Constance's Obsessive Love

Three of the most prominent obsessive love symptoms of Constance Little are found in the novel *If I Cannot Have You*. She acts inappropriately in order to obtain love from Samuel and sustain their connection. The idealized lover, delusional jealousy, and obsessive pursuit are some of the indicators of obsessive love that can be observed in Constance's behaviour, thoughts, and actions.

3.2.1.1 Samuel as Idealized Lover

At the moment their first meeting at the clinic, Constance feels a connection with Samuel. She believes that Samuel has a certain attraction that causes her to fall in love and believe she has found the person she has been looking for right away, as she said, “Grateful I could now look at you directly, I contemplated the intricacies of your face. Soaked you in. You were the epitome of posh. Everything I despised. Yet I was conflicted about how attractive I found you” (Levin, 2020:11). From that point on, Constance makes several attempts to connect with Samuel; fortunately, he also gives her a response. On a few occasions, they even have deep conversations.. She is desperate to be seriously involved with Samuel in order to escape the old life of being lonely, unloved, and unprotected.

Constance wants to have sexual intercourse with Samuel since it is the most wonderful and desirable thing that can happen to a person who is in love. By having intercourse with Samuel, Constance believes that he is hers and that she could manage him. Constance has grown more obsessed with Samuel since their first encounter. Only Samuel exists in her mind and heart. She is acutely aware of how her catastrophic sex with Samuel has been affecting their bond, as she stated here: “For the next three weeks, every thought, feeling, was consumed by you. Meeting you. Touching you. Kissing you. I enjoyed the thrill” (Levin, 2020:72). The writer can conclude that their coincidental meeting has changed Constance’s life. She believes that Samuel is her ideal lover because he can change her loneliness into happiness and because she had the best and most unforgettable sexual encounters with him. Despite all of the wonderful things that have happened to Constance

because of Samuel, she does not care if he is a bad guy for being so close to so many girls and not taking romantic relationships seriously. This point explains why Constance has an obsession with Samuel because she is blind to the fact that people have flaws and only sees Samuel's positive qualities and her expectations of the best in him. A normal love relationship, on the other hand, must consider reality rather than expectations.

3.2.1.2 Delusional Jealousy to Samuel's Female Friends

The presence of extreme jealousy if Samuel is close to a woman is the next symptom of obsessive love that can be seen in Constance's attitude. Constance has purposefully learned information about Samuel's ex and his female friends. She discovers Samuel's friendships with several female friends, including Fiona and Laura.

Constance is first encountered and introduced to Fiona by Samuel at the birthday celebration of Dr Harris, the clinic's surgeon, where Constance works. She believes that, based on their interaction, Samuel and Fiona are more than just friends. Her justification becomes clear upon witnessing Samuel and Fiona sharing an intense kiss. Their kissing leads to Constance's jealousy and hurtfully makes her out of breath, as quoted, "My breath locked high in my chest. Had I been standing; I think I would have keeled over. You didn't see me. Not because it was dark but because you were so busy kissing her, touching her. Pressing yourself against that fucking belly" (Levin, 2020:141). Because of her jealousy, Constance makes the decision to leave the party and return home. Sadly, her body ends up in front of

Samuel's flat, and her mind imagines what Samuel and Fiona might be engaging in there, which make the jealousy inside her heart increase.

Laura is another of Samuel's friends that makes Constance swoon with envy. Constance accidentally notices a note containing information about Samuel's appointment with Laura. She arrives at the location where Samuel is with a woman whom she believes to be Laura. At that point, Constance becomes agitated and irrationally jealous when she notices Samuel getting close to Laura and imagines many things that make her heart ache even more, as in the following quotations:

I folded in two with the pain you were causing me...Bracing myself for seeing the kiss. Envisaging it in my head, so it would hurt less when witnessed. Your mouth tenderly touching hers...With a deep breath I reopened my eyes slowly. Nothing was as imagined (Levin, 2020:229-230).

After Laura and Samuel finishes their conversation and leaves, Constance purposefully bumps Laura into a fall, and Laura squeezes her stomach subconsciously. She becomes guilty and deeply hurt as soon as she realises Laura is expecting Samuel's child. This time, Constance behaves quite outrageously; she has changed into a villain, especially after finding out that Laura is Samuel's friend's girlfriend and not expecting Samuel's child. Without knowing the truth, she takes an irrational action that almost endangers others. Constance's delusional jealousy proves the signs of obsessive love, in which a person feels restless and uneasy if the person they like is close to the opposite gender. She even imagines everything she despises about Samuel and his female friend as only happening in her mind. Obsessive lovers also put others in danger because of their outrageous actions. It proves that their obsession is controlling their mind in order to express their

jealousy. A normal love relationship, on the other hand, will rely on their lover in every situation because trust is important.

3.2.1.3 Pursuit to Samuel

Obsessive pursuit is the next symptom that proves Constance's obsessive love for Samuel. Since meeting Samuel, her romantic sentiments have driven her to act inappropriately and pursue aggressive tactics that invade an individual's privacy, such as observing Samuel from across his flat, sending an anonymous card, making frequent silent calls, and sneaking into Samuel's flat.

Once Constance is given the opportunity to visit Edward's flat, which is directly across from Samuel's flat, she begins to observe Samuel's activities, as mentioned in the following quotations, "Initially I was content with hiding against the pillar of the opposite flats, watching as you'd disappear through your door...Staring up at your window, I'd wonder what you were doing, where you were doing it. Desperate to see" (Levin, 2020:127). It becomes difficult to break Constance's habit of covertly observing Samuel. Rather than feeling guilty or regret, Constance feels addicted to watching Samuel's activities. She has found it difficult to stop and wanted to carry on, which was actually illegal because it invaded someone's privacy.

Constance and Samuel frequently meet in the clinic and sometimes have a little talk. Samuel once briefly mentions to Constance that he has received a mysterious letter that he believes has been written by Fiona. That letter makes Samuel feel anxious, disturbed, and even frightened. Samuel stated, "Yeah, look at it. An anonymous card. But look at the envelope and inside. It's all cut-out

letters...really fucking scary" (Levin, 2020:185). Samuel's reaction makes Constance downhearted. She assumes Samuel will be interested in the contents of the letter, which is actually a gift from Constance, as she stated, "I felt tears rise. I hadn't meant for it to seem like that, Samuel. And had at least hoped you'd liked the quote" (Levin, 2020:185). Constance's actions also demonstrate one of the obsessive pursuit tactics, in which a person sends a gift or a letter to someone they love. In Constance's case, however, she purposefully blanks the sender's name so that the letter will appear mysterious. It occurs because she does not want to express her love right away after being rejected and seems to pursue Samuel again.

There is a scene when Constance calls Samuel using Edward's phone while watching him from the window of Edward's flat. She does not have something important to discuss with Samuel but only wants to hear his voice so that she can gratify her longing for him. The following quotations describe her actions:

I reluctantly rose and removed Edward's phone from the charger to take back to his room. I hadn't intended to, I swear. I tried to resist but couldn't help it. My finger pressed '141', then your number.
'Hello?' you said. I remained silent.
'Hello?' I watched your mouth shape the words that transmitted into my ear. It was intimate, sensual (Levin, 2020:159).

After that first silent call, Constance noticed Samuel's grin on the call. Out of curiosity, Constance made the second silent call to reassure the person who was calling. However, Samuel was upset this time and hung up the phone first since he thought the call was from Fiona. Constance's actions are also an example of obsessive pursuit, in which she uses the "silent call" technique to approach someone she likes. It is advantageous for her to be able to satisfy herself by hearing Samuel's

voice. On the other hand, Samuel will almost certainly be annoyed, uncomfortable, and even scared because this action appears mysterious.

Constance experienced several sad events on the night of her birthday that left her feeling quite depressed and in need of Samuel's support. She repeatedly tries to reach Samuel but gets no answer. As a result, Constance decides to use the spare key she has kept to enter Samuel's flat while waiting for his return. In the following quotations, Constance states what she felt when she entered Samuel's flat, "Marinated in vodka, I felt invisible when I entered your flat. I had around an hour until your return, but I wasn't stupid. I'd planned to be in there nowhere near as long as that. Inside, I instantly calmed" (Levin, 2020:283). That night, Constance only needs peace, and staying in Samuel's flat can give her what she needs. When Samuel returned home and discovered Constance in his flat wearing his mother's wedding gown, he was irritated. Of all the obsessive pursuit strategies Constance used, this is the worst and most outrageous. Her action indicates obsessive love rather than true love, because if someone loves, they will not bother the person they love. Constance's obsession demonstrates that she requires psychological assistance to control her behaviour, which already intrudes on the privacy of Samuel by observing him, sending anonymous things, making silent calls, and even entering his flat without permission. All of her actions show that Constance has an obsessive love for Samuel because, after Samuel's refusal, she does not give up and appreciates Samuel's decision to just be friends. Constance instead interferes with Samuel's privacy, which is illegal. While in a normal relationship, the couple will

take care of each other, respect the couple's decisions, and not interfere with the couple's privacy because they trust and love each other.

3.2.2 The Causes of Constance's Obsessive Love

The fear of losing the people she cares about and the fear of male rejection are two factors that trigger Constance's obsession with Samuel.

3.2.2.1 Fear of Abandonment

Anyone, including Constance, will undoubtedly experience fear if they lose or are left behind by someone they love. She has been abandoned by her father since she was a young child, and when she is an adult, she has to deal with the harsh reality of her mother's death. Constance's status as an only child with no relatives forces her to live alone and without family. That is why she continues to pursue her love, fearful of being abandoned by the one she loves again, as her father and mother already did to her.

Constance was only five years old, but until this moment, she still vividly recalls the moment her father says goodbye and turns away. It is the last memory she has of his physical appearance. Without explanation, his father asks for permission to leave before dinner time, as quoted, "Bending his knees, he crouched in front of me. 'Connie . . . I've really got to go.' 'No.' Then something strange happened. He dropped his head and cried" (Levin, 2020: 122). Her father has promised to accompany her to do some colouring after dinner. However, instead of staying, he decides to leave and abandon her, along with her mother, without giving a reason. Of course, the sense of loss she feels due to her father's abandonment lingered with her until now. Most of the questions in her head concerns why her

father leave her. Constance is filled with regret and self-blame for allowing her father to depart rather than stopping him. Because of it, she is no longer willing to give up Samuel, the man who has made her fall deeply in love. Constance decides that the same thing will not happen to her relationship. She puts forth numerous efforts to maintain her connection with Samuel, which leads to her love turning obsessional.

Constance has lived alone with her mother since her father left. When she is older, she has to face the unfavourable truth that her mother has been diagnosed with cancer. Her mother passed away shortly after receiving treatment. Constance once again has to go through the agony of losing and being abandoned by her mother, the only family she has. When she speaks with Samuel on the way to the hospital, she first brings up the matter of her mother's death, as she mentioned, "My mum...She died in April...She had cancer" (Levin, 2020: 39). After her mother passed away, Constance decides to leave Barcelona, where she has lived for years, and move to London. Constance's decision is difficult because she has to begin adjusting to an unfamiliar environment alone. This is also what Constance does so that she is not always saddened by her mother's death because living in their old house makes it difficult for her to keep going with her life. She even has a phobia of hospitals because she vividly recalls accompanying her mother to take treatment. Constance remembers and misses her mother while attending a colleague's funeral, as she stated, "It was the funeral...It's brought everything back. I miss her so badly...They all leave me. Everyone I love" (Levin, 2020:94). Constance is afraid of being abandoned all alone by everybody she loves. She is unwilling to let

someone she cares about leave again, which is why she is eager to win Samuel's love and keep him in several ways.

3.2.2.2 Fear of Rejection

Constance fears not only being abandoned by those she loves but also that even if she is outright rejected, she will not be accepted and welcomed. The writer has discovered two rejections that Constance experienced, one from her father and the other from Samuel.

Several things can be inferred by the writer from the details the author provides about Constance's father. In the novel, Constance's father's selfishness in leaving his wife and Constance, his daughter, behind will undoubtedly lead her to believe that her father does not care about her. That he left for no apparent reason is sufficient to explain his disinterest in his daughter. Her father makes it abundantly clear that he does not want to live with his wife and their daughter. This causes Constance to blame herself and believe she has disappointed her father, so her father decides to leave. As quoted as follows, “You looked so hurt. I was distressed I’d disappointed you, just like I’d disappointed Dad. So, I spoke the words I’d regretted not saying when he went for his walk that day. ‘Because I . . . I love you.’ . . .” (Levin, 2020:289). The fact that she does not have time to express her love for her father before he left is another regret. She believes that we should never let go of someone we love. That is why Constance is determined to fight for Samuel and never let him go. This causes her love for Samuel to become an obsession.

Constance believes her relationship with Samuel is more than that of a friend or colleague because they have intercourse more than once. Samuel's caring attitude

toward her also indicates a special connection, which Constance has hoped for all along. Unfortunately, Samuel makes the very painful confession of being disturbed by Constance's overt approach of trying to seduce him into having sexual intercourse in his room during working hours. It is mentioned below:

‘You said it was a rare and wonderful thing . . . our connection.’
‘Connection? Did I? I don’t think I . . . Look, you’re a really great girl, but I think it’s done now. I mean, it had to end sometime, didn’t it? Everything comes to an end sometime... We should just go back to how it was. We can still have our banter and things . . . be friends’ (Levin, 2020:81).

After Samuel rejects Constance with subtle but still hurtful words, he prescribes medication for her to take because he forgot to use protection during sex. Samuel is concerned that Constance may become pregnant, not because he cares about her but because he is not prepared to deal with such a significant issue. Constance's heartache is undoubtedly multiplied by this. Instead of discussing her parents, Constance is eager to talk about Samuel during her counselling session with Dr Franco since she needs assistance and advice on how to get Samuel back after the rejection. As she mentioned, “I dropped my head. Wanted to tell him. Ask him what to do. How to get you back. That’s all I wanted” (Levin, 2020:88). Constance does not give up after Samuel rejected her; instead, she works even harder to win him over. Samuel's refusal makes her obsession increasingly intense.

3.2.3 The Effects of Constance’s Obsessive Love

There are two main effects of Constance's obsession with Samuel, including excessive anxiety and self-harm.

3.2.3.1 Excessive Anxiety

Constance's excessive anxiety seems to be the first effect of her obsession with Samuel. If Constance does not hear from Samuel for a day, she becomes easily worried. Additionally, she frequently feels delusional jealousy and feels anxious if Samuel interacted with or was close to women, as quoted, "I folded in two with the pain you were causing me. My chest so tight I could hardly breathe. I closed my eyes again...With a deep breath I reopened my eyes slowly. Nothing was as imagined" (Levin, 2020:229-230). Constance's experience also has an impact on her thoughts while she is at home. She worries about whether their relationship will last and constantly thinks of Samuel.

3.2.3.2 Self-harm

The second effect that Constance's obsession with Samuel has on her is that she permits herself to be harmed. Constance understands that loving Samuel will only bring her painful experiences, but she persists in her love for him, as quoted, "But the truth is, there was nothing about you didn't want to know. However much it may have hurt" (Levin, 2020:215). She even has plans to commit suicide herself after learning that Samuel has recently died so that she can accompany him and his mother, who passed away first, but she decides against it, as stated as follows, "Like I said at the start, I'd intended to join you both soon after that night, but I couldn't do it" (Levin, 2020:295). Constance's obsessive love has already had such negative effects that you could end up hurting yourself rather than loving yourself.

3.2.4 The Recovery Processes of Constance's Obsessive Love

Constance gradually recognises that she requires assistance after suffering unrequited love, the sorrow and bitterness of rejection, and being seen as a lunatic. In the novel *If I Cannot Have You*, the writer has found several processes that Constance goes through to recover from her obsession with Samuel. All the steps in the process of what Constance did are talking to a psychiatrist, writing letters about her untold story, forgiving herself and everyone, and continuing her life happily.

3.2.4.1 Talking to a Psychiatrist

When we have an issue, the best course of action is to talk with a reliable person. Furthermore, it would be ideal if we could tell our story to a psychiatrist who is a specialist in human psychology to ask for the best solution to any difficulty we encounter. Initially, Dr Franco, a psychiatrist who works at the hospital where she works, simply counsels Constance regarding the childhood issues with her parents, which continued to torment her. While telling about her parents, Constance encounters a new character who became the source of her emotional distress: Samuel Steven. Samuel is a special person in Constance's eyes. As mentioned in the conversation below between Constance and Dr Franco,

'I'm seeing someone now . . . a man.' He swung his glasses between his fingers, by their arm. 'Well, tell me all about it.' His tone changed. His face reddened. And he spoke like we actually were 'chatting friends.' 'Well, I don't really know what to say. He's a doctor . . .'

'And you feel meeting someone has helped you during this difficult time?' 'Yes . . . yes, it has. His mother died too, you see. We have a special connection. It's a rare and wonderful thing' (Levin, 2020:197).

From the letter she has written, Constance is asking Dr Franco what the cure is for the obsessive love she has been feeling for Samuel, as mentioned, "Is there a

syndrome, Doctor? Where the stricken obsessively loves a person they despise? And if it exists, what's the cure?" (Levin, 2020:235). Here, Constance seeks advice from Dr Franco on how to cure herself to be a normal person and live a more valuable life without an obsession.

3.2.4.2 Writing Untold Story

Whether out of shyness or inability, Constance finds it hard to open about the struggles she's facing in front of others. Dr Franco advises Constance to include a writing technique in her treatment process. She expresses all her feelings in her writing. It can be seen below, which are the opening letters for Samuel:

My darling Samuel, I've never written a letter before. Love or otherwise. As much as I've been desperate to tell you how much I miss you, think about you until my head spins, my stomach constricts, it was Dr Franco's suggestion that I write. ... Anyway, I've decided to take his advice. Tell you everything. From the beginning. My account of it all. My side. Moment by moment. Hurt by hurt (Levin, 2020:9).

Based on the novel's first-person point of view and usage of the pronoun 'I,' the writer infers that its contents are unsent letters written by Constance to Samuel. Constance is using these letters as a form of self-therapy for her obsessive love. Further evidence comes from the novel's last pages, in which Constance stops writing after describing her final encounter with Samuel, as shown in the quotations, "So there it is. My explanation of love. Dr Franco was right. It has been cathartic to write it all down. Get it off my soul. Make peace with it" (Levin, 2020:293). Even though it is so difficult to put all her feelings into words, Constance finally does everything well for herself.

3.2.4.3 Forgiving

When somebody intends to move on to the next stage of their life after enduring painful sorrow, the greatest solution is to forgive themselves before apologising to others. Constance considers that the next step she must take is to forgive herself and everyone else after pouring her emotions onto pages of letters. The last interaction with Samuel leaves her in tremendous pain. To be able to forgive herself, she must embrace all her pain. She attempts to commit suicide when everyone informs her regarding Samuel's death, but she fails. Constance has already granted herself forgiveness, which is why she is still alive. In the letter, she mentions her apology to Samuel and says she has already forgiven him for everything. As she stated, "I hope when we meet again that you'll find it within you to forgive me. As I have forgiven you" (Levin, 2020:293).

3.2.4.4 Continuing Her Life

After multiple counselling sessions with Dr Franco, writing down the things she wants to say, and forgiving herself and those around her, Constance decides to continue living her life, the final method Dr Franco offers. In her last letter, which is the epilogue of the novel, Constance says she will read her mother's diary, which she has kept out of guilt and grief. As she mentioned, "I've been working with Dr Franco on it for a while, and he thinks it's about time that I read the diaries. He thinks it will help me move on with my life" (Levin, 2020:295). She not only attempts reconciliation with her mother, but also with Samuel. Constance's plans to end her life after discovering Samuel's funeral are stopped when she discovers she is expecting a child with Samuel. She chooses to live, although she considers

joining her mother and Samuel to end her suffering. Not only does Constance now have Edward, but the presence of Edward also reminds Constance of the love of a father, which she has lost since a child. Constance feels safe and comfortable due to Edward's existence in her life, and she has a new place to go back to as well as someone who takes care of each other.

Constance, in the end, is able to pull through and continue with her life after discovering several reasons to do so. She is responsible for Edward and Little Angie, who require a lot of attention from her. Constance grows into a more admirable person because of her treatment efforts, which benefit both her and the people she cares about. Even though her love affair with Samuel has to end, Constance makes every effort to prevent her child from having a difficult path in life like she did, as stated as follows, "But then, after you'd gone, I wanted to see if part of you was meant to stay with me. And it was. It's a girl. Eighteen weeks now. Angie I'm going to call her. But she won't have the same fate. I promise. I'll make her right" (Levin, 2020:295).

CHAPTER IV

CONCLUSION

Following a thorough analysis of the novel titled *If I Can't Have You* by Charlotte Levin, the writer can reach several conclusions which address all four research questions. The main female character, Constance Little, eventually makes a new friend who becomes her best friend after deciding to move from Barcelona to London to make a fresh start. Constance develops feelings for Samuel Steve, a surgeon at the clinic where she works. The romance story between them is a particularly poignant example of how her love for him turns into an obsession, or what can be called obsessive love disorder.

Constance exhibits several obsessive love symptoms throughout this novel's plot, the first of which is her belief that Samuel is the ideal man and the source of all her happiness, as well as the best partner for having intercourse. Second, Constance experiences extreme jealousy whenever Samuel is with Fiona or Laura, two of his female friends. Third, after being rejected by Samuel, Constance becomes obsessed with gaining his love and attention by planning pursuit tactics that included observing Samuel from across his flat, sending Samuel anonymous cards, repeatedly making silent phone calls to Samuel, and entering his flat without permission.

There are two main factors that lead to Constance's obsession with Samuel, and all of the actions she takes to defend him can already be classified as obsessive love. First, Constance is initially afraid of losing the people she cares about. She

has to live alone because her mother died of cancer and her father abandoned her when she was five years old. Her obsession with Samuel is fuelled by her fear of being abandoned once more. Second, Constance is terrified of male rejection. She believes that her father does not care about her because he left without giving a reason. That is what prompted Constance to make various attempts to get Samuel's attention so that he will always love her, and she hopes he will not reject her love as her father does in the past.

Due to her obsession with having Samuel, who does not actually feel the same way as she does, Constance experiences two side effects of obsessive love: she feels a lot of anxiety while she is in love with him, and she harms herself by continuing to love him even after their relationship ended and Samuel died. Constance also intends to end her life so she can be with Samuel and her mother, who have already passed away.

Despite the fact that her actions toward Samuel are outrageous, Constance recognises the importance of moving on with her life by healing her obsessive love. She applies a variety of techniques, such as talking to a psychiatrist, writing her untold story on a psychiatrist's advice, forgiving herself and those around her, and continuing her life happily.

REFERENCES

- Abrams, M. H. 1999. *A Glossary of Literary Terms 7th Edition*. New York: Rinehart and Winston, Inc.
- because0oks.wordpress.com. July 2020. “*IF I CAN’T HAVE YOU – CHARLOTTE LEVIN.*” Accessed on June 23, 2022, from <https://because0oks.wordpress.com/2020/07/16/if-i-cant-have-you-charlotte-levin/>
- dreamingofcats.wordpress.com. August 2020. “*Book Review – ‘If I Can’t Have You’ by Charlotte Levin.*” Accessed on May 26, 2020, from <https://dreamingofcats.wordpress.com/2020/08/18/book-review-if-i-cant-have-you-by-charlotte-levin/amp/>
- Forward, Susan and Craig Buck. 1991. *Obsessive Love: When It Hurts Too Much to Let Go*. New York: Bantam Books.
- George, Mary W. (2008). *The Elements of Library Research: What Every Student Needs to Know*. New Jersey: Princeton University Press.
- glamadelaide.com.au. August 2020. “*Book Review: If I Can’t Have You, by Charlotte Levin.*” Accessed on June 23, 2022, from <https://glamadelaide.com.au/book-review-if-i-cant-have-you/>
- jo-little.com. January 2021. “*If I Can’t Have You by Charlotte Levin: Review.*” Accessed on June 23, 2022, from <https://jo-little.com/if-i-cant-have-you-by-charlotte-levin-review/>
- Klarer, Mario. 1999. *An Introduction to Literary Studies*. London: Routledge.
- leahreadsbooks.wordpress.com. July 2020. “*Book Review: If I Can’t Have You by Charlotte Levin.*” Accessed on June 23, 2022, from <https://leahreadsbooks.wordpress.com/2020/07/22/book-review-if-i-cant-have-you-by-charlotte-levin/>
- lep.co.uk. July 2020. “*If I Can’t Have You by Charlotte Levin: A fascinating, psychologically astute story - book review -.*” Accessed on June 23, 2022, from <https://www.lep.co.uk/arts-and-culture/books/if-i-cant-have-you-by-charlotte-levin-a-fascinating-psychologically-astute-story-book-review-2907918/>
- Levin, Charlotte. 2020. *If I Cannot Have You*. London: Mantle.
- literarytreats.com. July 2021. “*Review | If I Can’t Have You, by Charlotte Levin.*” Accessed on June 23, 2022, from <https://literarytreats.com/2021/07/07/review-if-i-cant-have-you-by-charlotte-levin/>

- Merriam, Sharan B. 2009. *Qualitative Research: A Guide to Design and Implementation*. San Francisco: Jossey-Bass.
- pilebythebed.com. August 2020. “*If I Can’t Have You by Charlotte Levin.*” Accessed on June 23, 2022, from <https://pilebythebed.com/index.php/2020/if-i-cant-have-you-by-charlotte-levin/>
- Rohrberger, Mary and Samuel Woods. 1971. *Reading and Writing about Literature*. New York: Random House.
- samstillreading.wordpress.com. August 2020. “*REVIEW: If I Can’t Have You by Charlotte Levin.*” Accessed on May 26, 2020, from <https://samstillreading.wordpress.com/2020/08/13/review-if-i-cant-have-you-by-charlotte-levin/amp/>
- shortbookandscribes.uk. July 2020. “*Short Book and Scribes #BookReview – If I Can’t Have You by Charlotte Levin.*” Accessed on June 23, 2022, from <https://shortbookandscribes.uk/reviews/shortbookandscribes-bookreview-if-i-cant-have-you-by-charlotte-levin/>
- Stanton, Robert. 1965. *An Introduction to Fiction*. New York: Holt, Rinehart & Winston, Inc.
- Wellek, Rene and Austin Warren. 1963. *Theory of Literature*. New York: Harcourt, Brace and Company, Inc.