



**THE CYCLE OF ABUSE AND THE DEVELOPMENT
OF LILY BLOOM'S AGENCY IN COLLEEN
HOOVER'S *IT ENDS WITH US* (2016)**

A THESIS

In Partial Fulfillment of the Requirements

For S-1 Degree Majoring Literature in the English Department,

Faculty of Humanities Universitas Diponegoro

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2026

PRONOUNCEMENT

I honestly declare that this thesis, entitle “The Cycle of Abuse and The Development of Lily Bloom’s Agency in Colleen Hoover’s It Ends with Us (2016),” is written by me and does not include any work from other researchers at any university, in diploma, S-1, S-2, or S-3 degrees. I also confirm that I do not use any material from other publications or from anyone’s work, except for the references mentioned.

Semarang, April 27th, 2026



Putri Theresia Siagian

MOTTO AND DEDICATION

“I can do all things through Him who strengthens me”

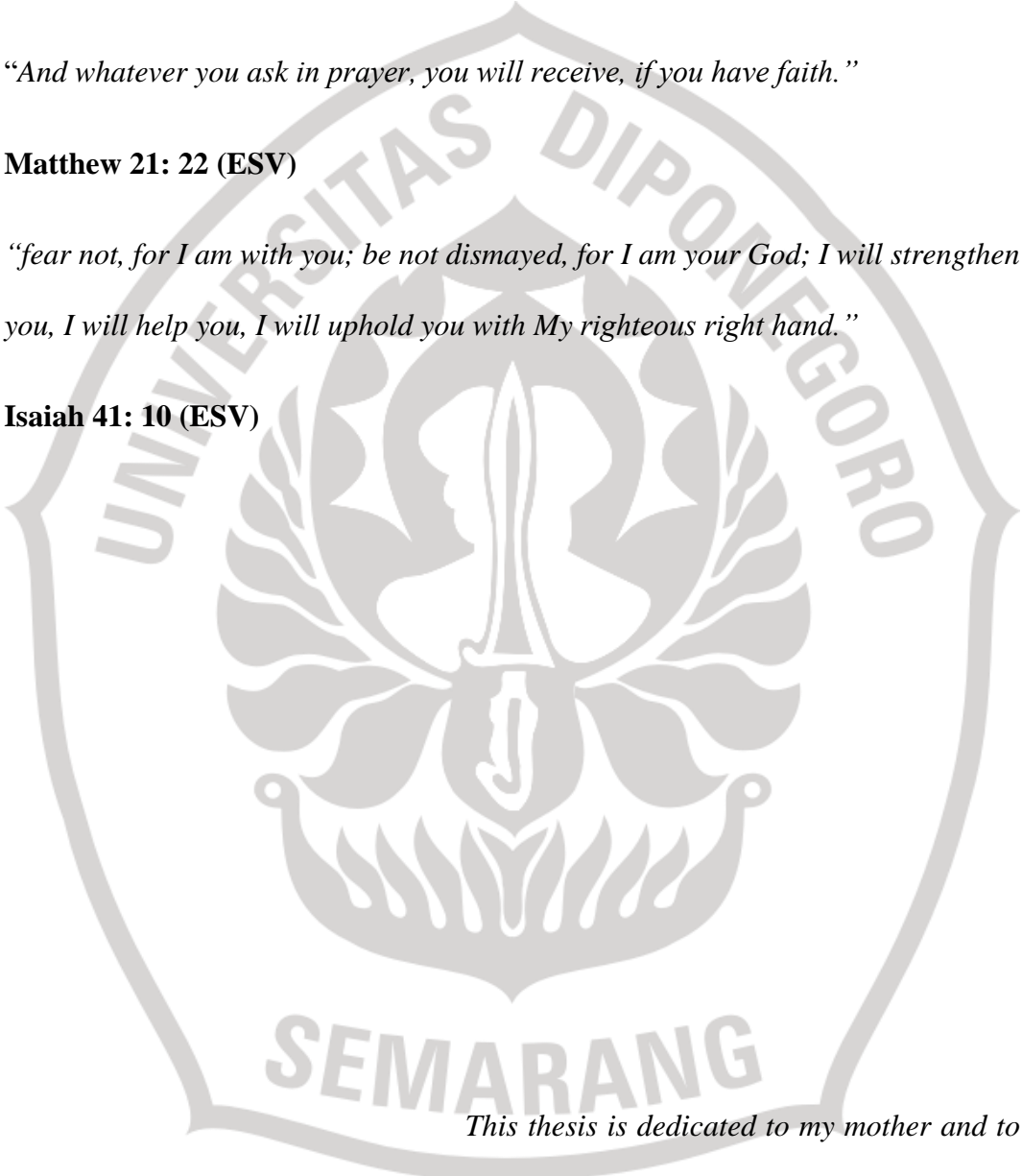
Philippians 4:13 (ESV)

“And whatever you ask in prayer, you will receive, if you have faith.”

Matthew 21: 22 (ESV)

“fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with My righteous right hand.”

Isaiah 41: 10 (ESV)



*This thesis is dedicated to my mother and to
all women who have experienced violence
from the hands of those they once called home.*

APPROVAL

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3. All lecturers of the English Department and the academic staff in the Faculty of Humanities, Universitas Diponegoro.

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This thesis is far from perfect and still leaves room for improvement. Therefore, I sincerely welcome any suggestions, feedback, and constructive criticism for the betterment of this research. Finally, I hope that this study can serve

as a useful reference for readers who are interested in exploring the domestic violence, cycle of abuse, and development of agency as portrayed in literary works.

Semarang, April 27th, 2026



Putri Theresia Siagian



TABLE OF CONTENT

PRONOUNCEMENT	i
MOTTO AND DEDICATION	ii
APPROVAL	iii
VALIDATION	iv
ACKNOWLEDGEMENTS	v
ABSTRACT	xi
CHAPTER 1 INTRODUCTION	1
1.1 Background of the Study	1
1.2 Research Question	4
1.3 Purpose of the Research	4
1.4 Previous Studies	4
1.5 Scope of the Study	6
1.6 Writing Organization	6
CHAPTER II THEORETICAL FRAMEWORK	8
2.1. Character and Characterization	8
2.2 Settings	10
2.3 Conflict.....	11
2.4 Cycle of Abuse Theory	12
Tension-building	13
Acute battering	13
Honeymoon phase	14
2.5 Agency Freedom in Escaping Domestic Violence.....	15
2.6 Methods of the study	17
2.6.1 Research Approach	17
2.6.2 Method of Data Collection.....	17
2.6.3 Method of Data Analysis	18
CHAPTER III DISCUSSION	19
3.1. Intrinsic Element	19
3.1.1 Character and Characterization	19
3.1.2 Setting	28
3.1.3 Conflict	29

3.2 The Cycle of Abuse in Colleen Hoover’s <i>It Ends with Us</i> (2016).....	31
3.1.1 Tension Building Phase	32
3.1.2 Acute Battering Phase	37
3.1.3 Honeymoon Phase	45
3.3 Agency of Freedom and the Intervention of Secondary Characters	49
CHAPTER IV CONCLUSION	56
REFERENCES	58



ABSTRACT

Domestic violence remains a serious social issue that often occurs within intimate relationships and creates psychological and emotional harm for victims. Colleen Hoover's *It Ends with Us* (2016) portrays this issue through the relationship between Lily Bloom and Ryle Kincaid. This study aims to analyze the recurring pattern of abuse in their relationship and examine how Lily's individual agency develops through the support of secondary characters. This research uses a qualitative method with a psychological approach in literary studies. The data are taken from the novel *It Ends with Us* (2016) and analyzed using Lenore E. Walker's Cycle of Abuse theory and Amartya Sen's concept of agency and freedom. The findings show that the relationship between Lily and Ryle follows the three stages of the cycle of abuse: tension-building, acute battering, and honeymoon phase. These stages repeat and create emotional confusion that makes Lily remain in the abusive relationship. However, Lily gradually develops her agency through self-awareness and emotional support from secondary characters such as Atlas, her mother, and Allysa. Eventually, Lily decides to end the cycle of abuse and prioritize her and her child's safety. This study reveals that agency in abusive relationships develops gradually and support from others plays an important role in helping victims break free from violence.

Keywords: domestic violence; cycle of abuse; agency of freedom; emotional confusion; empowerment.