

ABSTRACT

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Broadly, trauma is described as an emotional response to unexpected or overwhelming violent events that are not fully comprehended at the time of the incident but return afterwards in recurring flashbacks, nightmares, and other repetitive phenomena. Trauma is studied in psychoanalysis, referred to as trauma theory, and also appears in literature to depict "unspeakable" stories that will appear in many literary works, and also provide a dramatic trauma story. This story of trauma may be found in Gauri Shinde's film script *Dear Zindagi* (2016). *Dear Zindagi* covers Kaira's life as the protagonist, who had a difficult childhood of parental neglect, which resulted trauma feeling in adulthood. The plot forces her to confront her trauma and begin the process of healing. The objective of this study is to examine the cause of trauma experienced by the protagonist, and the method she used to recover from trauma. Content analysis is used to examine the content, and interpret written scripts in relation to trauma, its consequences, and the healing process. The researcher discovered that the neglect of main character's parents as a child and separation from her grandparents were the primary reasons she developed into a traumatic person. Narrating the story behind the trauma is the best way she used to recover from the trauma. This narration is called as trauma narrative in trauma theory. *Dear Zindagi* thus opens up a thought-provoking perspective onto the status of narrative perspective and focalization in contemporary trauma fiction.

Keywords : *Dear Zindagi, Film Study, Psychoanalysis, Trauma Healing, Trauma Theory.*