

PalArch's Journal of Archaeology  
of Egypt / Egyptology

A PSYCHOANALYSIS OF HEMINGWAY'S *THE SNOWS OF  
KILIMANJARO* IN THE LIGHT OF HARTMANN'S CONCEPT OF  
CONFLICT-FREE EGO SPHERE

<sup>1\*</sup>Mohsen Hanif, <sup>2</sup>Alaa Hashim Joudah

<sup>1\*</sup>Assistant Professor, Department of Foreign Languages, Faculty of Literature and  
Humanities, Kharazmi University, Islamic Republic of Iran,

<sup>2</sup>Ph.D. Student, Department of Foreign Languages, Faculty of Literature and Humanities,  
Kharazmi University, Islamic Republic of Iran

**<sup>1\*</sup>Mohsen Hanif, <sup>2</sup>Alaa Hashim Joudah: A Psychoanalysis Of Hemingway's *The Snows Of Kilimanjaro* In The Light Of Hartmann's Concept Of Conflict-Free Ego Sphere--  
Palarch's Journal Of Archaeology Of Egypt/Egyptology 17(6), 1-14. ISSN 1567-214x  
Keywords: Conflict-free ego sphere, The Snows of Kilimanjaro, Anxiety,  
Psychoanalysis, Reality testing.**

## ABSTRACT

This study aims to offer a comprehensive discussion of the representations of the conflict-free ego sphere in Hemingway's *The Snows of Kilimanjaro* in the light of Hartmann's ideas about ego psychology. This library-based study follows the descriptive-analytical methodology to investigate Hemingway's *The Snows of Kilimanjaro* from an ego-psychological perspective, through the theoretical principles of Heinz Hartmann according to his definition of conflict-free ego sphere. It is very likely that Harry has internalized his fate and adapt to his new reality from the start of the story by employing conflict-free ego sphere mechanisms, making rude remarks annoying Helen to force her to turn away from him on the verge of death, in an attempt to reduce the unwanted feelings that she will suffer after his death. This study can be important for those who are interested in psychological literature. It can be a guideline for understanding human being's behavior. Therefore, this study will promote better understanding of the abovementioned short story of Hemingway and explain what conflict-free ego sphere mechanisms are, so that readers can apply them to solve problems in their real lives. The novelty of the present study lies in discussing the behavior of Harry and Helen as defensive adaptive mechanisms to reduce their anxiety about core issues, which can be able to help us better, understand human behavior, and then it must surely be able to help us understanding the literary texts that relate to human behavior.

## INTRODUCTION

The group of hypothesis and treatment approaches connected to the investigation of the unconscious, which form the procedure of treating psychological disruptions, is called psychoanalysis. This specialty arose in

the early 1890s by Sigmund Freud ([Mitchell, 1996](#)). The idea of psychoanalysis emerged very early, possibly even from the beginning, but with narrower and broader goals, and began to gain serious attention during the reign of Sigmund Freud, who formulated his own theory of psychoanalysis in Vienna in the 1890s. Psychoanalysis was subsequently evolved in different courses, primarily by students of Freud, such as Heinz Hartmann ([Birnbach, 1961](#)).

At the time, the primary focus of psychoanalysis was on Id and instinctive motives, and then new problems, notions, formulas, and new needs emerged that needed to be interpreted, and it transcended this small arena towards a broad hypothesis of psychological life. The emergence of new ego psychology through Freud's works in the past fifteen years and the research paths opened by those works was the most decisive and clear step in this direction. There is not anymore doubt that we can consider psychoanalysis to be a general psychology in every sense of the word, and our concept of methods of work that can properly be considered psychoanalysis has become broader, deeper, and more distinct than before ([Hartmann, 1958](#)).

Conflict does not necessarily represent the origin of every adaptation to the conditions, or each process of knowledge and maturity. According to Hartmann's view, there is the possibility of development taking place outside the space of conflicts of perception, intention, understanding of things, thinking, language, phenomena of retrieval and efficiency, to the familiar stages of drive growth, crawling, walking, maturity processes, and implicit learning and learning in all of these and many others. Hartmann did not mention that childhood activities and other related activities occur outside the framework of mental conflict ([Hartmann, 1958](#)). Brenner states that what psychoanalytic theory offers us under the heading of ego functions can be distinguished from motives and motivational derivatives only in conflict situations. It reminds us that ego functions are impulse-permeable, and thus conflict with leadership only when derivatives of leadership provoke unpleasantness and defense ([Richards & Willick, 2013](#)).

Psychoanalysis of the fiction allows us to deal with psychological conflicts, ego struggles, and defense mechanisms portrayed by characters in different pieces of literature. The fiction of Ernest Hemingway is rich of humane messages which reflect the social problems that people face in their daily lives. He illustrates how our existence is full of complex internal and external conflicts. These social problems cause personal problems and deep internal conflict for people represented by Hemingway's characters. According to [Baker \(1995\)](#) Hemingway is believed to have mastered extracting a lot from a little, as well as being skilled at using language to multiply the intensity and tell the truth in a way that makes readers feel he is saying something beyond the truth.

The combination of grandeur and uncertainty is a symptom of the type of manic depression suggested by some psychiatric biographers, which occupies a central place in Hemingway's lifetime internal struggle. Doing widespread discussions with people who met Ernest Hemingway, Denise Bryan was deeply touched by Hemingway's double self-image. From the conflicting depictions of kindness, cruelty, sensitivity, of thick skin,

cheerfulness and melancholy he showed others. However, it is clear that the thread that binds these opposite states of the Self was defensive. As Hemingway's characters are classified, it can be said that he was defensive – aggressive (Boker, 1996).

Hemingway's iceberg hypothesis highlights the typical implications of art. He makes utilize of action to supply an elucidation of the nature of human existence. It can be convincingly demonstrated that "while speaking to human life through anecdotal shapes, he has reliably set human against the foundation of his world and universe to look at the human circumstances from different points of view" (Halliday, 1956).

Critique of Hemingway's short story has grown exponentially. More importantly, despite the fact that the popularity of many of his short stories is increasing continuously, they can be considered a great contribution of Hemingway to literature. Additionally, the animosity inspired by Hemingway's public figures, which had made many academics criticize his work, gradually dissipated. In fact, the change in the author's stature has been so dramatic, although it has occurred so progressively over the past two decades that few have backed away from it and commented on it (Benson, 1990).

While much of the criticism on *The Snows of Kilimanjaro* has focused on symbolism, there is no comprehensive discussion of the representations of the conflict-free ego sphere in the light of Hartmann's ideas about ego psychology. This study offers such a comprehensive discussion. In order to examine Hemingway's representation of the conflict-free ego sphere, the present study focuses on the representations of these psychological process in Hemingway's *The Snows of Kilimanjaro* in terms of Hartmann's theorization of conflict-free ego sphere.

## LITERATURE REVIEW

### THE CONCEPT OF CONFLICT-FREE EGO SPHERE

The role of the ego in adaptation has received much attention by Hartmann, and this indicates that psychoanalysis has emerged as a general theory of human development (Conte & Plutchik, 1995). Based on Hartmann's point of view, in different circumstances, some areas of ego functions are used to think about the unique field of direct consideration or empirical approaches. The basis of Hartmann's program was the Freudian ego psychology. In expanding what Freud had called its "organizing" system of functions and in characterizing its work of adaptation as "reality mastery," he markedly reduced the classic psychoanalytic emphasis on inner conflict. "Not every adaptation to the environment", Hartmann argued, "or every learning and maturation process" needed to be thought of as conflict-derived (Hughes, 1974).

A host of processes in the development of the individual- "perception, intention, object comprehension," and the like-went on in what he designated the ego's "conflict-free sphere". Hartmann believe that the ego could function within a conflict-free sphere. Examples of ego-functions within this conflict-free sphere were psychological abilities such as intelligence, cognition, memory, planning, etc. (Christian, 2018).

In some circumstances, the ego functions can become secondarily included in different kinds of conflicts. From another point of view, they frequently do exert an influence on the circumstances and consequences of

conflicts. In view of the above, our attempts to explain concrete conflict situations should also take into account non-conflicting elements. This conflict-free sphere constituted the particular domain of "ego strength" and in speaking of such strength in the traditional moral terms of "character" and "will" Hartmann came perilously close to revisionist vocabulary ([Hartmann, 1958](#)).

It is well known that mental conflicts that arise from instinctive impulses are capable of temporarily or permanently impeding intellectual development. Moreover, Anna Freud demonstrated that intellectualization can be a psychological defense mechanism that is employed when exposed to an instinctive danger in adulthood and represents an endeavor to master instinctive leadership in indirect ways. However, this operation includes another realistic-trend component, which shows that this defense mechanism against instinctive motives can be considered at the same time a process of adaptation. In this sense, Anna Freud believe that the instinctive danger makes humans smart ([Freud, 1992](#)).

Hartmann realized that the ego arises as a result of conflict but this is not the only origin of its development. He suggested two groups of ego functions: those included in conflict and those outside of it, such as "perception, thinking, recall phenomena, language, object comprehension, mature development, walking and the learning processes" ([Hartmann & Loewenstein, 1962](#)).

The impacts of conflict produce development, and this differentiation empowered Hartmann to present his idea of a contention conflict-free ego sphere, which applies its influences outside the domain of mental conflicts. The conflict-free sphere has the features of ego capacities from birth, or not long after, and along these lines isn't the aftereffect of drive adjustment. He called these capacities primary autonomous functions of the ego to underscore their independence from drives, just as from external reality ([Mishne, 1993](#)).

The formulation of the theory of adaptation, along with his conception of the relative independence of ego functions and the so-called "conflict-free ego sphere" is one of Hartmann's major contributions to psychoanalysis. The concept of adaptation was widely accepted as an important contribution to the understanding of ego functions and was somewhat accepted as one of the five metaphysical perspectives. ([Rapaport & Gill, 2011](#)).

Hartmann tried in one of his articles to prove that adaptation has been extensively studied and investigated from the point of view of mental conflict, noting that there is a so-called "conflict-free sphere". [Fenichel \(1946\)](#) considered this article very interesting. This field has been repeatedly emphasized in ego psychology. During the same year, he made an impressive contribution to "Psychoanalysis and the Concept of Health", outlining the normal state and health in terms of psychoanalysis ([Fenichel, 1946](#)).

Explaining the adaptation, Hartmann provided the idea of the natural newborns and their normal expectable conditions adapting to one another following birth. This idea contains new suggestions. First it proposes that during childbirth man is adjusted to a normal and expectable conditions that a condition of adaptedness exists before the intentional

procedures start. Second, it expresses that man's underlying adaptedness and the consequent adaption forms suggest a between association with natural and social reality ([Hartmann & Loewenstein, 1962](#)).

In accordance with Hartman, it may be assumed that these "originally" adaptive mechanisms were defense mechanisms that have become "conflict-free" now connected to "neutral" sexual desire and thus can be calculated among the "second independent" functions of the ego. The development of these mechanisms and their structure within the ego contradicts this assumption ([Parin, 1988](#)).

Contrary to Freud's classic notions of conflict and psychological defense mechanisms, post-Freudians adopted the idea of development within the conflict-free sphere of ego. This idea indicates that conflict is not a necessary factor for development, as this development occurs outside the field of conflict and is therefore more dependent on cognitive abilities ([Miesen & Jones, 2006](#)).

Psychological adaptation is a functional, cognitive or behavioral characteristic that an organism employs in order to be able to live in the environment. Psychological adaptation belongs to the category of sophisticated psychological mechanisms ([Barkow et al., 1995](#)). Any disturbance in the internal pattern of balance affects the ability to adapt to the outside world. For example, changing the organization of defenses against instincts could change the relationship with the outside world. Consequently, the adaptive function activates all three psychological systems and their ability to interact ([Meissner, 1986](#)).

Hartmann believed that a large part of psychological career fell within the conflict-free realm. But it is worth saying that not only is there a conflict-free ego domain, but in the process of normal evolution there is also a non-conflict motor field. In fact, there is a large part of psychological life where there is a reciprocal and simultaneous relationship between motives and ego. For example, the ego across the environment satisfies the desire for the impulse it demands as needs. Motivations do not at all times make conflicting demands on the ego ([Parens, 2008](#)).

The conflict-free sphere needs the configuration of boundaries to be determine as an integrated system of mental functions. It begins to emerge as an ordered system in development when the oedipal situation is taking place ([Mendelsohn, 2013](#)).

Stimulus barrier can be thought of as one of the adaptive ego functions that can be evaluated in terms of adaptation or inability to adapt. These structures and functions enable a person to regulate the degree of internal and external stimulation in order to maintain an optimal balance and adapt to conditions ([Gediman, 1971](#)).

Affect regulation is the proper operation the human can develop in difficult situations regardless of feeling or emotions. It is closely associated with the characteristics of executive and mental functions and this is what differentiates this notion from the regulation of emotions. Human can have poor emotional regulation but an upper level of control over the influence and hence, normal interindividual performance appears as a result of common sense ([Berking & Whitley, 2014](#)).

Reality testing is a psychotherapy function in which the observer reflects on the objective or the real world and the people's connection to it.



This procedure of discriminating the inner world of ideas and emotions from the outside world is a commonly used technique in psychoanalysis and behavioral therapy, and was initially invented by Sigmund Freud ([Freud, 1951](#)). After employing this adaptive mechanism, a person often becomes able to notice that the thoughts he is experiencing are in fact invalid or based on reality, and therefore should not be used as a basis for the decisions he will make in life ([Landa et al., 2006](#)).

### **HEMINGWAY'S *THE SNOWS OF KILIMANJARO*, AN OVERVIEW**

The story revolves around a writer who dies on a mountain in Africa called Kilimanjaro due to his gangrene, and before his death all the details of his previous life come to mind as if he was reading a book.

Harry goes with his wife on a safari to Africa, but contracts a fatal infection from a thorn, so his wound becomes infected and develops gangrene. When Harry feels he is about to die, he ponders what he has done in his life. Despite his reluctance to write down the last moments of his life, he began to remember glimpses of it and felt that he was responsible for everything that happened in it. He wrote about the wonderful moments he spent with his wife Helen and the quarrels that occurred between them, and he also remembered that he was feeling better after each quarrel. He wanted to write about all these memories, but he feared that it would expose others, including Helen, to harm. He thought a lot to write about his conflicting feelings, the differences around him, and how people change at different stages. He felt like he wanted to write about something, but it seemed that he wouldn't have a chance to write everything. Remember that he used to quarrel with Helen and that he always blamed her for everything, especially after his alcoholism. The wound began to get worse day after another. Harry remembered the war in his country, the killing of some soldiers, and his struggle with an officer over a prostitute. Everything walked before his eyes like a movie tape as he gradually lost consciousness until he fell into a deep sleep. Meanwhile, he sees a plane flying over the mountain piloted by Kempton who has come to rescue Harry. Harry sees himself in the plane flying over the landscape and white snow covering the mountain. Helen wakes up at that moment, frightened by the sound of a terrifying animal, to find her husband as cold as snow and not moving, and the novel ends with Harry's death in the farthest place he traveled to discover himself.

### **METHODOLOGY**

This library-based study follows the descriptive-analytical methodology to investigate Hemingway's *The Snows of Kilimanjaro* from an ego-psychological perspective, through the theoretical principles of Heinz Hartmann according to his definition of conflict-free ego sphere. It is the contention of this study that the conflict-free ego sphere mechanisms are developed by the people represented by Hemingway's characters in *The Snows of Kilimanjaro*. The general theoretical framework for the discussion throughout the dissertation is Heinz Hartmann's analytical studies of the human psyche outlining his theories of the psychodynamics of the ego. However, we are going to decontextualize the selected works of Ernest Hemingway and discuss them within the network of signification they create in the text. It is better to explore the personality structure of characters. Therefore, the way the characters develop the conflict-free ego sphere mechanisms will be investigated. The steps to conduct this research

include determining data and data sources, the technique of data collection, and technique of data analysis. We relied in conducting this research on two types of sources, namely: primary data sources, which are represented in the aforementioned works of Ernest Hemingway, and secondary data sources that include other sources relevant to our research. Secondary data sources include websites, dictionaries, and books that support our hypotheses in this analysis. The technique of data analysis is note-taking as the method of collecting data in this research. Heinz Hartmann's analytical studies of the human psyche, the theory of Id, ego and superego and the ego self-defense mechanisms help us better understand the social problems cause personal problems for people represented by Hemingway's character and the aspects of his work that challenge us to figure out where we stand on such world and why.

## RESULTS

In *the Snows of Kilimanjaro*, the behavior of Harry and Helen as defensive adaptive mechanisms to reduce their anxiety about core issues, deserve examination as literary characters. In "*The Snows of Kilimanjaro*", Harry's own identity, hidden anxieties about his primary issues, clear concern anxieties his health and imminent death, and communications with Helen need to be analyzed to show how he is influenced by a mixture of his unconscious mind and life experiences. Initially, a further examination of Harry's manner toward Helen will demonstrate a severe shortage of poor intentions, and an endeavor to reduce her unwanted feelings after Harry's death. It is very likely that Harry has internalized his fate and adapt to his new reality from the start of the story by employing conflict-free ego sphere mechanisms, making rude remarks annoying Helen to force her to turn away from him on the verge of death, in an attempt to reduce the unwanted feelings that she will suffer after his death. Harry's endeavorsto convince Helen to accept the hardfact that he will die are cruel and insensible. However, it is indeed a sign of Harry's goodwill, and her wish to accept his death and move forward in life after Harry's death, because acceptance is an important section of the adaptation. We note Helen's desire to adapt to Harry's death by analyzing the dialogue that takes place between them, rather than the harsh notes of increasing her suffering. Helen realizes what Harry is aiming at from his harsh comments, as it allows her to use the adaptive "testing reality" mechanism to distinguish between reality and fiction. Harry's comments can be seen as an endeavor to persuade himself that he does not like Helen, who must mock his wife and annoy her publicly trying to decrease his sentimental pain when he dies. The harshness of Harry's words contradicts his genuinely sympathetic and well-intentioned personality, and indicates that he is trying to adapt to the new reality using the mechanism of "affect regulation" in the real manner that he can establish in this predicament. we note that Helen continues to "affect regulation" by following her daily activities related to Harry's comfortable passage, as she remains anoptimistic, hopeful, realistic, and autonomous personality despite the death hovering over Harry. Using the adaptive ego function of affect regulation by caring for Harry, taking good care of him and expressing her concern and optimism, Helen has shown that she deserves courtesy in Harry's treating of her, despite his previous treatment

of her and her continued care and strengthening. Harry employs this mechanism of reality testing to differentiate between worries, hopes, and beliefs, and concrete realities. On the one hand, after he settled on blaming himself for his shortcomings, Harry became more friendly and romantic with Helen. He became more realistic. He exhibits a high level of influence control despite low emotional control, and this is what normalizes his actions as a result of correct perception. Although Helen is good at looking after Harry, he sees her as an obstacle to carrying out his most urgent task of "writing", so he prefers to get rid of this obstacle in an attempt to deal with this unpleasant feeling. This means that he not only tries to adapt to the prevailing new reality and existing external conditions, but also tries to adjust the external conditions to better suit the current emotional mood and related needs.

### DISCUSSION

In "*The Snows of Kilimanjaro*", Harry's own identity, hidden anxieties about his primary issues, clear concern anxieties his health and imminent death, and communications with Helen need to be analyzed to show how he is influenced by a mixture of his unconscious mind and life experiences. When she quarrels with Harry, we notice that Helen's rationality contrasts with Harry's hostility, because she chooses to be optimistic in order to calm the situation and encourage Harry to stand up, even though she feels hopeless and defeated. She still focuses on possible solutions despite the lack of actual ideas. Affect regulation, as an adaptive function, is the real actor the control of emotions through which one aims to adjust his emotional state in dilemmas in order to meet the requirements of adapting to external circumstances, regardless of how he or she feels. This attempt by Helen demonstrates that she uses the mechanism of affect regulation as an adaptive function to modulate her emotional state in order to adaptively meet the needs of the surrounding circumstances outside the context of conflict, unlike Harry, who seems only interested in bickering rather than positive thinking or living in his last moments with amnesty and surrender. However, he tries to adapt to the new reality when trying to reduce the difficulty of the predicament at first and comment with unreasonable words like, "What about a drink?" and, "What the hell should I fool with broth for? Molo bring whiskey-soda," to the major scare of Helen. However, Harry seems to make kind notes to his wife every now and then, like: "You shoot marvelously, you know".

It is very likely that Harry has internalized his fate and adapt to his new reality from the start of the story. Perhaps he's constantly making rude remarks annoying Helen to force her to turn away from him on the verge of death, in an attempt to reduce the unwanted feelings that she will suffer after his death. When she reveals that trucks arrive to rescue the people of the mission, Harry quickly replies, "I don't give a damn about the truck". Harry continued to comment with his harsh words saying: "You give a damn about so many things that I don't". On the surface-level, Harry's comments are offensive and annoying to Helen.

Harry's endeavors to convince Helen to accept the hard fact that he will die are cruel and insensible. However, these endeavors are indeed a sign of Harry's goodwill, and Helen's desires to adapt to his death and move forward in life after his death. These desires are seen in Harry's comments



like "Can't you let a man die comfortably without calling him names?" and, "Don't be silly. I'm dying now. Ask those bastards". Harry is trying to get away from the intimate moments that developed between him and his wife to reduce the impact of his death on her, by insulting her for her interest in many side things. Suddenly turning away from these intimate moments upon Harry's death will have severe and painful consequences that will crush Helen. The following statements are other examples of this behavior: "'You rich bitch,'" and, "Your damned money was my armor. My sword and armor". Harry's attempt to distance himself from those intimate moments will make the consequences noticeably less painful. If we analyze in more depth the dialogue between Harry and his wife, we will note Helen's apparent desire to adapt to Harry's death to reduce her suffering rather than harsh remarks that will only increase that suffering.

On the other hand, we can consider that Harry feels guilty for his callousness, in which he made an explicitly sympathetic and kind comment. Helen realizes what Harry is aiming at from his harsh comments, as it allows her to use the adaptive "testing reality" mechanism to distinguish between reality and fiction, so we notice that she does not resent these comments and tells Harry that his words do not disturb her, but that what disturbs her is the nervous state that she reached due to her inability to do something. On the other hand, Harry's comments can be seen as a try to persuade his mind that he does not like Helen, who must mock his wife and annoy her publicly trying to decrease his mental anguish when he dies. The harshness of Harry's words contradicts his genuinely susceptible and well-intentioned personality, and indicates that he is trying to adapt to the new reality using the mechanism of "affect regulation" in the real performance that he can establish in this predicament in spite of his feeling or affection.

Meanwhile, we note that Helen continues to "affect regulation" by following her daily activities related to Harry's kind passage, as she stays a hopeful, positive, realistic and autonomous personality despite the death hovering over Harry, and Harry's attacks on her due to social pressures on their marriage.

Affect regulation, or what is called the control of emotions, makes the individual able to direct the emotional state in order to meet the requirements of adaptation to the circumstances. In this situation, the individual will be able to employ a wide range of mechanisms that can influence the method of adapting with dilemmas. Using this adaptive ego function by caring for Harry, taking good care of him and expressing her concern and optimism, Helen has shown that she deserves courtesy in Harry's treating of her, despite his previous treatment of her and her continued care and strengthening. Helen expresses her fear of being "destroyed", making herself vulnerable to Harry, and this represents joyfully good sexual progress and happily mutual responses between the spouses.

The ability to distinguish between reality and fiction in one's own thoughts is an important aspect of development. Errors in thinking can influence behavior and lead to anxiety. Since errors in thinking may affect behavior and lead to anxiety, the ability to distinguish between reality and fiction in one's thoughts is an important aspect of development. "Reality testing" is a function of the conflict-free ego sphere, and it highlights the importance of

identifying and correcting common errors in an individual's thinking. For example, one of those mistakes is blaming others for our failures. Thinking more realistically about the mistakes and problems that occur in our life helps us solve them. The ego can distinguish between fears and hopes and the actual reality by employing "Reality testing". This is what we observe in Harry's situation. On the one hand, after he settled on blaming himself for his shortcomings, Harry became more friendly and romantic with Helen. He became more realistic. He exhibits a high level of influence control despite low emotional control, and this is what normalizes his actions as a result of correct cognition.

On the other hand, when Helen makes herself vulnerable to him, Harry expresses his desire to make love with her "playfully" when he tells her that he wants to "destroy her in bed". Harry's desire to make love in this stressful situation he is going through represents his adaptation to the new reality in a way that enhances his well-being, and this is nothing but "adaptation to reality" which is one of the adaptive ego functions that occur in the field of conflict-free ego. When faced with serious life-threatening events, individuals adapt to their new reality in a way that enhances their well-being and enjoyment in life.

Once again, when Harry feels that he is about to die, he tries to adapt to his new reality in a way that enhances his enjoyment of life and overcomes his fear of death without success, without an opportunity to correct it, therefore he decides not to spoil the only experience he has never lived by himself by sleeping under the stars. As he approached his last moments, Harry's feeling of despair intensified over writing the memories that overwhelmed him, the memories he saved to write.

It seems that he prefers to remember the "meaningful" parts of his lifetime rather than the times he spent in high society, considering that he should not waste his time writing about these things. Although Helen is good at looking after Harry, he sees her as an obstacle to carrying out his most urgent task of "writing", so he prefers to get rid of this obstacle in an attempt to deal with this unpleasant feeling. This means that he not only tries to adapt to the prevailing new reality and existing external conditions, but also tries to adjust the external conditions to better suit the current emotional mood and related needs.

In the last dream of this story that happens upon Harry's death, Harry sees Helen and camp personnel waving to him, as the plane leaves towards the city for medical help. In this dream, the plane flies high in the sky, allowing Harry to see the African landscapes and wildlife on a wide scale from above. In a dream, various colors such as brown, green, pink, purple and white appear amazingly. Harry realizes he's going to a happy place when he sees snow on top of Kilimanjaro's square ... He knew he's on his way to that place. In this description, death is moving to heaven, a place of happiness and reward as evidenced by the snow on top of Kilimanjaro. This attitude can be seen as an adaptive attempt by Harry in his last moments to overcome his fear of death and adapt to this inevitable reality in a way that enhances his happiness.

#### **LIMITATIONS AND STUDY FORWARD**

Heinz Hartmann's ideas are overwhelming both in their sheer volume and in the style they are presented. Moreover, the limitation of this study is

attributed to the nature of methodology and the study sample. Therefore, the analysis is limited to the number of the selected works. Furthermore, because of the vast scope of Hartmann's theories, the examination and application of all his ideas to a literary reading would be extremely difficult. One of the most important research limitations is the lack of the necessary references about conflict-free ego sphere. Besides, some books are not available for free, which makes us unable to access a lot of information that might be useful in this research.

#### ACKNOWLEDGMENT

This research was conducted without funding. The authors would like to thank everyone who contributed their valuable insights to the completion of this research.

#### REFERENCES

- Baker, C. (2020). Hemingway: *The writer as artist* (1st ed.). Princeton University Press.
- Barkow, J. H., Tooby, J., & Cosmides, L. (1995). *The adapted mind: evolutionary psychology and the generation of culture* (Revised ed.). Oxford University Press.
- Benson, J. J. (1990). *New critical approaches to the short stories of Ernest Hemingway* (First ed.). Duke University Press Books.
- Berking, M., & Whitley, B. (2014). *Affect regulation training: a practitioners' manual* (2014th ed.). Springer.
- Birnback, M. (1961). *Neo-Freudian social philosophy*. Stanford University Press.
- Boker, P. A. (1997). *Grief taboo in American literature: loss and prolonged adolescence in twain, Melville, and Hemingway (Literature & Psychoanalysis)*. NYU Press.
- Christian, C. (2018). From ego psychology to modern conflict theory. *The Second Century of Psychoanalysis*, 97–120. <https://doi.org/10.4324/9780429483134-5>.
- Conte, H. R., & Plutchik, R. (1995). *Ego defenses: theory and measurement (Einstein psychiatry publication, No. 10)* (1st ed.). John Wiley & Sons.
- Fenichel, O. (1996). *The psychoanalytic theory of neurosis* (2nd ed.). Routledge.
- Freud, A., & The Institute of Psychoanalysis. (1992). *The ego and the mechanisms of defence*. Routledge.
- Freud, S. (1951). Formulations regarding the two principles in mental functioning. *Organization and Pathology of Thought: Selected Sources*, 315–328. <https://doi.org/10.1037/10584-015>.
- Gediman H. K. (1971). The concept of stimulus barrier: its review and reformulation as an adaptive ego function. *The International journal of psycho-analysis*, 52(3), 243–257.
- Halliday, E. M. (1956). Hemingway's ambiguity: Symbolism and irony. *American Literature*, 28(1), 1. <https://doi.org/10.2307/2922718>.
- Hartmann, H. (1958). *Ego psychology and the problem of adaptation*. Universities Press Inc.

- Hartmann, H., & Loewenstein, R. M. (1962). Notes on the Superego. *The Psychoanalytic Study of the Child*, 17(1), 42–81. <https://doi.org/10.1080/00797308.1962.11822838>.
- Hughes, H. S. (1974). Heinz Hartmann and the “conflict-free sphere.” *The American Scholar*, 44(1), 101–109. <https://www.jstor.org/stable/41207273>
- Landa, Y., Silverstein, S. M., Schwartz, F., & Savitz, A. (2006). Group cognitive behavioral therapy for delusions: helping patients improve reality testing. *Journal of Contemporary Psychotherapy*, 36(1), 9–17. <https://doi.org/10.1007/s10879-005-9001-x>.
- Meissner, W. W. (1986). Some notes on Hartmann’s ego psychology and the psychology of the self. *Psychoanalytic Inquiry*, 6(4), 499–521. <https://doi.org/10.1080/07351698609533650>.
- Mendelsohn, R. M. (2011). *The Synthesis of Self: Volume 1 the I of Consciousness Development from Birth to Maturity* (Softcover reprint of the original 1st ed. 1987 ed.). Springer.
- Miesen, B. M. L., & Jones, G. M. M. (2006). *Care-giving in dementia* (1st ed.). Routledge.
- Mishne, J. M. (1993). *Evolution and application of clinical theory* (1st ed.). Free Press.
- Mitchell, S. A., & Black, M. J. (1996). *Freud and beyond: a history of modern psychoanalytic thought*. Basic Books.
- Parens, H. (2007). *The development of aggression in early childhood* (Revised ed.). Jason Aronson, Inc.
- Parin, P. (1988). The ego and the mechanisms of adaptation. *The Psychoanalytic Study of Society*, 12(1), 97–130.
- Rapaport, D., & Gill, M. M. (1959). The points of view and assumptions of metapsychology. *The International Journal of Psychoanalysis*, 40, 153–161.
- Richards, A. D., & Willick, M. S. (2013). *Psychoanalysis: The science of mental conflict*. Routledge.