This study focuses on the steady progression of depression and other anxiety-related disorders throughout Virginia Woolf’s life and the way her psychological ill health may be glimpsed in her literature. Mental illness often is characterized as a response to traumatic triggers in a predisposed personality. In her literary works, particularly in her most obviously autobiographical novel *To the Lighthouse*, Woolf explored the meaning of her life’s traumatic events.

“Virginia and her siblings could not talk about their feelings, and she apologized when she wrote about them even to an intimate friend like Violet.”

– Douglass W. Orr, M.D.

“Virginia could not recall ever being alone with her mother.”

– Douglass W. Orr, M.D.