People’s traumatic experience caused by losing their beloved person sometimes changes their life; they can be depressed person, pessimistic person, or maybe even isolate themselves from other people. Some people will choose to end their life in order to avoid that painful feeling, but some will choose to make an attempt to survive after experiencing that traumatic experience. Those circumstances which are a reflection in a real life sometimes becomes an issue in a literary work and portrayed by the characters inside the story. This issue occurs in a play entitled *Rabbit Hole* by David Lindsay-Abaire. This study discusses how the chosen formal elements such as characterization, plot, and symbol work together as an organic unity to support the theme which is about Becca’s survival attempt to continue her normal life after experiencing a traumatic experience which is the death of her beloved son. This study uses New Criticism approach with the close reading method. The writer concludes that Becca’s new perception about life which she believes that a traumatic experience or tragedy in our life is not the end of our life motivates Becca to get up from her traumatic experience which makes her change her characteristic to be better as her survival attempt to continue her normal life. By examining this issue, this study is expected can give a lesson of life for the readers about life.

Keywords: Traumatic experience, characteristic, conflicts, grief, survival attempt.