

THE HEALING LEXICON: VOLUME ONE

A Booklet of Reflection,
Vocabulary & Grace



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HYPNOSIS HAVEN



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WHY WORDS MATTER



What's the Difference Between Feelings and Emotions?

Emotions are automatic—physiological responses to a stimulus. **Feelings** are how we interpret those emotions through the lens of our thoughts and experiences.

Example:

You see a text from someone who hurt you.

→ Your body reacts with a quickening heartbeat (emotion: fear).

→ You interpret it as “I feel unsafe” or “I feel angry” (feeling).

Put simply:

- Emotions are fast, body-based, and universal.
 - Feelings are slower, processed, and shaped by you.
- 🕒 Understanding the difference helps you respond, not just react.

“You don’t just feel bad.

You feel bruised, shut down, disappointed, or quietly aching.”

Naming what you feel isn’t overthinking—it’s healing. When we lose the language to describe our emotions, we also lose the door to self-compassion. This guide is here to help you remember your words.

SAD

Synonyms:

Sorrowful, blue, heavy-hearted, tearful, low, tender

Reflection:

Sadness is soft. It asks nothing. It's the moment before the tears.

Try:

- ✓ Let yourself cry
- ✓ Light a candle
- ✓ Be gentle with your schedule



Sadness is the quiet ache of something lost—
whether a person, a plan, or a piece of your identity.

It doesn't rush.

It doesn't demand.

It just asks to be witnessed.

It is not weakness.

It is the cost of having loved or hoped.

My Sadness Speaks in
These Ways...

SAD

- What does sadness feel like in my body?
- What memory still stings gently, even now?
- What comforts me when I feel this way?



CRESTFALLEN

*CRESTFALLEN –
SADNESS WITH A STORY*

SYNONYMS:

Disappointed, deflated,
disillusioned, hope-bruised

REFLECTION

Crestfallen is the ache that comes after hope collapses. It holds memory, desire, and disappointment all at once.

DEFINED + DEEPENED

Crestfallen sadness doesn't just hurt—it confuses. It asks, How did I believe so deeply... only to end up here?

It is the fall from hope, the ache of faith unraveled.

You are not wrong for hoping.
You are just human. And so beautifully so.



CRESTFALLEN

What I Hoped For, and What Fell Apart...

- What was I hoping for that didn't happen?
- How do I speak kindly to the version of me who believed?
- What parts of that dream still deserve love?



SULLEN

Sullen – sadness that retreats

Synonyms:

**withdrawn, brooding,
shut-down, cold, inward,
quiet**

Sullen isn't drama—it's retreat. It's the sadness that's stopped trying to explain itself.

It closes the blinds. It goes quiet.

Not because it's over—but because it's too much to keep justifying.

Let sullen be sacred silence. It doesn't need to be fixed. Just honored.

Reflection:

Sullen is the ache that's gone silent. No crying. No comfort-seeking. Just... still

Try:

- ✓ Journal in images, not words
- ✓ Take a walk or rock gently
- ✓ Let someone sit near, without fixing you



SULLEN

What My Silence Is Saying...

- When I go quiet, what's really going on underneath?
- What would I say if I didn't feel the need to protect myself?
- What am I grieving without words?



YOU CAN FEEL ALL THREE

You might feel crestfallen in the morning,
sad by afternoon,
and sullen by nightfall.
That's not chaos. That's truth



You might feel all three—sad, crestfallen, and sullen—
in a single day.

That doesn't mean you're unstable.

It means you're alive and integrating.





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A LONGER WORD LIST FOR "SAD" OTHER SHADES OF SADNESS:

- MELANCHOLY
- FORLORN
- DEJECTED
- HEARTSICK
- DOWNCAST
- GRIEVING
- DISAPPOINTED
- WOEFUL
- GLUM
- DESPAIRING
- HEAVY
- LISTLESS
- TENDER
- TEARFUL
- SHATTERED
- LOW
- ACHING
- DISCOURAGED
- BLUE
- NUMB
- DRAINED
- ABANDONED
- INVISIBLE
- ACHING-WITHOUT-
KNOWING-WHY



When Sadness Speaks: A Gentle Memory Healing Experience

Recline in a comfortable position and listen to this recording as many times as you want with different memories in mind to help you heal and release the imprints of sadness in all its various forms.

Let your shoulders rest... and imagine you're somewhere still, safe, and just a little bit softer than this moment."

"There's nothing to fix right now. Just feel.



A Voice for What You Couldn't Say



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READY TO TALK?





**YOU DON'T HAVE TO MOVE
THROUGH THIS ALONE.**

If something stirred in you as you read these words—this is your invitation.

To speak it. To breathe through it.
To let it soften and shift.

I offer 1:1 sessions for grief,
emotional overwhelm, and healing
through language and story.

 [Come Ashore – Schedule Now](#)

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Holding space for what's hard to name,
and what still needs to be heard.