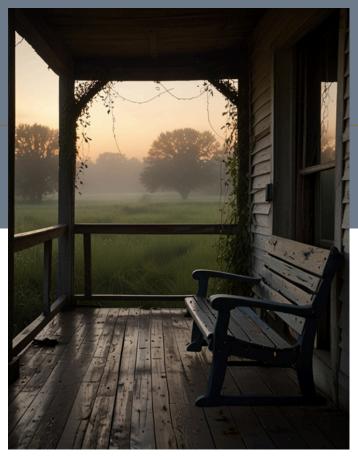
# THE HEALING LEXICON: VOLUME ONE

A Booklei of Refleciion, Vocabulary & Grace



BY SUSANA PADILLA, CHT | HYPNOSIS HAVEN



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Volume 1: Sadness in Layers

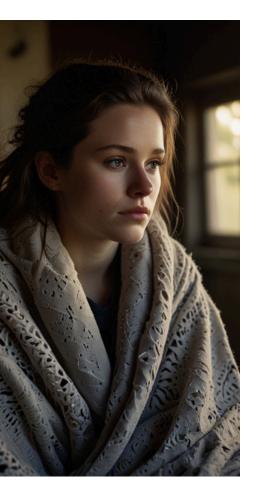
02	Why Words Matters
03	Sad
04	How Sadness Speaks
05	Crestfallen
06	What I Hoped For and What Fell Apart
07	Sullen
08	What My Silence Is Saying
09	You Can Feel All Three
10	I Am Still Here
11	Other Shades of Sadness

Ready To Talk?

12



## 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, heavyhearted, 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.





- 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. Iust... still

#### Try:

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



• When I go quiet, what's really going on underneath?

• What am I grieving without words?

- What would I say if I didn't feel the need to protect myself?



## 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.



## I AM STILL HERE...

- What do all these feelings show me about what I value?
- How can I ground myself gently in the midst of emotional shifts?
- What would I like to say to myself right now?





## A LONGER WORD LIST FOR "SAD" other shades of sadness:

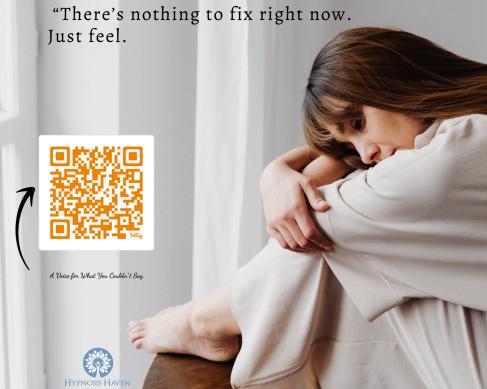
- MELANCHOLY
- FORLORN
- DEJECTED
- HEARTSICK
- DOWNCAST
- GRIEVING
- DISAPPOINTED
- WOEFUL
- GLUM
- DESPAIRING
- HEAVY
- LISTLESS
- TENDER
- TEARFUL
- SHATTERED
- LOW
- ACHING
- DISCOURAGED
- BLUE
- NUMB
- DRAINED
- ABANDONED
- INVISIBLE
- ACHING-WITHOUT-KNOWING-WHY



## When Sadness Speaks: A Genile 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."



# 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.

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## SUSANA PADILLA, CHT

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

