THE HEALING LEXICON: VOLUME TWO

A Booklei of Refleciion, Vocabulary & Grace



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WHY WORDS MATTER

Anger is honest.

Sometimes it comes out slamming doors or shattering glass — and sometimes it goes quiet, folding itself neatly into the stories we tell about who we should have been.

It's the sharp tongue you use on yourself at midnight.

The impossible standards you grip so tightly your own joy can't breathe.

It's the way you push people away before they can fail you — because somewhere deep down, you're still mad at who didn't stay.

Mad at the love that didn't love you back the way you needed.

Mad that they left.

Mad that they stayed and hurt you anyway.

Mad at yourself for believing they wouldn't.



No one teaches us that anger can live inside disappointment.

That it can sit next to grief at the dinner table.

That it can wake you up at three a.m. and whisper, "You should have known better."

And so, we swallow it.

We call it "being strong."

We call it "moving on."

We call it "just being tired."

But it stays — a low burn behind your ribs — until it flares out at the wrong person, or circles back and punishes the only person it never should have: *you*



ANGER

Anger is the raw spark that tells you a boundary was crossed, a need was ignored, or a truth was violated. It's the pulse that says, "Something is wrong here."

Synonyms: Indignant, irritated, irate, annoyed, cross, fuming, provoked.

Reflection:

Anger is not a moral failing. It's a compass.

When we deny it, it turns on us. When we let it speak, it can clear the air.

Try:

- ✓ Let yourself cry
- ✓ Free-write through your emotions
- Be gentle with yourself

Anger is the honest heat of something violated—

whether a boundary, a promise, or your sense of worth.

It doesn't lie.

It doesn't soften.

It demands to be named.

It is not cruelty.

It is the cost of having cared enough to feel betrayed.





- What does anger feel like in my body?
- What does my anger want to protect?
- Where am I afraid to let it speak?

BITTERNESS

BITTERNESS IS ANGER LEFT OUT TOO LONG — THE AFTERTASTE OF OLD WOUNDS, BROKEN PROMISES, AND WORDS UNSAID.

DEFINITION:

Bitterness is anger left out too long — the aftertaste of old wounds, broken promises, and words unsaid.

SYNONYMS:

Acrid, resentful, sour, jaded, hard-hearted.



REFLECTION

Bitterness often says, "Never again." But it keeps your softness locked away too.

DEFINED + DEEPENED

Bitterness might be keeping score for you, long after the game was lost. It's not about revenge. It's about what never got grieved.



BITTERNESS

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

- Who or what still tastes bitter to me?
- What didn't I get that I'm still trying to earn?
- Where do I feel bitterness showing up in my words or body?



RESENTMENT

anger that repeats itself

Synonyms: Grudge, grumbling, dissatisfaction, indignation, discontent.

Resentment is anger that repeats itself — the grudge that circles back every time you feel unappreciated, used, or unheard.



Reflection:

Resentment can feel righteous, but it drains you from the inside.

Defined and Deepened:

When you can't say what you need, resentment says it for you — in silence, sarcasm, or sudden withdrawal



RESENTMENT

What If I Let Go of This?

- What do I resent doing or being for others?
- What boundary could keep resentment from building up again?
- If I spoke up sooner, what would I say?



RAGE

Anger unleashed — the eruption after the dam has cracked under years of silence.

Synonyms: Fury, wrath, explosion, blow-up, outburst.

Rage is anger that never got to finish its sentence.

It's the scream behind clenched teeth, the wildfire sparked by too many swallowed truths. Rage is what happens when pain is ignored for too long—when gentler warnings were dismissed, mocked, or minimized.

It's not just fury. It's the body's final attempt to say, "Enough."



Reflection:

Rage can be destructive, but sometimes it's the only honest thing left.

Defined and Deepened:

Rage is the voice of the part of you that refuses to be quiet anymore.

It's primal. It's protective. And it demands you pay attention.



RAGE

- When have I felt rage boiling over?
- Did I feel out of control or more real than ever?
- What does my rage want me to change or release?



THE VOICE THAT TURNS INWARD

DEFINITION:

SELF-DIRECTED ANGER IS THE PART THAT BEATS YOU UP SO NO ONE ELSE CAN. IT HIDES BEHIND PERFECTIONISM, CRITICISM, SHAME.

SYNONYMS:

Self-blame, self-loathing, harshness, self-punishment.



REFLECTION:

Sometimes anger says, "You should have known better." But you couldn't have. You did the best you could.

DEFINED AND DEEPENED:

The hardest rage to forgive is the one you turn on yourself. Naming it is how you stop carrying its weight alone.

SELF-DIRECTED ANGER

In The Silence My Anger Screams...

- What do I expect from myself that no one else would?
- Where did I learn that mistakes make me unlovable?

• What do I wish I could forgive in me?

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PERFECTIONISM

Another Way My Anger Shows Up



DEFINITION:

PERFECTIONISM IS ANGER DRESSED UP AS ACHIEVEMENT. IT'S THE DRIVE TO PROVE YOU'RE NOT LAZY, SELFISH, MESSY, OR DISAPPOINTING.

SYNONYMS:

Relentless, rigid, controlling, exacting.

REFLECTION:

You don't have to earn your worth.

You don't have to outrun your anger by being perfect.

DEFINED AND DEEPENED:

Perfectionism is just another way anger tries to keep you safe — by never giving anyone a reason to find you lacking.

PERFECTIONISM

What My Perfectionsim Is Hiding...

- What happens if I fail or let someone down?
- Who was I trying to be good enough for?
- How does perfectionism keep my anger hidden?



SUPPRESSED ANGER ——



DEFINITION:

THE QUIET REFUSAL TO FEEL ANGER, OFTEN BURIED UNDER GUILT, FEAR, OR A NEED TO MAINTAIN PEACE.

SYNONYMS:

Repressed, swallowed, internalized, silenced, hidden

REFLECTION:

This kind of anger doesn't yell—it simmers. It shows up as fatigue, tension headaches, or the inability to say no. People who suppress anger are often praised for being "easygoing" or "selfless," while quietly eroding inside.

DEFINED AND DEEPENED:

Perfectionism is just another way anger tries to keep you safe — by never giving anyone a reason to find you lacking.

SUPRESESD ANGER

What Am I Not Addressing Properly..?

• When was the last time I felt angry but said nothing? • What beliefs stop me from expressing anger openly? • Where in my body do I feel suppressed emotions?



EXPLOSIVE ANGER

DEFINITION:

SUDDEN, INTENSE OUTBURSTS OF RAGE THAT OFTEN FEEL UNCONTROLLABLE AND DISPROPORTIONATE TO THE MOMENT.

SYNONYMS:

Volatile, eruptive, overblown, uncontrollable, stormy

REFLECTION:

It's the burst after too many held breaths. Often it's not just this moment that caused the explosion—it's the buildup of everything that came before.



DEFINED AND DEEPENED:

Explosive anger tends to surprise both the person expressing it and those around them. It's often a response to long periods of feeling unheard, misunderstood, or pushed to the edge. The rage feels like it's about something small, but it's really the tip of an emotional iceberg. Many people with explosive anger carry shame afterward, unsure how they let things get that far. But that reaction is a signal—one asking for deeper understanding, not just self-condemnation.

EXPLOSIVE ANGER

What Is the Outburst Really About...

- What does my anger usually try to protect?
- What emotions might have been underneath the outburst?
- What do I remember about the last time I exploded?





COLD RAGE

A quiet, calculating, and detached expression of anger that feels icy rather than hot.

Synonyms: Icy, distant, cutting, silent, withdrawn

Reflection:

Cold rage doesn't slam doors—it closes them quietly and locks them behind you. It isn't loud, but it's sharp.

Defined & Deepened:

Cold rage is often misunderstood. It might look like indifference, but it's not—it's fury that refuses to waste energy. It can be more unsettling than yelling because it doesn't explain itself.

Often used as a defense, cold rage keeps people at a distance and conveys punishment through silence, detachment, or subtle disdain. It's a coping mechanism when words feel useless and connection feels unsafe.



COLD RAGE

What's Really Behind the Distant Chill...?

- When I'm hurt, do I pull away or lash out?
- How does cold rage serve me? How does it isolate me?
- What do I wish someone knew when I go silent?





SARCASM

Sarcasm is anger with its tie loosened—a bitterness that's been dressed up to pass as wit. But underneath the cleverness, there's often a longing: to be heard, to be taken seriously, to be met with something real.

DEFINITION:

A form of indirect communication that uses mockery, exaggeration, or irony to express frustration, anger, or contempt—often disguised as humor.

SYNONYMS:

Mocking, ironic, snide, cutting, backhanded, sardonic

REFLECTION:

Sarcasm lets you say what you "don't really mean"... while secretly meaning it. It protects the speaker by staying emotionally distanced, but it often leaves others feeling stung, confused, or dismissed. It can be clever, even funny—but at its root, sarcasm is often anger that doesn't feel safe to be honest.

DEFINED AND DEEPENED:

Sarcasm is anger's subtle performance. It's a way of expressing dissatisfaction while avoiding vulnerability. The person using sarcasm may feel powerless, rejected, or frustrated—but rather than naming those feelings directly, they deflect with wit and irony. Over time, this becomes a habit, one that makes it hard to be taken seriously or fully heard.

It's also a shield: if someone is hurt by your words, you can always say "I was just joking."

But jokes can cut.

And sarcasm, when habitual, becomes a fog that clouds authentic communication.

What Do I Really Want to Say?

SARCASM

• When do I notice myself using sarcasm the most? • What emotions might I be trying to hide behind humor? • Do I feel safer being clever than being honest?



PASSIVE-AGGRESSION

ANGER DRESSED IN
POLITENESS —
A SMILE WITH CLENCHED
TEETH, A FAVOR THAT
COSTS YOU TWICE,
A SILENCE LOUD ENOUGH
TO STING.

DEFINITION:

The indirect expression of anger through sarcasm, subtle sabotage, or deliberate silence.

REFLECTION

It's anger in disguise—dressed in politeness, shaded in mockery. It's when you're mad but say "I'm fine," knowing you're not.



SYNONYMS:

Snide, indirect, withholding, evasive, sarcastic

DEFINED + DEEPENED

Passive-aggression develops when direct confrontation feels unsafe or unallowed. You may want to be heard, but don't feel entitled to full expression. So the anger sneaks out—through the things you don't say, or say just a little too sweetly. It can be a sign that you're not giving yourself permission to feel or speak your truth. When left unaddressed, passive-aggression corrodes trust in relationships and in yourself.



PASSIVE-AGGRESSION

What If I Faced the Truth of How I Feel?

- How do I act when I feel wronged but can't say it?
- How do I act when I feel wronged but can't say it?
 What stops me from being direct?

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YOU CAN FEEL ALL THREE

You might feel rage at dawn, bitterness by lunch, and that cold, seething silence by nightfall. That's not madness — that's truth.



You can feel anger, resentment, and the sadness beneath it all in one day — and it doesn't mean you're out of control.

It means you're human, and you're healing and it's a process.

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?

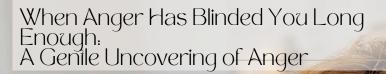




ANGER BY ANY OTHER NAME... OTHER FLAVORS OF FIRE

- INDIGNANT
- ENRAGED
- FURIOUS
- WRATHFUL
- SPITEFUL
- CONTEMPTUOUS
- SEETHING
- IRATE
- PROVOKED
- VENGEFUL
- DEFENSIVE
- HOSTILE
- RESENTFUL
- BITTER

- GRUDGING
- DISGRUNTLED
- FRUSTRATED
- ANNOYED
- EXASPERATED
- AGITATED
- SMOLDERING
- FUMING
- LIVID
- EXPLOSIVE
- BOILING
- RAGING
- COLD (SILENT, CUTTING)
- VINDICTIVE
- MERCILESS
- CUTTING
- HARSH
- SCORNFUL



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 DEEPER DELVE

Anger: In The Beginning

- When did I first learn that anger was dangerous... or unacceptable?
- What does my anger try to protect me from feeling?
- Who has been on the receiving end of my unprocessed anger — and what do I need to acknowledge about that?
- In what ways do I suppress or disguise my anger — and what toll does that take on me?
- If my anger could speak without fear, what would it say?

Bitterness: The Aftertaste of Hope Deferred

- What dream or desire do I secretly grieve not receiving?
- Who got what I longed for—and how do I feel about them?
- In what ways have I stopped believing good things could happen to me?
- What would it mean to let go of comparison?
- What does my bitterness believe it's protecting me from?



Echo

- What do I still feel I'm owed—and by whom?
- When have I felt taken for granted even after giving my best?
- Do I expect others to read my mind instead of expressing my needs?
- How long have I carried this story—and what's keeping me from rewriting it?
- What agreements (spoken or unspoken) have I outgrown?



Rage: The Uncontainable Flame

- What have I never allowed myself to say out loud—and why?
- What injustice (personal or global) feels like it lives in my bones?
- What frightens me most about feeling rage in front of others?
- If I imagined my rage had a color, a sound, and a place—what would they be?
- What part of me does my rage want to defend?

Self-Anger: The Inner Critic's Throne

- What do I most often blame myself for?
- When did I learn that mistakes meant failure—or rejection?
- What tone does my inner voice take with me when I fall short?
- Am I punishing myself in order to prove something? To whom?
- What would change if I forgave myself, fully and without condition?

Perfectionism: The Tidy Cover for Chaos

- What am I really afraid will happen if I mess up?
- Who taught me that being loved meant being flawless?
- What parts of me do I silence or suppress in order to appear composed?
- Do I use productivity or order as a way to avoid feeling disappointment, grief, or rage?
- What would it look like to show up messy, but still worthy?



Suppressed Anger

- When did I learn that expressing anger was unsafe, unkind, or unacceptable?
- How do I physically feel when I suppress what I want to say?
- Are there moments I've smiled or apologized while seething inside?
- What fears come up when I imagine voicing my anger openly?
- What would it feel like to express anger without harming myself or others?

Explosive Anger

- What signs do I miss in myself before I reach a boiling point?
- Are there moments I regret not what I said, but how I said it?
- What patterns lead me to lash out instead of communicate?
- When I explode, is it truly about the present moment—or something older?
- What tools or outlets could help me discharge this heat more safely?

Cold Rage

- Have I ever used silence or distance to express pain without words?
- When I shut down, what part of me am I trying to protect?
- What emotions are buried under my refusal to engage?
- Who taught me that withdrawing was safer than confronting?
- What might it take to thaw—not erase this coldness?

Sarcasm: The Armor of the Almost Honest

- When I use sarcasm, what emotion am I trying to mask or soften?
- What do I wish I could say directly—but don't feel safe enough to?
- How do I react when someone else uses sarcasm with me?
- Does my sarcasm build connection or protect me from rejection?
- What would I sound like if I spoke plainly, without the sting?

Passive Aggression

- What am I trying to say without saying it?
- When I joke or criticize, am I hiding something deeper?
- What part of me fears direct confrontation or emotional honesty?
- Who or what has made me feel unheard, and how does that affect my expression now?
- How might I practice saying what I mean
 —with courage and kindness?



Deeper Delve: Reflection Prompts

- What are my earliest memories of anger being unsafe?
- How did the adults in my life express (or suppress) anger?
- When do I feel anger most strongly: in injustice, rejection, or loss?
- What does my body do when I'm angry but can't show it?
- Have I ever apologized for being angry before understanding why I felt it?
- Is my sarcasm or humor protecting something tender underneath?
- Do I punish myself for feeling anger? Why?
- What do I believe will happen if I allow myself to feel or express it?



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 Private Sessions for Anger in all itsmasks, emotional overwhelm, and healing through language and story.

- 77 Come Ashore Schedule Now
- www.hypnosis-haven.com
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SUSANA PADILLA, CHT

Certified Hypnotherapist

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

