

# Psychological Perspective Terms: A Creative Songwriting Glossary

Sabella "Bella" Reyes, LCSW, Music Industry Social Worker

**Ambiguous Loss** - Grief that occurs when someone is physically or emotionally absent but not clearly gone, leaving no closure.

**Ambivalence** - The experience of holding opposing feelings at the same time, creating emotional tension or indecision.

**Anticipatory Grief** - The emotional process of mourning a loss before it fully happens.

**Apathy** - A state of emotional and motivational numbness where interest, care, or effort feels diminished.

**Autonomy** - The ability to make choices that align with one's values, free from external control or pressure.

**Emotional Boundaries** - Internal limits that help separate your feelings and responsibilities from someone else's.

**Gaslighting** - A form of manipulation where someone distorts reality to make another person doubt their perceptions or memory.

**Limerence** - An intense emotional fixation marked by persistent thoughts and longing for reciprocation.

**Limerent Object** - The person who becomes the focus of that limerent, emotional fixation.

**Narrative Identity** - The evolving internal story a person creates to make sense of who they are and who they are becoming.

**Personal Agency** - The belief that you can make choices and take action to influence your own life.

**Reorientation** - The process of finding clarity and direction again after feeling mentally, emotionally, or situationally lost.

**Rumination** - Repetitive overthinking that circles distressing thoughts without resolution.

**Social Perception** - How we interpret others' behavior and intentions through social cues and assumptions.

**Triangulation** - A relational pattern where a third person is pulled into a conflict between two people to reduce tension.

Free resource provided to support aspiring and emerging independent music professionals committed to long-term growth, wellness, and ownership in their music careers.

# Songwriting Book Recommendations:

Sabella “Bella” Reyes, LCSW, Music Industry Social Worker

Click Book Links for More Information:

[Songwriting: Essential Guide to Lyric Form and Structure | Lyric Writing Techniques for Music Creators | Songwriting Exercises and Tools for All ... Books for Musicians \(Songwriting Guides\) by Pat Pattison](#)

[Writing Better Lyrics by by Pat Pattison](#)

Bella Beat Messenger

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