

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.

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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](#)



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