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Research Article

The Linguistic Construction of the Five Stages of Grief in Ariana Grande's *Eternal Sunshine (Deluxe Edition)*

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Abstract

This study examines how *Eternal Sunshine (Deluxe Edition)* constructs and communicates the emotional progression of grief through multimodal discourse. Anchored in Kübler-Ross's Five Stages of Grief and informed by discourse analysis, the research explores how linguistic, auditory, and visual resources collectively shape meanings of loss and recovery. Using a corpus-based qualitative approach, the study analyzes lyrics, vocal delivery, and official visual materials as interrelated discursive texts, focusing on clustered linguistic features, including lexico-syntactic patterns, figurative language, sound repetition, and pragmatic cues. The findings demonstrate that grief is represented as a fluid and cyclical process rather than a linear trajectory: informal and emotionally charged vocabulary indexes anger, fragmented structures signal denial, metaphorical language reflects bargaining, repetitive phonological patterns convey depression, and shifts in tone and discourse stance suggest movement toward acceptance. Intertextual references and multimodal cohesion further situate the listener within shared cultural narratives of loss, healing, and emotional resilience. Overall, the album functions as an affective discursive space in which personal sorrow is articulated, negotiated, and transformed. This study contributes to discourse analysis, music linguistics, and affective communication by highlighting how popular music operates as a culturally resonant medium for meaning-making around grief, with implications for language education and interdisciplinary cultural research.

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1. Introduction

Music often mirrors the inner landscapes of human emotion, articulating grief, resilience, and self-discovery in forms that resonate across cultures. Over the past decade, the convergence of popular music and self-exploration has become a significant site for cultural and linguistic inquiry (Guerra Doblas, 2024). Contemporary artists increasingly foreground narratives of vulnerability, transforming personal experiences into shared emotional meanings (Farooq, 2023). Ariana Grande exemplifies this development through a musical corpus that emphasizes intimacy, loss, and renewal, integrating lyrics, vocal delivery, and visual storytelling.

The 2025 release of *Eternal Sunshine* (Deluxe Edition) deepens this artistic trajectory. The album positions individual grief within broader cultural processes of meaning-making, reflecting the five stages of grief proposed by Kübler-Ross and Kessler (2009): denial, anger, bargaining, depression, and acceptance. While the standard edition traced emotional instability and self-examination, the Deluxe Edition extends this arc through additional tracks and the short film *Brighter Days Ahead*. These components intensify auditory and visual textures while emphasizing music as a symbolic and therapeutic medium for emotional expression.

Although popular music increasingly receives scholarly attention as a cultural text, existing research largely privileges psychological and sociological interpretations, leaving linguistic and discourse-oriented dimensions insufficiently examined (Schott, 2025). Key elements such as lexical selection, syntactic configuration, figurative language, phonological and morphological patterns, discourse markers, and semantic fields remain underrepresented in analyses of Grande's work. This limitation constrains understanding of how linguistic structures and multimodal resources encode grief, resilience, and transformation within contemporary music (Schotanus, 2020).

The present study addresses this gap by investigating emotional transformation in *Eternal Sunshine* (Deluxe Edition) through a discourse-analytic framework. Analysis focuses on linguistic features across song lyrics and accompanying visual media, including lexical, syntactic, figurative, phonological, morphological, and semantic dimensions. This orientation supports Sustainable Development Goal 3: Good Health and Well-being, underscoring the role of language and artistic expression in promoting emotional awareness, cultural resilience, and mental well-being.

This inquiry contributes to language and discourse studies by systematically examining popular music as a complex resource for meaning-making. Results offer methodological models for analyzing cultural texts within language education and discourse analysis, demonstrating how music articulates layered emotional experiences and participates in wider discussions of grief, recovery, and human resilience.

Research Questions

This study examines the representations of grief, healing, and emotional growth in Ariana Grande's pop music album *Eternal Sunshine* (Deluxe Edition). Specifically, the study addresses the following research questions:

1. What discursive strategies are employed in Ariana Grande's *Eternal Sunshine* to represent the five stages of grief?
2. How does the album's use of metaphor, tone, and intertextual references contribute to listeners' grief and healing experiences?
3. How does the emotional vulnerability of Ariana Grande's album resonate with contemporary audiences reflecting cultural shifts?

Significance of the Study

This study is significant for scholars, language majors, and discourse analysts, as it illuminates

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how linguistic and discursive strategies construct complex emotional experiences in contemporary pop music. Analyzing lexical choices, syntactic structures, figurative expressions, discourse markers, and semantic fields in Ariana Grande's *Eternal Sunshine* (Deluxe Edition) reveals how grief, healing, and emotional transformation manifest through language, offering a nuanced understanding of affective discourse in cultural texts. The research aligns with Sustainable Development Goal 3: Good Health and Well-being, as it foregrounds the potential of music and language to enhance emotional awareness, cultural resilience, and mental health literacy.

Findings offer both theoretical and pedagogical value, serving as a model for language instruction, discourse analysis, and cultural studies, and demonstrating how popular music functions as a resource for interpreting and negotiating human emotions. Furthermore, the study contributes to international scholarly discourse by offering insights into the interplay among language, emotion, and culture and by highlighting avenues for interdisciplinary research in linguistics, music studies, and mental health advocacy.

Theoretical Lens

This study employs Elisabeth Kübler-Ross and David Kessler's Five Stages of Grief—denial, anger, bargaining, depression, and acceptance (2009)—as the theoretical framework for

analyzing Ariana Grande's *Eternal Sunshine* (Deluxe Edition). The 2009 edition is preferred over the original 1969 text because it incorporates contemporary perspectives on grief, emphasizing emotional resilience and reflection, which align with modern musical and cultural contexts. Each stage corresponds to specific linguistic and discursive strategies that encode emotional experience (Avis et al., 2021). Denial appears in lexical choices expressing confusion or disbelief and in fragmented syntactic structures.

Anger manifests through intensified tone, repetition, and figurative language, including metaphors and hyperbole. Bargaining emerges in conditional and interrogative constructions, reinforced by semantic fields of desire or regret. Depression is represented through elongated syntax, low-modality verbs, and prosodic lowering in vocal performance, conveying emotional weight.

Acceptance is signaled through cohesive discourse markers, reflective tone, and intertextual references, creating narrative closure. This framework enables systematic mapping of emotional progression across the album, demonstrating how lexical, syntactic, figurative, phonological, and multimodal elements collectively construct a coherent trajectory of grief, healing, and emotional growth (Myers-Coffman, 2024).

2. Materials and Methods

Research Design

This study employs a qualitative research design grounded in discourse analysis as the principal methodological framework. The research adopts an interpretive approach to investigate how Ariana Grande's *Eternal Sunshine* (Deluxe Edition) constructs and communicates themes of grief, emotional transformation, and healing through linguistic, visual, and performative strategies. Musical discourse analysis allows for a detailed examination of how lexical choices,

syntactic structures, figurative expressions, prosodic patterns, and multimodal elements interact to encode affective experiences (Aleshinskaya, 2013). The method enables analysis of how tone, metaphor, intertextual references, and narrative sequencing function collectively to convey emotion and engage audiences in immersive reflection (Forte, 2023). Furthermore, the framework situates these discursive practices within broader cultural and psychological contexts, particularly in relation to

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Elisabeth Kübler-Ross's five stages of grief. This approach highlights the ways musical texts function as complex discursive spaces where emotion, identity, and cultural meaning converge (Argyriou, 2025), offering insights relevant to language majors, discourse analysts, and scholars of contemporary music and affective communication.

Data Source and Analytical Framework

This study adopts a textual corpus design, treating Ariana Grande's *Eternal Sunshine* (Deluxe Edition) as a self-contained cultural and linguistic artifact. The primary data include the complete set of song lyrics, vocal performances, and official visual materials associated with the album, all publicly available and analyzed as naturally occurring discourse. No human participants, surveys, interviews, or geographic sampling were involved, positioning the album itself as the sole unit of analysis.

The analytical process is grounded in Musical Discourse Analysis, which facilitates a systematic examination of how meaning emerges through the interplay of language, sound, and visual representation. The study focuses on linguistic and semiotic features, including lexical choices, syntactic structures, figurative language, discourse markers, prosodic patterns, and multimodal cues such as tone, tempo, visual symbolism, and performance aesthetics.

These features were carefully identified, coded, and organized into a digital corpus, enabling systematic tracing of emotional expression and thematic progression across the album. Each instance of linguistic and multimodal coding was subsequently mapped to the stages of grief outlined by Elisabeth Kübler-Ross and

Kessler—denial, anger, bargaining, depression, and acceptance (2009). This framework was selected over the original 1969 text for its inclusion of contemporary perspectives on emotional resilience and reflection, which align with modern cultural and musical contexts. In applying this framework, the study examined how grief is narrativized, symbolized, and sequenced, highlighting the progression of emotional experience and thematic development throughout the songs.

To deepen the interpretive dimension, Critical Discourse Analysis, following Norman Fairclough (2023), was employed to explore how ideology, identity, emotional positioning, and power relations are encoded in linguistic and performative structures. Analysis occurred across three interconnected levels—textual, discursive practice, and sociocultural—while remaining anchored in the textual corpus itself.

Cross-referencing patterns within and across songs allowed identification of recurring motifs, discursive strategies, and multimodal interactions. Interpretations were triangulated across lyrics, vocal performance, and visual elements to ensure analytical rigor and enhance replicability.

Through this approach, the study demonstrates that grief, healing, and emotional transformation are not only experienced on an emotional level but also constructed as cultural and symbolic processes. Linguistic and multimodal features work in concert to produce a coherent trajectory of emotional vulnerability, rupture, and psychological growth, offering insight into how contemporary pop music functions as a discursive and affective medium.

3. Results and Discussions

The table shows how the songs use language to reflect different stages of grief. Informal words and contractions convey anger and frustration, while short, broken sentences capture denial and

confusion. Metaphors and repeated sounds highlight bargaining and depression by emphasizing emotional conflict. In the end, shifts in tone and clear closing statements reveal

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acceptance and resolution. These patterns show that the songs actively shape emotions and

mirror the process of moving through loss and healing.

Table 1. *Discursive Strategies in 'Eternal Sunshine' to Depict the Five Stages of Grief.*

Feature/ Category	Description	Song Lyric	Stage of Grief	Function/ Purpose
Lexical Choices	Emotionally expressive, informal, colloquial words and contractions	<i>Song:</i> Brighter Days Ahead “Aren't you really supposed to know that shit?” (Line 12)	Anger	Constructs a close and genuine persona; connects with a receptive and emotionally expressive audience; articulates feelings of frustration and betrayal.
Syntax	Fragmented sentences, conversational phrasing	<i>Song:</i> Eternal Sunshine “So I grab my stuff / Courtney just pulled up in the driveway” (Lines 5-6)	Denial	Demonstrates impulsive decision-making; establishes a sense of immediacy and realism; reflects confusion and disbelief.
Figurative Language	Metaphor for emotional burden and relational ambiguity	<i>Song:</i> Eternal Sunshine “This situationship has to end” (Line 18)	Bargaining	Portrays emotional conflict through vivid imagery of relationships; communicates negotiation and lingering tension.
Phonological Features	Repetitive chorus, internal rhymes, echoing phrases	<i>Song:</i> Supernatural Chorus: “It's like supernatural ... don't wanna fight the fall” (Lines 20-24)	Depression	Reinforces catchy lyrics; immerses the listener in a captivating emotional intensity; highlights a sense of melancholy.

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Morphological Features	Contractions, repetition, informal forms	<i>Song: Brighter Days Ahead</i> <i>“Gimme,” “Ain’t,” repeated use of “love”</i> (Lines 7, 15)	Anger/ Depression	Emphasizes urgency and an emotional appeal; an informal tone increases intimacy and authenticity.
Discourse Marker	Conversational fillers, emotional transitions	<i>Song: Eternal Sunshine</i> <i>“Tell me why,” “Please know,” “But I don’t wanna”</i> (Lines 2, 9, 14)	All Stages	Navigates the narrative flow; indicates shifts in internal emotions; structures the listener’s experience through grief.
Semantic Fields	Themes of love, loss, longing, self-reflection	<i>Song: Eternal Sunshine</i> <i>“Pretend,” “argue,” “truth,” “bite my tongue,” “daydream,” “made me”</i> (Lines 3-19)	All Stages	Focuses on emotional struggle, identity, and anticipation; intensifies the thematic conflict between love and self-preservation.
Code Switching	Consistent English with informal register	N/A	N/A	Maintains clarity and straightforwardness; keeps the focus on emotions accessible and centered.
Register	Informal, conversational, poetic undertones	<i>Song: Supernatural</i> <i>“I wish I hated you”</i> (Line 11)	Acceptance	Fosters a relatable and personal connection; expresses a reflective tone and the emergence of resolution.
Pragmatic/ Context	Speech acts reflect closure and assertive reckoning	<i>Song: Bright Days Ahead</i> <i>“Hope this might be the last one”</i> (Line 21)	Acceptance	Indicates finality, self-awareness, and the setting of emotional boundaries; suggests resolution in the journey of grief.

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Table 1 indicates how selected discursive strategies in *Eternal Sunshine* (Deluxe Edition) construct, reflect, and map out the emotional terrain associated with the Five Stages of Grief. The linguistic features drawn from the songs reveal how Ariana Grande organizes language to express shifting emotional states, ultimately tracing a coherent narrative journey of loss, confrontation, and eventual acceptance.

These strategies also affirm the study's aim: tracing the linguistic construction of the Five Stages of Grief in Ariana Grande's *Eternal Sunshine* (Deluxe Edition).

The findings show that each linguistic category contributes specifically to shaping the album's emotional progression. Lexical choices, built from expressive and colloquial vocabulary, intensify the portrayal of anger, allowing the persona to communicate raw displeasure and interpersonal tension (Frick, 1985). Syntax—especially fragments and conversational sequencing—supports the representation of denial by mimicking disordered thought patterns, giving voice to confusion and an unwillingness to confront difficult truths (Haselow, 2024).

Figurative language functions as a negotiation tool during the bargaining stage, where relational metaphors capture attempts to reinterpret or salvage emotional connections (Fullagar & O'Brien, 2012). Phonological features, such as repetition and internal rhyme, operate as auditory markers of depression, immersing listeners in a contemplative, subdued atmosphere (Chattopadhyay, 2025).

Morphological features, including contractions and repeated informal forms, blur boundaries between anger and depression, conveying vulnerability and urgency simultaneously

The analysis in Table 2 illustrates the varied ways the album uses metaphor, tone, and intertextual references to help listeners navigate

(Matola & Timea, 2025). Discourse markers guide audiences through internal transitions across all stages of grief, acting as linguistic signposts that clarify emotional shifts and maintain narrative coherence (Romano & Cuenca, 2013).

Semantic fields centered on longing, conflict, identity, and self-preservation reinforce the broader emotional arc of grief, demonstrating how emotional processing intertwines with personal reflection (Johnson-Laird & Oatley, 1989). Register and pragmatics reflect movement toward acceptance, producing statements that convey closure, emotional boundaries, and self-possession while preserving the authenticity of the speaker's voice (Coupland, 2010).

Taken together, these interwoven linguistic features illustrate that Ariana Grande constructs the Five Stages of Grief as an interconnected emotional experience rather than a fixed or sequential process. Lexical, syntactic, semantic, pragmatic, and phonological choices collectively create a cohesive linguistic framework that portrays a persona who moves between moments of resistance and resignation, conflict and yearning, sorrow and recognition, until the initial signs of acceptance emerge.

In this sense, *Eternal Sunshine* (Deluxe Edition) does more than thematically reference grief; it actively builds a linguistic representation of it.

Through everyday expressions, patterned sounds, figurative imagery, and varied structural forms, the album creates a discursive environment in which grief is articulated, navigated, and ultimately reshaped as part of the character's evolving emotional journey.

their grief and healing. Each of these elements contributes uniquely to the listener's emotional journey.

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Table 2. *Metaphor, Tone, and Intertextuality in Shaping Grief and Healing.*

Feature/Category	Description	Song Lyric	Function/Purpose	Contribution to Grief & Healing
Metaphor	Symbolic expressions that convey grief and strength	Song: <i>Eternal Sunshine</i> “I’ll be alright, it’s just eternal sunshine.” Line 12	Frames sorrow as a continuous journey that holds hope	Assists listeners in viewing grief as a bittersweet experience, facilitating emotional release.
Tone	Melancholic lines evolving into uplifting choruses	Song: <i>We Can’t Be Friends (Wait for Your Love)</i> Verse: “I don’t wanna argue, baby” (Line 8); Chorus: “Wait until you like me again” Line 15	Reflects the phases of mourning (denial → acceptance)	Affirms feelings of sadness while providing encouragement and a path to reconciliation.
Intertextual Reference	References to popular culture or timeless themes of heartbreak	Song: <i>Bye</i> “I had to set me free” Line 21	Links personal loss to collective cultural stories	Motivates listeners to recognize grief as a shared experience, promoting a sense of community.
Metaphor + Tone	Merging vivid imagery with vocal performance	Song: <i>Imperfect for You</i> “Thunder in my chest when I think of you” Line 9	Amplifies emotional resonance	Aids listeners in experiencing grief more deeply through the integration of lyrical and tonal elements.
Intertextual + Healing	Employing classic motifs of “star-crossed lovers”	Song: <i>I Wish I Hated You</i> “Like tragic lovers in the end” Line 17	Situates personal grief within universal tragic tales	Validates the experience of grief and promotes introspection, aiding in emotional recovery.

Table 2 illustrates how metaphor, tone, and intertextual references function as key discursive strategies for expressing and processing grief in Ariana Grande’s *Eternal Sunshine* (Deluxe Edition). Through the interplay of symbolic language, vocal dynamics, and cultural motifs,

the album constructs an immersive emotional landscape that allows listeners to experience sorrow, hope, and healing (Iveland, 2024).

Analyzing these elements individually and in combination reveals how metaphors frame grief

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as an ongoing journey, tonal shifts mirror the natural progression of mourning (Wang, 2025), and intertextual references situate personal loss within shared cultural narratives (Bauman, 2008). Together, these strategies provide pathways for emotional resilience, self-reflection, and connection with a broader community.

Metaphor serves as a central mechanism for conceptualizing grief. In the song *Eternal Sunshine*, the titular metaphor depicts sorrow as an ongoing experience intertwined with hope, enabling listeners to perceive their emotions within a broader context and facilitating emotional processing and release (Rai et al., 2019; Iveland, 2024).

Such metaphors align with Lakoff and Johnson’s Conceptual Metaphor Theory, which highlights how symbolic language shapes understanding of complex emotional experiences (2020). Tone further structures the listener’s emotional journey. In songs such as *We Can’t Be Friends (Wait for Your Love)*, tonal shifts transition from melancholic verses to uplifting choruses, reflecting the natural progression from denial to acceptance (Omer, 2025).

These shifts validate the listener’s emotions while offering hope, with dynamic variations translating physiological and affective responses into feelings of reassurance and resilience (Bonior, 2025; Nair, 2023). Intertextual references situate personal grief within collective narratives. Songs like *Bye* and *I Wish I Hated You* draw on popular culture and

classical motifs such as “star-crossed lovers,” connecting individual experiences of loss to universal stories of heartbreak and reconciliation (Dunne, 2001; Joranger, 2023).

This fosters a sense of shared experience, promotes emotional reflection, and mitigates feelings of isolation. Intertextuality also aligns with Kristeva’s theory, which emphasizes the connectivity of texts and the potential for individuals to derive meaning and solace from cultural frameworks (Miles, 2024; McAdam, 2019).

When combined, metaphor and tone amplify emotional engagement, as in *Imperfect for You*, where vivid imagery such as “thunder in my chest” interacts with expressive vocal performance to make grief tangible and relatable (Zangwill, 2007; De, 2023).

Theoretical perspectives, such as T.S. Eliot’s Objective Correlative, further illustrates how these elements link abstract emotion to concrete imagery, thereby enhancing understanding and emotional resonance (Paul, 2020).

Overall, the album demonstrates that metaphor, tone, and intertextual references operate synergistically to construct a supportive discursive environment for processing grief. These strategies enable listeners not only to navigate complex emotional experiences but also to cultivate resilience, self-reflection, and connection with broader cultural narratives.

Table 3. *Emotional Vulnerability in Eternal Sunshine (Deluxe Edition) and Its Cultural Resonance with Contemporary Audiences.*

Themes	Album Features (Lyrics, Vocals, and Visuals)	Discursive/ Multimodal Analysis	Audience Needs/ Cultural Resonance

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Grief and Loss	First-person lyrics, metaphors of emptiness, soft breathy singing, muted visuals	Words and images show sadness and isolation; slow tempo and gentle singing highlight vulnerability	Helps listeners feel understood; connects with cultural acceptance of expressing grief; allows shared emotional release
Emotional Recovery/ Healing	Lyrics about acceptance, gradually stronger singing, brighter visuals at the end	Storytelling shows progress through grief; music builds hope; visuals show restoration	Gives hope and encourages resilience; mirrors societal focus on mental health; inspires empowerment
Vulnerability as Strength	Confessional lyrics, intimate singing, close-up visuals	Repetition and emphasis highlight honesty; visuals make authenticity clear	Supports idea that showing feelings is strong; encourages emotional expression without shame
Digital and Social Connectedness	Lyrics about texting and online chats; music videos show fan interaction	References online culture; visuals show social media engagement	Fulfills need for community and connection; reflects how emotional sharing happens online today
Identity and Self-Reflection	Lyrics questioning self-worth, mirror visuals, vocal changes showing introspection	Figurative language and visuals show inner thoughts; tonal changes emphasize depth	Helps listeners explore self-identity; aligns with cultural focus on self-awareness and mental health

Table 3 reveals that Ariana Grande’s *Eternal Sunshine* (Deluxe Edition) narrates a journey of emotional vulnerability that strongly resonates with contemporary audiences, particularly Generation Z, who value authenticity, mental health, and emotional literacy. The album opens with themes of grief and loss, employing first-person lyrics that convey heartbreak, emptiness, and emotional pain. Soft, intimate vocals reflect the denial and anger stages of grief, capturing the initial shock and frustration following personal loss. Metaphors and muted visuals, such as isolated framing and subdued colors, render this pain tangible and relatable, allowing listeners—especially Gen Z—to validate emotions often expressed online (Basowad, 2024; Parsons, 2014; Neufeld-Wall, 2023).

As the album progresses, it emphasizes emotional recovery and healing. Songs gradually shift toward bargaining, depression, and acceptance, with rising vocal intensity, layered harmonies, and brighter visuals signaling transformation. These artistic choices illustrate that emotional pain can be acknowledged and integrated into personal growth, providing models of resilience that resonate with listeners who engage with social media narratives of recovery (Sokolova, 2024). Vulnerability as strength emerges throughout the album. Confessional lyrics and intimate vocal delivery present openness about emotion as empowering, reflecting a cultural shift in which expressing feelings is regarded as a dignified form of self-expression (Frith, 1996). This aligns with the acceptance stage of grief, highlighting

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self-compassion and emotional honesty as essential for healing. Digital and social connectedness also shape the album's discourse. References to texting, online communication, and fan engagement situate the emotional journey within a digital context familiar to Gen Z (Cismariu & Hosu, 2019). Lyrics and visuals together foster a sense of shared experience, creating a supportive community that mitigates feelings of isolation (Tabak & Karabulut, 2024). Finally, themes of identity and self-reflection run throughout the album. Introspective lyrics, mirror imagery, and tonal shifts encourage listeners to examine self-worth, confront internal struggles, and explore personal growth. These

4. Conclusions

The analysis of *Eternal Sunshine* (Deluxe Edition) demonstrates that music communicates complex emotions through the interplay of language, tone, and visual elements. Ariana Grande's album employs lexical choices, syntactic structures, metaphors, sonic patterns, and symbolic imagery to depict the five stages of grief—denial, anger, bargaining, depression, and acceptance. These strategies allow listeners to experience emotions in a realistic and relatable manner, guiding them through processes of loss, reflection, and healing.

Metaphors such as “eternal sunshine” frame grief as an ongoing journey intertwined with hope, while tonal shifts and references to shared cultural narratives make personal experiences feel universal and understandable. Confessional lyrics and intimate vocal delivery present vulnerability as a form of strength, encouraging audiences to express their emotions openly. References to digital communication and social media further situate the album within contemporary modes of emotional engagement,

5. Limitations

This study acknowledges several limitations that may influence the scope and generalizability of its findings. The analysis concentrates

elements resonate with later stages of grief and with youth culture's emphasis on self-awareness and mental resilience (Kazanjian, 2022; Folsom, 2024).

Overall, *Eternal Sunshine* (Deluxe Edition) functions as a multimodal discourse that maps the stages of grief while engaging with contemporary cultural trends in mental health, emotional openness, and digital community. Through vulnerable lyrics, expressive vocals, and symbolic visuals, the album supports audiences in processing emotions, offering both catharsis and guidance for navigating complex feelings in a digitally connected world (Thomas, 2024).

reflecting how modern audiences experience and share feelings.

The album's narrative arc, moving from melancholic verses to uplifting choruses, mirrors the natural progression of grief, illustrating that recovery is achievable and reinforcing the transformative potential of music. Beyond entertainment, *Eternal Sunshine* functions as a medium for emotional education, self-reflection, and mental health support. Over time, engaging with such music can foster emotional awareness, enhance coping strategies, and cultivate openness in expressing feelings. By connecting personal experiences of loss to broader cultural narratives, the album also alleviates isolation, creating a sense of shared understanding and communal resonance.

Overall, *Eternal Sunshine* (Deluxe Edition) exemplifies how music can serve as a lasting tool for emotional learning, healing, and connection, demonstrating that artistic expression offers both personal insight and culturally situated pathways to resilience.

exclusively on Ariana Grande's *Eternal Sunshine* (Deluxe Edition), which confines interpretation to a single artist and album and

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limits the transferability of identified patterns to other musical works. The research prioritizes linguistic and discursive features, including lexical choices, syntactic structures, figurative language, discourse markers, and semantic fields, while other multimodal dimensions such as visual symbolism, vocal performance nuances, and production techniques fall outside the analytical scope. Interpretations rely on discourse-analytic and thematic frameworks that involve analytical subjectivity, which may affect consistency across different researchers. In

addition, audience reception is inferred from textual and performative elements without direct empirical input from listeners, constraining insight into interpretive variation and emotional response. Despite these limitations, the study provides a focused account of how grief, healing, and emotional growth emerge through linguistic and discursive mechanisms in contemporary pop music, offering a foundation for future research in language, discourse, and music studies.

Supplementary Details

Supplementary Materials & Data Availability Statement

This study does not include supplementary materials such as datasets, figures, or audiovisual files beyond the publicly available album texts and official visual materials analyzed. All data examined in this research consist of naturally occurring, publicly accessible song lyrics, vocal performances, and official visual releases associated with Eternal Sunshine (Deluxe Edition). As such, no separate data repository or download link is required.

Author Contributions

Conceptualization and study design were collaboratively developed by all authors. Data curation, development of the discourse-analytic framework, and qualitative analysis were led by the primary authors, with methodological guidance and validation provided by the research supervisor. Writing of the original draft, critical review, and editing were undertaken jointly by the research team to ensure analytical rigor and coherence. All authors reviewed and approved the final manuscript.

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Institutional Review Board (IRB) Statement

Ethical review and approval were not required for this study, as it involved no human participants, personal data, interviews, or interventions. The research exclusively analyzed publicly available cultural texts and materials.

Informed Consent Statement

Not applicable. This study did not involve human subjects or the collection of personal or identifiable information.

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Conflicts of Interest

The authors declare no conflict of interest.

Disclosure Statement (Use of AI Tools)

AI-assisted tools were used in the preparation of this manuscript for language refinement, organization, and formatting support. All AI-generated suggestions were carefully reviewed, edited, and validated by the authors to ensure accuracy, originality, and scholarly integrity.

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