

Glossary // Twelve and Twelve Notes, Step 4

- Abashed** Make (someone) feel embarrassed, disconcerted, or ashamed (p54)
- Absolve** Declare (someone) free from guilt, obligation, or punishment (p50)
- Acutely** intensely (p50)
- “Ad Infinitum”** Again and again in the same way; forever. (p47)
- Alibis** An excuse or pretext (p46)
- Arouses** Evoke or awaken (a feeling, emotion, or response) (p52)
- Beset** trouble (someone or something) persistently (p52)
- Bogeymen** An imaginary evil spirit, used to frighten children (p49)
- Chink** A weak point in someone's character or arguments which makes them vulnerable to attack (p46)
- Conscientious** Wishing to do one's work or duty well and thoroughly (p53)
- Covet** Yearn to possess (especially something belonging to another) (p49)
- Deformities** Malformed, misshapen (p43)
- Disillusionment** A feeling of disappointment resulting from the discovery that something is not as good as one believed it to be (p43)
- Egomania** Obsessive egotism or self-centeredness. (p53)
- Elude** fail to be understood or remembered by (someone) (p50)
- Erratic** Not even or regular in pattern or movement; unpredictable. (p47)
- Evoked** Bring or recall (a feeling, memory, or image) to the conscious mind (p44)
- Excesses** Outrageous or immoderate behavior (p49)
- Exert** Make a physical or mental effort (p42)
- Exhibitionism** Extravagant behaviour that is intended to attract attention to oneself (p46)
- Festers** become worse or more intense, especially through long-term neglect or indifference. (p53)
- Gnawing** Persistently worrying or distressing. (p52)
- Grandiosity** Extravagantly or pretentiously imposing in appearance or style (p45)
- Habitually** By way of habit; customarily. (p53)
- Imperious** Arrogant and domineering (p43)
- Imposes** Force on someone (p44)
- Incessant** continuing without pause or interruption (p53)
- Indignation** Anger or annoyance provoked by what is perceived as unfair treatment (p45)
- Inquiries** questions (p52)
- Instincts** An innate, typically fixed pattern of behaviour in animals in response to certain stimuli (p42)
- Loaf** Spend one's time in an aimless, idle way. (p49)
- Melancholy** A feeling of pensive sadness, typically with no obvious cause (p46)
- Miser** A person who hoards wealth and spends as little money as possible (p43)
- Morbidity** The condition of being diseased. (p46)
- Morbidly** a disturbing or unpleasant interest or activity (p45)

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Perplexities A complicated or baffling situation or thing. (p52)

Perverse Contrary to the accepted or expected standard or practice (p44)

Pitfalls A hidden or unsuspected danger or difficulty (p53)

Pomp Vain and ostentatious display (p44)

Prestige Widespread respect and admiration felt for someone or something based on a perception of their achievements or quality (p44)

Promiscuity indiscriminate or casual, specifically with relation to sex (p51)

Recluse A person who lives a solitary life and tends to avoid other people (p43)

Revulsion A sense of disgust and loathing (p44)

Ruthlessly Without pity or compassion (p52)

Selfsame Exactly the same (p54)

Serenely In a calm, peaceful, and untroubled manner. (p52)

Tangible Clear and definite; real (p54)

Tramples Tread on and crush (p44)

Tyrannize Rule or treat (someone) despotically or cruelly (p42)

Vainglory Excessive pride in oneself or one's achievements; excessive vanity. (p44)

Vigorous forceful (p42)

Wallow indulge in an unrestrained way in (something pleasurable) (p45)

* 7 Deadly Sins

Pride quality or state of being proud – inordinate self esteem

Greed Intense and selfish desire for something, especially wealth, power, or food

Lust Strong sexual desire

Anger A strong feeling of annoyance, displeasure, or hostility

Gluttony Habitual greed or excess in eating

Envy A feeling of discontented or resentful longing aroused by someone else's possessions, qualities, or luck.

Sloth Reluctance to work or make an effort; laziness.

** Envy vs Jealousy

Envy occurs when we lack a desired attribute enjoyed by another.

Jealousy occurs when something we already possess (usually a special relationship) is threatened by a third person

So, envy is a reaction to lacking something. Jealousy is a reaction to the threat of losing something (usually someone).

 welcome to recovery, let's get started.

1 **2** **3** **STEP 4** **5** **6** **7** **8** **9** **10** **11** **12**