

## Glossary // Twelve and Twelve Notes, Step 5

- Ego** A person's sense of self-esteem or self-importance (p55)  
**Contrary** Opposite in nature, direction, or meaning (p55)  
**Tormenting** Inflicting severe physical or mental suffering (p55)  
**Bypass** Avoid or circumvent (p55)  
**Perilous Resolve** a Dangerous decision (p56)  
**Muddled** Not clear or coherent; confused (p56)  
**Advocate** Publicly recommend or support (p56)  
**Expel** Force out (something) (p57)  
**Apt** Having a tendency to do something (p57)  
**Surmount** Overcome (a difficulty or obstacle) (p57)  
**Extemporaneously** Spoken or done without preparation (p57)  
**Baachus** another name for Dionysus, the Greek God of Wine (p57)  
**Boomeranged** recoil on the originator (p57)  
**Candor** The quality of being open and honest; frankness. (p57)  
**Kinship** A sharing of characteristics or origins (p57)  
**Vital** Absolutely necessary; essential (p57)  
**Resolutely** In an admirably purposeful, determined, and unwavering manner (p58)  
**Dividend** A benefit from an action or policy (p58)  
**Grandeur** Splendor and impressiveness, especially of appearance or style (p58)  
**Appraise** Assess the value or quality of (p59)  
**Solitary** Done or existing alone (p59)  
**Theoretical** Based on theory rather than experience or practice (p60)  
**Garbled** Reproduce in a confused and distorted way (p60)  
**Rationalization** The action of attempting to explain or justify behaviour or an attitude with logical reasons, even if these are not appropriate (p60)  
**Counsel** Advice, especially that given formally (p60)  
**Arrant Nonsense** Completely and utterly fabricated, untrue and/or illogical (p60)  
**Novice** A person new to and inexperienced in a job or situation (p60)  
**Infallible** Incapable of making mistakes or being wrong (p60)  
**Prudence** Cautious (p60)  
**Tranquility** Calm, peace (p62)  
**Dammed-Up** blocked up (p62)

### **Guilt vs Remorse (p59)**

Guilt is an emotion tied to the idea of yourself as “bad” and is generally characterized by an increased focus on “self” in a negative way. Remorse comes from an undistorted awareness that you acted in a hurtful manner towards someone, in a way which violated your personal ethical standards. Remorse carries no implications that your actions prove you are inherently bad, evil or immoral. It can direct you to take steps to change that hurtful behavior. Guilt usually paralyzes you from positive action. Remorse or regret is aimed at the behavior that was done. Guilt is targeted towards your “self”. Guilt fuels self-destructive attitudes. Remorse fuels constructive action.

