

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.

