

**Adult Children of Alcoholics®/Dysfunctional Families  
World Services Organization**

**Glossary**

**What is a Translation Glossary? What Benefits Does it Provide?**

A glossary is a set of key terms and their translations. It's helpful to provide the translation committee or group members with a glossary if they're translating ACA-specific terms, or a particular word should be translated the same way every time. This reduces guesswork and in turn keeps the translations more consistent. It also helps with the final editing of the translation.

**Translate A Glossary of ACA’s Special Program Words**

It is helpful to start by compiling a list of program terms in the local language, for example: “Higher Power”, “Dysfunctional Family”, “Laundry List”, “Reparenting”, “Loving Parent”, “Surrender”, “True Self”, “False Self”, “Hit a Bottom”.

Special program words and terms appear often in ACA literature and need to be translated the same each time they appear. If possible, compile the translated glossary with your translation committee or group members so your translator or translation professional or service can begin with a consensus. It can be useful to prepare notes on difficult words and perhaps create a list of idiomatic English phrases. It is important to translate every word in its proper context.

**Notes:**

1. In many languages there is no direct equivalent to “The **Laundry List**”.

Laundry list is an idiom that today rarely means an actual list of the things one needs to wash. Instead, it refers to a list that is lengthy, extensive, or inclusive of all possibilities. Merriam-Webster Dictionary defines "laundry list" as follows: “A usually long list of items“. The items in the set are connected or related somehow, and there is a tediousness associated with the term. It is usually seen in the construction laundry list of, followed by the types of things on the list.

The original usage was in the 1960s in actual laundries. In those days it was uncommon to wash one’s clothes at home; and, in general, the clothing was more delicate and required more care. In order wash correctly and to charge the customer correctly, the clothing was sorted and marked on a laundry list. The list was an extensive sheet of possible clothing categories.

When translating, one could try to find a common word that can serve as a substitute for a direct translation. One alternate suggestion is: “Checklist”. Some translators simply use the single word “List”. And some translators stick with the term "Laundry List", because it had become common in their fellowship.

1. Perhaps the most difficult term to translate has to do with the concept of **reparenting** or becoming your own loving parent. Many languages have no equivalent for the verb “to parent” nor is there an equivalent for “reparent”. A suitable translation for the verb “to parent” may be a word having a meaning similar to “to bring up” and “to educate”. There is also the possibility of rephrasing the expression so that it would translate back into “giving ourselves parental care.”
2. **Proper names** (e.g. ACA, WSO, ABC) must be retained, thus may not be translated into another language, at most as an addition.

If you are unsure when translating a word, term or sentence, write the English meaning in brackets behind the translation or mark the translated word, term or sentence red or with the Word tool "text highlight color", so that the translation team can find a solution together later by questioning the group conscience.

**Gender-neutral Language or Use of Female and Male Forms**

Discuss in the translation committee or with the group members how you want to deal with gender-specific formulations in the translation. In translations of books one often finds the addition: "For reasons of readability the male form was chosen in the text, nevertheless the information refers to members of both sexes". Not everyone likes this form of use. You might also consider translating in a gender-neutral way.

**Group Conscience**

It is recommended to convene a business meeting in order to discuss the glossary and its topics together and to question the group conscience afterwards.

Don't struggle with the translation process...practice letting go and trusting in the group conscience.

**Missing words or terms?**

Feel free to expand this glossary according to your needs.

**Finally: Translating is a tough job. Be mindful towards each other   
and have fun as well.**

|  |  |  |
| --- | --- | --- |
| English Word or Term | Translation | Alternatives |
| **A** | | |
| abandonment  (This can be physical or emotional abandonment. Shaming a child is abandoning a child.) |  |  |
| abuse (n.) |  |  |
| abuse (v.) |  |  |
| abuser |  |  |
| abusive parents |  |  |
| ACA (Adult Children of Alcoholics) |  |  |
| ACA fellowship |  |  |
| ACA relapse |  |  |
| acting out |  |  |
| activity |  |  |
| addicted to excitement  Trait 8 of The Laundry List. Examples: gossip, dramatic scenes, pending financial failure, or failing  health are often the turmoil that adult children create in their lives to feel connected to reality (page 16). Also see page 23. |  |  |
| addictions  Switching addictions or substituting addiction (replacing one addiction for another). Addictions can include food, sex, work, gambling, alcohol/drugs. |  |  |
| addictiveness |  |  |
| Adult Child/adult child |  |  |
| adult child of an alcoholic/dysfunctional family |  |  |
| affirmation |  |  |
| afraid of people and authority |  |  |
| alcoholic or dysfunctional home |  |  |
| amends (to make) |  |  |
| Annual Business Conference (ABC) |  |  |
| approval (to seek) |  |  |
| ashamed |  |  |
| awareness |  |  |
| **B** | | |
| “blameless” inventory  (See pages xvi and xxxvi BRB) |  |  |
| becoming your own **L**oving **P**arent |  |  |
| bias (it is my) |  |  |
| bottom (to hit the --) |  |  |
| **C** | | |
| caregivers |  |  |
| **C**hapter **E**ight |  |  |
| character defect |  |  |
| chemically addicted |  |  |
| child within (the) |  |  |
| childhood neglect  Neglect can involve denial of food, safety and nutrition in childhood.  Covert neglect can involve favoritism of one sibling over another. There is also neglect in hatefulness, comparing one child with another, or withholding praise. Perfectionism in which a child can never reach a parent’s idea of behavior or performance is covert neglect.  (See pages 27-34 of BRB.) |  |  |
| childhood trauma  (See index of BRB.)  Childhood trauma can involve physical abuse such as hitting, slapping, sexual abuse or battering a child. Or it can be verbal abuse such as threats of hitting or cursing, shaming comments, comparing, chronic hatefulness.  Childhood trauma can also involve denial of food, safety, and proper nutrition without physical or verbal abuse involved.  (See pages 27-30 of BRB.) |  |  |
| clarity |  |  |
| clear (to – the wreckage of the past) |  |  |
| codependence |  |  |
| common behaviors |  |  |
| compulsivity |  |  |
| counselor |  |  |
| critical inner parent |  |  |
| critical survival parent  This is a part of ourselves that tells us we may be making a mistake. Since the critical survival parent may have helped us to stay alive, it is critical (necessary) to our survival.  (See “To the Beginner in All of Us” trifold and page 121 of The Laundry Lists Workbook.) |  |  |
| cross talk |  |  |
| **D** | | |
| denial (to be in --) |  |  |
| devastating |  |  |
| disease |  |  |
| disease of family addiction  (See disease model on page xxvi of the BRB.) |  |  |
| distorted (image) |  |  |
| divided self (the) |  |  |
| divine (the) |  |  |
| don´t remember rule |  |  |
| don´t talk, don´t trust, don´t feel |  |  |
| dysfunction (family --) |  |  |
| dysfunctional |  |  |
| **E** | | |
| easy does it |  |  |
| emotional abuse |  |  |
| emotional sobriety |  |  |
| **F** | | |
| failure |  |  |
| False Self  (See index of the BRB for examples.) |  |  |
| familiy roles  (See pages 97 and 98 of the BRB.) |  |  |
| family script |  |  |
| feeling self (the) |  |  |
| fellow traveler |  |  |
| fellowship |  |  |
| Fellowship Text |  |  |
| first things first |  |  |
| fix (to – another) |  |  |
| foster children |  |  |
| **G** | | |
| gentleness |  |  |
| get out of yourself (oneself) (to) |  |  |
| Getcha God |  |  |
| getting in (our bodies) |  |  |
| gossip |  |  |
| grandchild of an alcoholic |  |  |
| grief |  |  |
| **H** | | |
| HALTS  Hungry, Angry, Lonely, Tired, Serious |  |  |
| harmed |  |  |
| harmful |  |  |
| harsh |  |  |
| Higher Power |  |  |
| hit (experience a)  (such as taking drugs).  You can also get a “hit” or become intoxicated from inside drugs such as fear, excitement, and pain. Fear, excitement, and pain are derived from inside drugs connected to adrenalin, endorphins, or melatonin.  (See pages 16, 23, 69, or 87 of the BRB. Also see hit the bottom) |  |  |
| hit the bottom |  |  |
| home group |  |  |
| hyper vigilance |  |  |
| hypercritical |  |  |
| **I** | | |
| “it works, if you work it!” |  |  |
| identified alcoholic |  |  |
| Identity Paper  (See chapters 6 and 10 of the BRB.) |  |  |
| Inner Child |  |  |
| Inner Drugs  (See pages 16, 23, and 69 in the BRB.) |  |  |
| insane |  |  |
| insanity |  |  |
| inside “drugging” |  |  |
| issue, issues  (for example, “abandonment issues) |  |  |
| **J** | | |
| judgemental |  |  |
| judging myself without mercy |  |  |
| **K** | | |
| keep it simple (to) |  |  |
| **L** | | |
| laundromat |  |  |
| Laundry List  (14 traits of an adult child of an alcoholic/dysfunctional family) |  |  |
| loss |  |  |
| Loving parent  (See chapter 8 in the BRB.) |  |  |
| **M** | | |
| mental illness |  |  |
| mistrust |  |  |
| mood altering substances |  |  |
| **N** | | |
| neglect |  |  |
| numbing (psychic numbing) |  |  |
| numbness |  |  |
| nurture (to) |  |  |
| **O** | | |
| one´s self |  |  |
| opinion (doctor´s) |  |  |
| **P** | | |
| panic disorder |  |  |
| para-alcoholic (codependency) |  |  |
| para-alcoholism  (See page 335 in the BRB.) |  |  |
| people-pleaser or approval seeker |  |  |
| persecutor or perpetrator |  |  |
| pervasive |  |  |
| Posttraumatic Stress Disorder (PTSD) |  |  |
| procrastination |  |  |
| **Q** | | |
| qualifier |  |  |
| qualify for ACA |  |  |
| **R** | | |
| reactors rather than actors |  |  |
| recovery |  |  |
| relapse  (This can be relapse with alcohol/drugs. Or you can relapse by returning to childhood roles or using the Laundry List Traits to remain stuck in addiction or self-harming behavior/ relationships.) |  |  |
| relate  (See chapter 3 of the ACA BRB: My Parents Did Not Drink But I Can Relate.) |  |  |
| rely on (to) |  |  |
| Reparenting  Reparenting ourselves can mean many things… (See page 299 of the BRB.) |  |  |
| rescuer  (See index in BRB for examples.) |  |  |
| resentment |  |  |
| roles that children take on in the alcoholic or dysfunctional homes:   * family hero child (usually the oldest child who is perfectionistic) * lost child (usually shy or invisible child) * black sheep child (usually the angry or trouble-making child) * mascot child (usually the youngest child who uses humor for attention) |  |  |
| **S** | | |
| sane |  |  |
| sanity |  |  |
| scapegoat |  |  |
| self-betrayal |  |  |
| self-condemnation |  |  |
| self-confidence |  |  |
| self-doubt |  |  |
| self-esteem |  |  |
| self-hate |  |  |
| self-inventory |  |  |
| selfish |  |  |
| selfless |  |  |
| self-love  (This is not narcissism. See Chapter 15 of the BRB.) |  |  |
| self-pitying |  |  |
| self-reliant |  |  |
| self-righteousness |  |  |
| self-worth |  |  |
| shame |  |  |
| sick (meaning dysfunctional) |  |  |
| sponsee |  |  |
| sponsor |  |  |
| sponsorship |  |  |
| **S**tep **O**ne |  |  |
| stuff (to – feelings) |  |  |
| support group |  |  |
| surrender (to) |  |  |
| **T** | | |
| terrified of abandonment |  |  |
| traits |  |  |
| troubled (family)  (See page xix of the ACA BRB: “troubled family systems”.) |  |  |
| True Self (also real self) |  |  |
| trustworthy |  |  |
| turn things over (to – to God) |  |  |
| **U** | | |
| unfeeling self |  |  |
| unselfish |  |  |
| upbringing |  |  |
| **V** | | |
| victim |  |  |
| victimize (to) |  |  |
| victimizer |  |  |
| **W** |  |  |
| workaholic |  |  |
| workbook |  |  |
| workplace laundry list |  |  |
| World Service Office (WSO) |  |  |
| **X** |  |  |
| **Y** |  |  |
| **Z** |  |  |
|  |  |  |
| **Miscellaneous** |  |  |
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Translation tools used (For example dictionaries – printed or digital):