



Recovery Lingo



AN EASY REFERENCE GUIDE

Our Mission

To provide treatment for adults with the illness of addiction and to support their family members, in Hertfordshire.

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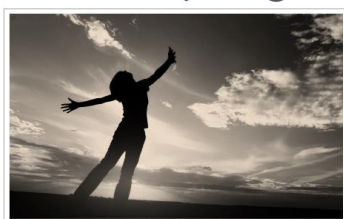
Web: www.livingroomherts.org

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Our Reference Guide

Terms Used

Recovery Lingo



AN EASY REFERENCE GUIDE
Not Exhaustive

You may hear terms used that seem common language to counsellors, mentors, those who are sharing or taking a 'chair'. To avoid confusion or the feeling that to ask for clarity would make you sound stupid, we provide this reference guide.

The terms we use in The Living Room change over time and if you hear something that isn't explained here, don't be afraid to ask. Also ask for it to be included for people who are new to the service to know about by reading this guide.

Fellowships Clarified



There will be many times that fellowships are mentioned and we actively encourage you to join a suitable fellowship for you. All fellowships should be checked online for an up-to-date listing of those that are available. We give you the meaning of the acronyms and links.

ABSTINENCE	Is a self-enforced restraint from indulging in bodily activities that are widely experienced as giving pleasure. Not engaging in drink, drugs, or compulsive behaviours.
ACTING OUT	Giving-in or acting on the impulses of addiction.
ADDICTION	A brain disorder where someone engages in rewarding stimuli despite harmful consequences. Addiction to substances such as alcohol, tobacco, or a drug, or engaging in an activity to the point that stopping is very difficult and not engaging in using or performing, causes severe physical and mental reactions including withdrawal.
ALCOHOLISM	(Also known as ALCOHOL DEPENDENCE or ALCOHOL USE DISORDER AUD) A broad term for drinking of alcohol that results in mental or physical health problems. It is a disorder that includes alcohol craving and continued drinking, despite repeated alcohol-related problems. Medical problems can occur during withdrawal.
ASSISTED RECOVERY	Support in recovery. Can include services such as rehab, recovery fellowships and therapy sessions.
AVOIDANCE	A refusal to look at the presented issue.
BIG BOOK	The AA (Alcoholics Anonymous) book. The first half focuses on the 12 Steps, and the second half is stories of those in recovery. It advocates abstinence.
BOTTOM LINE	Personal absolutes. 'I will never do this, no matter what'.
BOUNDARIES	Expressing limits help to define an individual – their likes and dislikes. Saying no. Making clear what you will not do or allow.
CARETAKING	Doing things for someone rather than letting them learn to look after themselves – in other words, taking away their chance to care for themselves.

CGL (Change Grow Live)	The main harm reduction All Age drug and alcohol service in Hertfordshire. They help you to stop opiates and alcohol and can fund detox and [sometimes] residential rehab. First called CRI, then called CGL Spectrum [in Herts].
CLEAN TIME	Abstinence from addiction. Calculated from the last drink or drug or last time acting out on a behaviour.
CLIENT	(OR SERVICE USER/ BENEFICIARY) Term used to describe people who are using The Living Room services.
CO-DEPENDENCY	Doing for other people what they can do themselves and what you should be doing for yourself. Defining your self-worth based on your value to others. Where one person enables / supports another to have addiction / mental health issues / lack of responsibility. The individual who is co-dependent begins to lose their own identity.
COLD TURKEY	Quitting a drug of choice to try to quit long term. Doing so abruptly for alcohol dependency, without medication or a reduction programme, can be harmful.
COMMON DENOMINATOR	The common factor in issues that are faced by someone, with high expectations of others. For example, feeling let down.
CRAVING	A strong need, desire, or compulsion to use alcohol, a drug or activity of choice.
CROSS-DEPENDENCE	(Also known as CROSS-ADDICTION). The ability of one drug or activity to prevent the withdrawal symptoms of dependence on another drug or activity.
DEFLECTION	Putting feelings from one thing or person onto another, such as drinking too much alcohol and being paranoid someone else is trying to poison you; or blaming someone else for your own behaviour.
DELIRIUM TREMENS (DTs)	A severe form of withdrawals that can be experienced when coming off alcohol or sedative medications.

DENIAL	It is a refusal to see that there is a problem that someone needs help with. 'I've been sober a year – apart from a few days here and there'. When you can't see the truth.
DETOX	[Detoxification] Reduction plan/ medication for coming off alcohol or opiates, at home or in a detox centre. An alcohol detox is often 10 days/ two weeks. After detox, other treatments must be undergone to deal with the underlying addiction that cause the alcohol use.
DRAMA TRIANGLE	The Victim, The Rescuer and The Persecutor – the needy, nice, and nasty parts of us with which we try to control others, and which set up all the dramas in our lives.
DRY DRUNK SYNDROME	Someone is said to be a 'dry drunk' if they stop using, but don't change their behaviour, including feeling like a victim but acting abusively. Being self-centred, blaming others, being angry or isolating yourself.
DUAL DIAGNOSIS	(Also called CO-OCCURRING DISORDERS) Someone who has both a mental health condition alongside their addiction, such as depression or anxiety disorder. May have increased rates of relapse, hospitalisation, homelessness, HIV, or hepatitis C infection.
ENABLING	Used in the negative sense of describing a behaviour that is intended to help but in fact may make the problem worse. Those who are close to the addict may be protecting them from the full consequences of their actions.
FELLOWSHIPS	A recovering community, generally from substance specific behaviour and based around the 12-steps. https://en.wikipedia.org/wiki/Twelve-step_program
FUNCTIONAL ALCOHOLIC	Someone who can function in society when under the influence of alcohol which can mask the disease.
GRATITUDE	A desired attitude in the 12-Steps. Being thankful for the help provided to break the cycle of addiction.

HARM REDUCTION	(Also, HARM MINIMISATION) The idea that some improvement is better than no improvement. Methadone and Buprenorphine are given under medical supervision as a medical replacement to opioids, for a set time.
HIGHER POWER	A benevolent power greater than yourself and greater than your addiction. This can be other people in recovery, the God of your own understanding, or inner wisdom.
INNER CHILD	The young part of us that we all carry within, vulnerable and hurt, or playful and creative. Sometimes we try and look after that part of us in others, when perhaps the real challenge is to look after it in ourselves; to be our own parent in a way and learn self-care.
INNER CRITIC	The bit of you that beats yourself up; 'Since I became self-employed, I'm a worse boss to myself than the last one I worked for!'
LAPSE	(Also, RELAPSE, SLIP) A very brief period of picking up a drink, drug or acting-out when you want to be abstinent.
LOVE ADDICTION	Obsessional impulse to engage in or avoid intimacy.
MY QUALIFIER	The person who is the focus of your sex / love addiction.
NEGATIVE REINFORCEMENT	Learning to do the right thing, because when you do the right thing, bad stuff stops happening.
OBSESSION	A persistent, recurring, unwanted idea or impulse that cannot be eliminated by logic or reasoning.
OPEN AND CLOSED MEETINGS	Closed AA and similar meetings are for addicts only, whereas open meetings allow family / friends to attend along with an addict [or professionals to sit in on meeting to see how they work], but they are unable to contribute to the meeting.
OUTREACH	Reaching out by phone to other members of the group.

PRE-OCCUPATION	Constantly thinking about your drug or addictive behaviour.
POWERLESS	Lacking the resources or strength to overcome a difficulty or addiction on your own. Used in the first Step of recovery, 'we admitted we were powerless', to say addiction is more powerful than us - on our own. Not able to stop, or not willing to stop. Powerless over people, places, and things.
PROJECTION	[In AA] means looking too far ahead, "I've been projecting about Christmas", or in group means putting bits of yourself onto others 'You're always so angry!' (when it's you that is angry).
RATIONALISING	Making up an excuse, such as 'I'll have one last big drink over the weekend' when you are trying to stop (instead of just stopping).
RECOVERY	Returning to an original state after sickness or injury, regaining or saving something that was lost. Maintaining abstinence. It includes the whole process of getting well and changing physically, emotionally, mentally, and spiritually, and finding and maintaining freedom from the obsession to use.
RELAPSE PREVENTION	A therapeutic process that interrupts beliefs and behaviours that result in lifestyle dysfunction.
RESENTMENT	You hold a grudge against someone who said or did something you don't agree with.
RESPECTING BOUNDARIES	Asking permission before giving somebody a hug, for example.
SELF	Depending how it's used, either the real you ['to thine own self be true'], or your ego - self-will, selfishness, self-centred behaviour.
SERENITY PRAYER	"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." This prayer is recited in 12-Step fellowships.
SEXUAL ANOREXIA	Avoidance of relationships.

SHARING	Talking, when called upon, in group.
SLAA STUFF	Issues to do with sex and love addiction
SMART RECOVERY	(Self-Management And Recovery Training) A group CBT (cognitive behavioural therapy) evidence-based approach which specifically does not use the 12-steps programme or refer to a Higher Power. https://en.wikipedia.org/wiki/SMART_Recovery
SOBER	(Also, SOBRIETY) Abstaining from using alcohol or drugs.
SPONSOR	A mentor in a fellowship who has gone through the 12-steps and will guide you through them. You can ask someone at a meeting to sponsor you if you want to get what they have found, in recovery. Members are encouraged to call their sponsor when they experience an urge to drink, or use.
The 12 STEPS	A set of principles forming a recovery plan for getting well after stopping using. It describes a process everyone will naturally go through if they stop using and maintain sustained or long-term contented abstinence and puts that process in a helpful order.
THE 13th STEP	Sex between members of 12-step groups, usually between a newbie and a more regular attender. Intimate relationships between attendees are against the rights, rules, and regulations of The Living Room.
TOLERANCE	The need for an increasing amount of alcohol/drug to feel its effect.
TOP LINE	'I will always do this, no matter what'
TOUGH LOVE	Challenges made by counsellors to someone in a group who is stalling in their recovery journey.
TRANSFERENCE	Feelings towards a significant person in your life is redirected towards another person. E.g., a counsellor reminds you of a parent and you behave towards them as if they are your parent; good or bad.

TREATMENT	A prolonged period of structured group support with others recovering from all addictions in a treatment centre. Residential treatment can be a month, three months or more. Treatment time in The Living Room is individual to you and will be discussed with your key worker.
TRIGGER	Anything that results in psychological and then physical relapse. Something that sparks the urge to use.
UNMANAGEABLE	Finding it difficult or impossible to control your life on your own, when your life feels like a bad juggling or plate-spinning act.
VITAMINS	Thiamine [B1] and a B vitamin compound may be prescribed if you are attempting to stop drinking. This helps prevent nerve damage and improves memory and concentration.
WITHDRAWAL SYMPTOMS	The early effects of being without our drug or behaviour of choice.
With thanks to clients, Experts by Experience group and staff in Stevenage and St Albans. <i>Some references from https://en.wikipedia.org/wiki</i>	

The Range of Fellowships

These 12-Step fellowships are run by people in recovery, not health professionals or counsellors. The only requirement to attend is a willingness to stop drinking or using drugs.

The core 12 step programme can be used to recover from any and all addictions, be they substance, process or behavioural addictions, and to significantly improve mental health.

There are currently approximately 30 different 12 step fellowships that are active in the UK.

www.12stepsappg.com/12-fellowships

AA	Alcoholics Anonymous
ABA	Anorexics and Bulimics Anonymous – Abstain from control
CA	Cocaine Anonymous – All drugs welcome
CoDA	Co-dependents Anonymous
DA	Debtors Anonymous – Structure budget help
DDA	Dual Diagnosis Anonymous
EDA	Eating Disorders Anonymous
GA	Gamblers Anonymous
HA	Heroin Anonymous
MA	Marijuana Anonymous
NA	Narcotics Anonymous
OA	Overeaters Anonymous + (OA HOW)
SLAA	Sex and Love Addiction Anonymous + (SA & SAA)