

A . . .

ABSTINENCE: Not using by choice especially drugs.

ACCEPT: To agree, consider, or hold to be true.

ACCEPTANCE: The mental attitude that something is believable and should be accepted as true.

ACCLAMATION: Enthusiastic approval, without dissent.

ACHIEVE: To get by means of one's own efforts.

ACKNOWLEDGE: To admit the truth or existence.

- ACTIVE LISTENING: The ability to use all of one's senses to hear what someone is conveying not just hearing.

ACQUIRE: To get especially by one's own efforts.

ACTION: The doing of something or something done.

ACTIVE: Producing or involving action or movement.

ADDICT: A person who has an obsessive and compulsive need for something such as drugs.

- ADDICTION: A physical, mental, and spiritual disease that is characterized an obsession to use the drugs that are destroying us, followed by a compulsion that forces us to continue.

ADMISSION: An admitting of something that has not been proven.

ADMIT: To make known, usually with some unwillingness.

ADVERSITY: Hard times.

ADVICE: Suggestions about a decision or action.

AFRAID: Filled with fear.

AGE: The time from birth to a specified time.

ALIENATE: To cause one who used to be friendly or loyal to become unfriendly or disloyal.

ALIENATION: The act of alienating or one who has been alienated.

ALTERNATIVE: A chance to choose between things or one of the things between which a choice can be made.

AMENDS: Something done or given by a person to make up for a loss or injury one has caused.

ANGER: A strong feeling of displeasure and often with active opposition to an insult, injury, or injustice.

ANGUISH: Great pain or trouble of body or mind.

- ANONYMITY: The state of having set aside personal considerations of being named or identified for some greater good, practicing principles before personalities.
- ANONYMOUS: Not named or identified, equal in status and importance.

ANTIDOTE: Something used to reverse or prevent the action of a poison.

ANTI-SOCIAL: Hostile toward society, unfriendly.

ANXIETY: Fear or nervousness about what might happen.

APATHY: Lack of feeling or of interest, indifference.

APPARENT: Appearing to be real or true.

APPRAISAL: The act of setting a value on something.

APPRECIATION: The awareness or understanding of the worth or value of something.

APPROPRIATE: Especially suitable.

APPROVAL-SEEKING: Seeking to be accepted as satisfactory.

ARISE: To come into existence.

ARRESTED: The state of having the progress stopped, as with a disease.

ARROGANCE: A sense of one's own importance that shows itself in a proud and insulting manner.

ASPECT: A certain way in which something appears or may be thought of.

ASPIRATION: A strong desire to achieve something high or great.

ASSUME: To pretend to have or be.

ASSURANCE: The state of being certain or having confidence in one's own self.

ATMOSPHERE: A surrounding influence or set of conditions.

ATTACHMENT: Connection by feelings of affection or regard or the connection by which one thing is joined to another.

ATTEMPT: To try to do something.

ATTITUDE: A feeling or opinion about a certain fact or situation.

ATTRACTION: The state of being attracted or pleased or something that attracts or pleases.

ATTRIBUTE: A quality belonging to a particular person or thing.

- **AUTONOMOUS:** Self-governing, free from outside control yet limited within the Fellowship by the Twelve Traditions.

AVOID: To keep away from.

AWAKE: To become conscious or aware of something.

AWAKEN: To awake.

AWAKENING: The state of becoming awake.

AWARENESS: Having or showing understanding or knowledge of something.

B . . .

BAFFLED: Defeated or held in check by confusion.

BALANCE: To make things equal or the state of equality.

BECOME: To grow to be.

BEHAVIOR: The way in which one conducts oneself.

BELIEF: Something that one thinks is true.

BLAMING: The state of placing responsibility on others for something that fails.

BOND: A force or influence that brings or holds together.

BOREDOM: The state of being weary and restless when things are uninteresting.

BUGABOOS: Something that one is afraid of.

BUOYANT: Light-hearted and cheerful.

BURDEN: Something that is hard to take.

BUT: Term expressing a comparison or difference between general theory and personal application.

C . . .

CARING: A heavy feeling of interest, concern, or responsibility.

- **CARRY THE MESSAGE:** To demonstrate with words and actions the benefits of living the program of NA.

CHANGE: To make or become different, alter from a former state.

CHAOS: A state of complete confusion and disorder in which one can become physically stimulated.

- **CHARACTER DEFECTS:** Those things that drain us of all our time and energy while

causing pain and misery all our lives.

CHARACTERISTIC: A special quality or appearance that is a part of a person's over-all character.

- **CLEAN:** Total abstinence from all drugs, no exceptions.

CLING: Remaining emotionally or intellectually attached to something that one believes harmful to oneself.

- **CLOSE-MINDEDNESS:** The state of being unwilling to consider the suggestions or explanations of others as possible or feasible with regard to one's self.

CLOUDS: Anything that distorts our ability to see or distinguish reality.

- **COME TO BELIEVE:** The process through which one develops their system of belief about a Higher Power.

COMMITMENT: To pledge one's self to a certain course of action.

- **COMMON BOND:** Recovery from addiction.
- **COMMON DENOMINATOR:** Our failure to come to terms with our addiction prior to coming to NA.
- **COMMON WELFARE:** Our individual survival is directly related to the survival of the group and the Fellowship.

COMMUNICATE: To make known.

COMPASSION: The state of deep awareness and sympathy for and a desire to help another who is suffering.

COMPEL: To make someone do something by the use of physical, moral, or mental pressure.

COMPLACENCY: A feeling extreme calm and satisfaction with one's life or situations that hinders the process of seeking change.

COMPREHEND: To understand fully.

COMPROMISING: To reach an agreement over a dispute with all parties changing or giving up some demands

- **COMPULSION:** Once having started the process with one fix, one pill, or one drink we cannot stop through our own power of will.

COMPULSIVE: The state of acting on a compulsion.

CONCEDE: The admission of truthfulness of something.

CONCEIVABLE: The state of being possible to conceive, imagine, or understand.

CONCERN: A caring condition shown by a willingness to help others.

CONCEPT: An idea that is generally accepted.

CONCLUSION: A final decision that is reached by reasoning or the ending of something.

CONDEMN: To declare to be wrong.

CONDITION: Something that is agreed upon as necessary if some other thing is to take place.

CONDUCTING: Choosing to behave in a certain manner.

CONFIDENCE: A feeling of trust and belief.

CONFRONT: To face or meet issues that occur in our lives, simply and without hostility.

CONFUSED: Experiencing a mental fog or feeling uncertain.

CONFUSION: The state of being confused.

CONSCIOUS: The mental awareness of facts or one's inner feelings.

CONSEQUENCE: The result of an action.

CONSISTENT: Sticking to one way of thinking or acting.

CONTENTMENT: Freedom from worry or restlessness.

CONTINUE: To do the same thing without changing or stopping.

CONTRADICT: To deny the truth of a statement.

CONTRARY: The state of being opposed or unwilling to obey or behave well.

CONTRIBUTE: Giving along with others to have a share in something.

CONTROL: To have power over.

CONVINCE: To argue with someone to convince them to agree with or believe in certain things.

COPE: To struggle with or try to manage something.

CORE: The central or innermost part of something.

COURAGE: The strength of mind that makes one able to meet danger and difficulties with firmness.

CREED: A statement of a set of guiding rules or beliefs, usually of a religious faith.

CRITICAL: Being inclined to criticize especially in an unfavorable way.

CRUCIAL: Being necessary to accomplish something.

CULT: A select group of people recognize by its exclusive nature.

CURE: The complete elimination of a disease.

D . . .

DAILY: Occurring, done, produces, or issued every day.

DANGEROUS: Anything that is able to or likely to cause injury.

DECEIT: Misleading a person or causing them to believe that which is false with a statement or act.

DECEPTION: The statement or act that deceives.

DECISION: The act of making a choice.

DECLARATION: The act of making a statement as if certain.

DECLARE: To make a statement as if certain.

DEFAME: To maliciously attack the reputation of another.

- DEFECTS: Things that we determine are interfering with our process of recovery.

DEFIANT: Showing a willingness to resist.

DEGRADATION: The state of being lowered from one level to a lower level.

DELUSION: A false belief that we continue to hold in spite of the facts.

DEMOLITION: The act of ruining completely.

DEMORALIZATION: The act of weakening the discipline or spirit of a person.

DENIAL: The refusal to admit the truth of a statement or the refusal to accept or believe in someone or something.

DENY: To declare something not true or disowning something.

DEPEND: Trust and reliance on others.

DEPENDENT: A person who depends upon another for support to an unhealthy degree.

DEPRAVITY: An act or practice that is morally bad or corrupt.

DEPRESSION: Low spirits, a common by-product of addiction common during withdrawal.

DERELICTION: The neglect of or failure in meeting personal responsibilities.

DESIRE: A strong wish made known.

DESPAIR: A feeling of complete hopelessness.

DESPERATION: The state of feeling complete hopelessness that leads to recklessness.

DESTRUCTION: The act of putting an end to something or the results of such acts.

DEVELOP: To make the possibilities more clear and usable gradually.

DILEMMA: A situation in which a person has to choose between things that seem to be all bad or unsatisfactory.

DIRECT: Going from one point to another without turning or stopping.

DIRECTION: The path along which something moves, lies, or points.

DISAGREEMENT: The act or fact of having unlike ideas or opinions.

DISASTER: Something that happens suddenly and causes suffering or loss.

DISCLOSURE: The act of making known.

DISCRETION: The power of having good sense in making decisions for oneself.

DISEASE: A change in a person that interferes with normal functioning.

DISAPPOINTMENT: The act or condition of failing to satisfy the hope or expectation of.

DISHONESTY: The lack of honesty or the quality of not being honest or trustworthy.

DISILLUSION: To free from mistaken beliefs or foolish hopes.

DISQUALIFY: To make or declare something unfit or not qualified.

- **DISSEMBLING:** The process of revealing parts of something in a particular manner to give a specific interpretation of the facts.

DISTORT: To tell in a way that is misleading.

DISTRACTING: Drawing someone's mind or attention to something else or upsetting someone's mind to the point of confusion.

DISTURBING: Making confused or troubling the mind.

- **DIVERSITY:** The condition or fact of not being the same and the qualities that distinguish our differences.

DIVINE: Of or relating to God or a god.

DOGMA: Something firmly believed.

DOMINATED: The state of someone or something having a commanding position or controlling power over one's self.

DYNAMIC: Full of energy.

DYNAMICS: Any of the various forces, physical or moral, at work in a situation.

E . . .

EAGER: Desiring very much, impatient.

EAGERLY: Acting with great desire, impatiently.

EFFICIENCY: The quality or degree of being capable of bringing about a desired result with as little waste as possible.

EFFORT: A serious attempt.

- EGO: The individual's awareness of self that used to control us in all sorts of subtle ways.

EGOCENTRIC: Viewing everything in relation to oneself.

EMBARRASSED: Feeling confused or distressed.

EMBARRASMENT: The state of causing or feeling confused or distressed or those things that cause confusion or distress.

EMOTIONS: Mental and bodily reactions accompanied by strong feelings.

EMOTIONAL: Expressing emotion.

EMPATHY: Having an intellectual or emotional identification with another.

EMPTINESS: Containing nothing.

ENCOURAGE: To give courage, spirit, or hope to another.

ENCOURAGEMENT: The act of, the state of, or things giving courage, spirit, or hope.

ENDANGER: Risk.

ENDANGERED: The state of being or that which is at risk.

ENDORSE: To give one's support to something.

ENDURE: To put up with patiently or firmly, such as pain.

ENEMIES: Something or someone that harms or threatens.

ENTHUSIASM: A strong feeling in favor of something.

ENTIRELY: Completely.

ENVY: The feeling of discontent at another's good fortune with a desire to have the same good fortune for one's self.

EQUAL: One having the same rank as another.

ESOTERIC: Understood by only a chosen few.

ESSENTIAL: Forming or belonging to the basic part of something.

EVENTUALLY: Coming at some later time.

EVIDENT: Clear to the sight or to the mind.

EXACT: Showing close agreement with fact, accurate.

EXAMINE: To question or look at closely or carefully.

EXCEPT: To leave out from the whole, exclude.

EXERT: To put one's self into action or a tiring effort, struggle.

EXHAUST: To tire out or deplete one's resources.

EXIST: To continue to live.

EXISTENCE: The state of being alive.

EXPECTATION: A desire that one places upon himself or another to accomplish.

EXPERIENCE: Something that one has actually done or lived through.

EXPOSURE: An act of making something known publicly.

EXTERNAL: Something situated on the outside of or related to the outside of a thing.

EXTREME: Something as far as possible from a center or its opposite.

F . . .

FAILED: Having been unsuccessful.

FAILURE: A lack of success or a person who fails.

FAITH: An individual's system of beliefs.

FAULTS: Weaknesses in character.

FEAR: A strong unpleasant feeling caused by being aware of danger or expecting something bad to happen.

- FEARLESS: Taking necessary actions in the midst of one's fears.

FEEBLE: Lacking in strength or endurance.

FEELINGS: The state of a person's emotions.

FELLOWSHIP: A group with similar interests or goals.

FESTER: To become painfully sore.

FIRM: Showing no weakness.

FOCUS: The center of activity or interest.

FOCUSED: The state of being in the center of activity or interest.

FONDNESS: The state of liking or loving something.

FOREVER: For a limitless time.

FORGIVE: To stop feeling angry at or hurt by.

FORGIVENESS: The act of forgiving or the state of being forgiven.

FORMAL: Following established form custom, or rule.

FORTUNE: Favorable results that come partly by chance.

FOUNDATION: The support upon which something depends.

FRACTURED: Damaged or injured.

FREEDOM: The condition of being released from or no longer suffering from something unpleasant or painful.

FRIEND: A person who has a strong liking for and trust in another person.

FRIGHTENED: Experiencing fear.

FRUSTRATION: The feeling of disappointment or defeat.

FUNCTION: To serve a certain purpose.

G . . .

GENDER: Either of the two divisions of living things especially human beings, male and female.

GENUINE: Being just what it seems to be.

GIFTS: Things which are given.

GIVING: Handing over with the expectation of it being kept.

GOAL: That which a person tries to accomplish.

GOD: A being conceived of as supernatural, immortal, and having special powers over people and nature.

GOD-AWARENESS: The mental acceptance of or belief in God.

GOODNESS: The state of being honest and upright.

GRAFTED: To join one thing to another.

GRATIFICATION: The act of, the state of, or something giving pleasure or satisfaction to.

GRATIFY: To give pleasure or satisfaction to.

GRATITUDE: The state of being consciously thankful for the things in one's life.

GRIEF: Very deep sorrow.

GRIM: Harsh in appearance.

GROUND: To instruct in basic knowledge or understanding.

- GROUP CONSCIENCE: The process of polling how our members feel in order for our groups to make decisions about the things that affect our members and the Fellowship.
- GROUPS: Addicts who come together to have recovery meetings.

GROWTH: The process of being able to live and develop.

GUIDANCE: The act of showing the way.

GUIDE: A person who leads, directs, or shows the right way.

GUIDELINES: A written set of rules or principles that provide boundaries and guidance necessary to practicing appropriate behavior.

GUILT: The fact or feeling of having done something wrong that causes one to feel shame or regret.

H . . .

HABIT: A way of acting or doing that has become fixed by being repeated often.

HAPPEN: To occur or come about by chance.

HAPPINESS: The state of enjoying one's condition, content.

HARMED: the state of having physical or mental damage.

HEAL: To return to a sound or healthy condition.

HEARTILY: With sincerity or enthusiasm.

HELP: To provide someone with what is useful in achieving an end.

HELPLESSNESS: Not able to help or protect oneself.

HIGHER: Greater than average, having more than usual importance.

HIT: Occur.

HONEST: Not given to cheating, stealing, or lying.

HOPE: A desire for something together with the expectation of getting what is wanted.

HOPELESS: Having no hope.

HOPELESSNESS: The condition of having no hope.

HORRIBLE: Causing great and painful fear, dread, or shock.

HORROR: Great and painful fear, dread, or shock.

HOSTAGE: A person given or held to make certain that promises will be kept.

HOSTILITY: An unfriendly state, attitude, or action.

HUG: Encircling another with our arms, embrace.

HUMAN: Of, relating to, being, or characteristic of people as distinct from lower animals.

- HUMBLE: Accepting one's self as one actually is.

HUMBLY: Asking or doing with humility.

HUMILITY: The state of being humble.

I . . .

I: The person speaking or writing.

IDEAL: A standard of perfection, beauty, or excellence.

IDENTIFICATION: The act of or state of being exactly alike or equal.

IDENTIFY: To think of as being exactly alike or equal.

IDLE: To spend time doing nothing.

IGNORANCE: The state of not knowing.

IGNORING: Paying no attention to.

ILLNESS: Sickness.

ILLUSION: The state or fact of being lead to accept as true something unreal or imagined.

IMPLY: To express indirectly, suggest rather than state plainly.

IMPROVE: To make or become better.

IMPULSE: A sudden stirring up of the mind and spirit to do something.

INABILITY: The condition of being unable to do something.

INCAPABLE: Not able to do something.

INCLINATION: A usually favorable feeling toward something.

INCONSIDERATE: Careless of the rights or feelings of others.

INCORPORATING: Joining or uniting closely into a single mass or body.

INCREASE: To make or become greater.

INCURABLE: Impossible to cure.

INDEPENDENCE: The quality or state of not being under the control or rule of someone or something.

INDICATION: The act of stating or expressing briefly.

INDIFFERENT: Showing neither interest or dislike.

INDIRECT: Not having a plainly seen connection.

INDISPENSABLE: Essential.

INFERIOR: Of little or less importance, value, or merit.

INFLICTED: Caused.

INFLUENCES: The act of, the person who, or something that has the power of producing an effect without apparent force or direct authority.

INJURE: To cause pain or harm to.

INNERMOST: Farthest inward.

- INSANITY: Repeating the same mistakes and expecting different results.

INSECURITY: The state of not feeling or being safe.

INSIDIOUS: More dangerous than seems evident.

INSIGHT: The power or act of seeing what's really important about a situation.

INSTANT: Happening or done at once.

INSTRUMENT: A way of getting something done.

INTANGIBLE: Not possible to think of as matter or substance.

INTEGRITY: Total honesty and sincerity.

INTENSELY: Having very strong feelings.

INTENSITY: The degree or amount of a quality or condition.

INTENTIONALLY: Acting on a determination to act in a particular way.

INTENTIONS: A determination to act in a particular way.

INTOLERANT: Not putting up with something that one sees as being harmful or bad.

INVENTORY: The act or process of making a list of items or such items.

INVOLVEMENT: Being drawn into a situation.

ISOLATION: The act or condition of placing or keeping oneself apart from others.

ISSUE: What finally happens.

J . . .

JEALOUSY: Demanding complete faithfulness to someone or something.

JOURNEY: Going from one place to another.

JUDGE: Form an opinion after careful consideration or a person with the experience to give a meaningful opinion.

JUDGEMENTAL: Having an opinion or estimate formed by examining and comparing.

JUSTIFY: A character defect that is demonstrated in efforts to prove or show to be just, right, or reasonable.

K . . .

KINDNESS: The quality or state of wanting or liking to do good and to bring happiness to others.

KNOWLEDGE: Understanding and skill gained by experience.

L . . .

LEND: To give to someone usually for an agreed time period.

LIABILITIES: Something that works to one's disadvantage.

LIMITATIONS: The quality or act of having a point beyond which a person or thing cannot go.

LIMITLESS: Having no limits.

LITERATURE: Written works having excellence of form or expression and ideas of lasting and widespread interest.

LONELINESS: The state of feeling alone.

LOVABLE: Deserving of love.

LOVING: To feel warm affection for and show it.

M . . .

MAINTAIN: Keep in a particular or desired state.

MAINTENANCE: All that is necessary to keep something in a particular or desired state.

MANAGE: To achieve what one wants to do.

MANIFEST: Clear to the senses or to the mind, easy to recognize.

MANIPULATING: Managing skillfully especially with the intent to deceive.

MANNERISMS: Habits (such as looking or moving in a certain way) that one notices in a person's behavior.

MEANINGLESS: Having no meaning or importance.

MEDITATE: To spend time in quiet thinking.

MEDITATION: The act or instance of meditating.

MEMBER: One of the individuals making up a group.

MEMBERSHIP: Participating fully as a member.

MENTAL: Of or related to the mind and specific thought patterns.

MINDED: Greatly interested in a specific thing.

MIRACLE: An extraordinary, rare, unusual, or wonderful event taken as a sign of the power of God.

MISERY: Suffering or distress due to being poor, in pain, or unhappy.

MODERATE: Neither very good nor very bad or neither too much nor too little.

MONOTONOUS: Boring from always being the same.

MOOD-ALTERING: That which changes one's state or frame of mind.

MORAL: Concerned with or relating to those things that a given society defines as right and wrong in human behavior.

MOTIVATE: The act of providing someone with a reason for doing something.

MOTIVE: The reason for doing something.

MUST: A requirement.

N . . .

- NARCOTICS ANONYMOUS: A Twelve-step fellowship or society of men and women seeking recovery from the disease of addiction.

NATURE: The basic character of a person or thing.

NECESSARY: Needing to be had or done.

NEGATIVE: Not positive.

NEWCOMER: One recently arrived, beginner.

- NONPROFESSIONAL: Members are simply addicts of equal status freely helping one another regardless of personal professional status.

NONSENSE: Foolish or meaningless words, actions, or things of no importance or value.

O . . .

OBLIVION: An act of forgetting or the fact of having forgotten.

- OBSESSION: A disturbing or fixed and often unreasonable idea or feeling that cannot be put out of the mind such as resuming the use of drugs to feel better.

OBSTINATE: Sticking stubbornly to an opinion or purpose that is difficult to overcome or remove.

OBVIOUS: Easily found, seen, or understood.

OMNIPOTENCE: The state of having power or authority without limit.

ONGOING: Being in progress or movement.

ONLY: A single fact or instance and nothing more or different.

- OPEN: Generally refers to a type of recovery meeting at which non-addicts are permitted to attend and observe a meeting in which participation remains open only to self-admitted addicts.

OPEN-MINDEDNESS: Having a mind that is open to new ideas.

OPINION: A belief based on experience and on seeing certain facts but not amounting to sure knowledge.

ORIENTED: Becoming acquainted with an existing situation or environment.

OTHERS: Those people around the specific person that is the center of attention, generally includes one's self.

OUR: Of or relating to us, both individually and collectively.

OUTRAGEOUS: Going far beyond what is accepted as right, decent, or just.

OVERPOWERING: To subdue by being too strong or forceful.

OWN: Belonging to oneself or itself.

P . . .

PANIC: A sudden overpowering fear especially without reasonable cause.

PARADOX: A statement that seems to be the opposite of the truth or of common sense and yet is perhaps true.

PARALLEL: Having agreement in many or most details.

PARANOIA: A mental disorder characterized by systemized delusions such as grandeur or especially persecution.

PATIENT: Putting up with pain or troubles without complaint while showing calm self-control.

- **PATTERNS:** Those things that are clear to ourselves and others because of their repetitive occurrences.

PEACE: The freedom from upsetting thoughts or feelings.

PERCEIVE: To become aware of or understand through one's senses and especially through sight.

PERCEPTION: The grasping of something such as meanings and ideas with one's mind or a judgement formed from information grasped.

PERISH: To become destroyed or die.

PERSEVERENCE: The state or power of one who keeps trying to do something in spite of difficulties.

PERSISTENT: Continuing to act or exist longer than usual.

PERSONAL: Relating to a particular person or their qualities.

PERSONALITY: The qualities such as moods or habits that make one person different from others.

PITFALL: A danger or difficulty that is hidden or is not easily recognized.

PLAGUED: Stricken or afflicted with disease or distress.

POSSIBLE: Within the limits of ones abilities.

POTENTIAL: Existing as a possibility.

POWER: Possession of control, authority, or influence over.

POWERLESSNESS: The state or acceptance of feeling that one has no control, authority, or influence over something.

PRACTICAL: Of or relating to action and practice rather than ideas or thought.

PRACTICE: Actual performance.

PRAYER: A request addressed to God.

PRECONCEIVED: Already being in the state of having formed an idea of, imagining, or understanding.

PRELIMINARY: Something that comes before the main part.

PREPARATION: The act of making ready beforehand for some special reason.

PRIDE: Too high an opinion of one's own worth that results in a feeling of being better than others.

PRIMARY: Most important.

PRINCIPLES: A general or basic truth on which other truths or theories can be based.

PRIVILEGE: A right or liberty granted.

- **PROCESS:** A series of actions, motions, or operations leading to some result such as practicing the principles in the Steps.

PROCRASTINATION: To put off doing something until later.

PRODUCTIVE: Having the power to produce plentifully.

PROFOUND: Feeling deeply or showing great knowledge and understanding.

- **PROGRAM:** The plan of action that one follows and the tools that we use to achieve a goal such as the Twelve Steps and Traditions.

PROGRESS: To move toward a higher, better, or more advanced stage.

PROGRESSIVE: Taking place gradually and consistently.

- **PROJECTION:** To place one's own expectations and desires in place of what is actually happening.

PROMISE: A statement by a person as to what they will or will not do.

- **PROMOTION:** An effort to help NA move up in our public image, position or rank by the use of promises. NA's public image consists of what we have to offer, a successful proven way of maintaining a drug-free lifestyle.

PROMPTLY: Done at once.

PROTECTED: Covered or shielded from something that would destroy or injure.

PROVEN: Convincing others of the truth of something by showing the facts.

PURPOSE: Something set up a goal to be achieved.

PURSUED: To follow with an end in view.

Q . . .

QUESTION: Something asked.

QUINTESSENTIAL: The most perfect manifestations of a quality or a thing.

R . . .

RACE: One of the three, four, or five great divisions based on easily seen thing such as skin color into which human beings are usually divided.

RATIONALIZATION: Finding believable but untrue reasons for one's conduct.

REACTION: A response of the body or mind to a stimulus such as a situation or stress.

READINESS: The state of being prepared for use or action.

READY: Prepared for use or action.

REALITY: Actual existence.

REALM: The field of activity or influence.

REBELLION: Open opposition to authority.

RECAPTURED: To experience again.

RECEIVE: To take or get something that is given, paid, or sent.

RECIPROCAL: Done, felt, or given in return.

RECKLESS: The state of being given to wild careless behavior.

RECOGNITION: The act or state of being willing to acknowledge.

RECOGNIZE: To be willing to acknowledge.

RECOVERY: The act, process, or an instance of regaining normal health, self-confidence, or position.

REGRET: Sorrow aroused by events beyond one's control.

REGULARLY: Steadily in practice or occurrence while following established usages or rules.

RELAPSE: To slip or fall back into a former condition after a change for the better such as using drugs again.

RELATIONSHIP: A state of being connected by a common bond.

RELIEVING: Freeing partly or wholly from a burden or distress.

RELIGION: The service or worship of God.

RELY: To place faint or confidence in someone or something.

REMAIN: To be something yet to be done or considered.

REMORSE: Deep regret for one's sins or for acts that wrong others.

REMOVE: To get rid of.

RENEW: To make, do, or begin again.

REPARATION: The act of making up for a wrong.

REPRIEVE: To delay the punishment or the consequences of one's actions.

REQUIRED: Necessary.

RESENTMENT: A feeling of angry displeasure at a real or imaginary wrong, insult, or injury.

RESERVATIONS: The act of keeping something available for future use.

RESPECT: To consider worthy of high regard.

RESPONSIBLE: Having the credit or blame for one's acts or decisions.

RESTORATION: The act of being put or brought back into an earlier or original state.

RESULTS: Something that comes about as an effect or end of.

REVEAL: To show clearly.

REVERT: To go back.

RIDICULE: To make fun of.

RIGHTEOUSNESS: The state of doing or being what is right.

RIGOROUS: Hard to put up with, harsh.

RISK: Possibility of loss or injury.

ROOT: Source.

S . . .

SANCTION: Approval.

SEARCHING: To go through thoroughly in an effort to find something.

SELF-ABSORPTION: Great interest or engrossment in one's own interests, affairs, etc.

SELF-APPRAISAL: Estimating the quality of one's own life.

SELF-ASSESSMENT: Estimating the quality of one's own life.

SELF-CENTERED: Concerned only with one's own affairs, selfish.

SELF-ESTEEM: Belief in oneself.

SELFISHNESS: Taking care of oneself without thought for others.

SELF-PITY: Pity for oneself.

SELF-RIGHTEOUSNESS: Being strongly convinced of the rightness of one's actions or beliefs.

SELF-SEEKING: Seeking to mainly further one's own interest.

SENSITIVE: Easily or strongly affected, impressed, or hurt.

SERENITY:

- SERVICE: Doing the right thing for the right reason.

SETBACK: A slowing of progress, a temporary defeat.

SHAME: A painful emotion caused by having done something wrong or improper.

SHARE: Belonging to one person.

SHARING: To use, experience, or enjoy with others.

- SHORTCOMING: The acting out on a character defect.

SHY: Not wanting or able to call attention to oneself because of not feeling comfortable around people.

SINCERELY: Being what it appears to be, genuine.

SOLUTION: The act, process, or result of finding an answer.

SOURCE: The cause or starting point of something.

SPIRIT: A force within a human being thought to give the body life, energy, and power or the active presence of God in human life.

SPIRITUAL: Of, relating to, or consisting of spirit not material.

SPOILS: Stolen goods.

SPONSOR: Another recovering addict who can guide one through the Steps and Traditions.

STAGNATE: To become inactive.

STEADFAST: Unchanging, loyal.

STRENGTH: The quality of being strong.

SUBCONSCIOUS: Occurring with little or no conscious perception on the part of the individual

SUBSEQUENT: Following in time, order, or place.

SUBSTITUTION: The act, process, or thing that takes the place of something else.

SUCCESSION: A series of persons or things that follow one after another.

SUFFER: To experience something unpleasant, bear loss or damage.

SUFFERING: The state or experience of one that suffers.

SUFFICIENT: Enough to achieve a goal or fill a need.

SUGGEST: To offer as an idea.

SUICIDE: The act of killing oneself purposefully.

SUPERIOR: Feeling that one is more important than others.

SUPPORT: To keep going, sustain.

SUPPRESS: To put down, subdue.

SURRENDER: The act of giving up or yielding oneself or something into the possession or control of someone else.

SURVIVE: To remain alive.

SYMPTOMS: Noticeable changes in the body or its functions that are typical of a disease.

SYSTEMATICALLY: Carrying out a plan with thoroughness or regularity.

T . . .

TEMPERED: Made into a more useful state.

TEMPTATIONS: That which makes one think of doing wrong.

TENSIONS: A state of mental unrest.

TERMINAL: Resulting in the end of life.

TERRIFIED: Frightened greatly.

THANKFULNESS: Feeling grateful or showing thanks.

THERAPEUTIC: Healing.

THOROUGH: Careful about little things.

THRASHING: To move about violently.

THREAT: A showing of an intention to do harm.

TOLERANCE: Sympathy for or acceptance of feelings or habits which are different from one's own.

TOLERANT: Showing tolerance.

- TOPIC: The focus of discussion.

TORTUROUS: Having many twists and turns.

- TRADITION: One of the set of twelve principles which help us live.

TRAITS: Qualities that set one person or thing off from another.

TRUST: Firm belief in the character, strength, or truth of someone or something.

TRUSTWORTHY: Deserving trust and confidence.

U . . .

UNCONDITIONAL: Without any special exceptions.

UNDERLYING: Forming the foundation of.

UNDERSTANDING: Knowing thoroughly or having reason to believe.

UNIFORMITY: The quality, state, or an instance of having always the same form, manner, or degree – not changing.

UNIQUE: Being the only one of its kind.

UNITY: The state of those who are in full agreement.

UNLIMITED: Having no restrictions or controls.

UNMANAGEABLE: Hard or impossible to manage.

UNPARALLELED: Having no equal.

URGENCY: The quality or state of calling for immediate action.

USELESSNESS: The feeling of being of or having no use.

USERS: One who consumes as drugs.

V . . .

VARIOUS: Of different kinds.

VICTIM: A person who is cheated, fooled, or hurt by another.

VIGILANCE: Staying alert especially to possible danger.

VIGILANT: Alert especially to avoid danger.

VIGOROUS: Having strength or energy of body or mind.

VIOLENT: Showing very strong force.

VIRTUE: A desirable quality such as truth.

VOID: Containing nothing.

Z . . .

ZEAL: Eager desire to get something done or see something succeed.