

glossary

addiction. A simple definition I find useful is, “Anything that hurts us or those we love that we keep on doing anyway.” People with addiction use substances (such as alcohol or other drugs) or engage in behaviors (such as gambling or sex) that become compulsive and often continue despite harmful consequences.

Al-Anon. Al-Anon is a mutual-support program for those whose lives have been affected by someone else’s drinking (or drugging). By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

Alcoholics Anonymous. Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. In AA meetings, men and women share their experiences, strength, and hope with one another that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. AA’s Twelve Steps—which are the inspiration for most twelve-step recovery programs—are a

group of principles, spiritual in nature, which, if practiced as a way of life, can relieve a sufferer's obsession with alcohol and enable him or her to recover a happy, useful life.

boundaries. Henry Cloud and John Townsend, in their book *Boundaries*, explain the term thus: "Any confusion of responsibility and ownership in our lives is a problem of boundaries. Just as homeowners set physical boundary lines around their land, we need to set mental, physical, emotional, and spiritual boundaries around our lives to help us distinguish what is our responsibility and what isn't."

circle of grace. In this book, a circle of grace describes the experience of a group in which people experience confidential, honest, deeply respectful relationships; they are invited to share their stories, knowing that they will be received gently, in a relationship of caring, mercy, and rigorous commitment to their well-being and future growth. On page 26, we describe it as "a circle of like-minded men, each broken in different places, who take risks to share their deepest truths, listen well, and stand alongside one another in solidarity, believing heart and soul in one another's worth."

codependent. Codependency is a behavioral condition in a relationship where one person enables another person's addiction, poor mental health, immaturity, irresponsibility, or underachievement. Among the core characteristics of codependency is an excessive reliance on other people for approval and a sense of identity.

codependent "death spiral." A destructive codependent relationship, where each person triggers and reinforces the increasingly destructive conflict.

dysfunctional. A synonym for “broken” that describes individuals, relationships, and environments (such as home, work, church) where assumptions and patterns of behavior are unhealthy, manipulative, and often destructive.

father wound. An injury to the psyche usually received in childhood that damages a person’s core sense of self and shapes his feelings and behaviors in unhealthy ways. For example, a father wound can negatively influence a person’s experience in adulthood of self-worth, confidence, safety from male anger or violence, and purpose.

grace. The word translated *grace* in the New Testament comes from the Greek word *charis*, which means “favor, blessing, or kindness.” In Christian theology, grace is the help given to us by God because God *of his own nature* desires us to have it, not necessarily because of anything we have done to earn it. It is understood to be a spontaneous gift from God to people—generous, free, and totally unexpected and undeserved—that takes the form of divine blessing, love, forgiveness, and a share in the divine life of God. By giving and receiving grace in relationships, we demonstrate the divine nature and ultimate generosity to others.

mother wound. Injury to the psyche usually received in childhood that damages a person’s core sense of self and shapes their feelings and behaviors in unhealthy ways. For example, a mother wound can negatively influence a person’s experience in adulthood of bonding, security and trust, and self-worth.

passion. In this book, I use the word to mean a powerful, unique conviction or drive at the core of a man’s being that

gives him a special sense of calling and the intense desire to pursue it with gusto.

persona. A persona is a false but preferred self that a person wants to show to the world. It is a role or facade that an individual chooses over their authentic self. Jung called it “a kind of mask, designed on the one hand to make a definite impression upon others, and on the other to conceal the true nature of the individual.”

primal wound. A formative disruption or violation that leaves a child feeling that the original connection to the parent is threatened or has been cut off. The injury may become a person’s motivating force—sometimes expressed defensively (as in, the one thing we strive to prove is *not* true about us). It may result in a broken relationship with a parent, others, and the world. In psychological terms, our connection to our deeper self is wounded.

projection. *Psychology Today* defines projection as “the process of displacing one’s feelings onto a different person, animal, or object. The term is most commonly used to describe defensive projection—attributing one’s own unacceptable urges to another. For example, if someone continuously bullies and ridicules a peer about his insecurities, the bully might be projecting his own struggle with self-esteem onto the other person.”

purpose. In this book, we say that passion and purpose are inextricably linked. If our passion is the unique, intense desire that drives us, then purpose is what gives our passion direction.

shadow. The *shadow* is a word introduced by Carl Jung to describe the dark, hidden, or unseen side of someone's personality. The shadow describes an unconscious aspect of the personality that the conscious ego does not identify in itself, or the entirety of the unconscious—i.e., everything of which a person is not fully conscious. The unknown or hidden part of our self. In Jungian thought, the shadow can include everything outside the light of consciousness and may be positive or negative. Because one tends to reject or remain ignorant of the least desirable aspects of one's personality, the shadow is largely negative. There are, however, positive aspects that may also remain hidden in one's shadow (especially in people with low self-esteem, anxieties, and false beliefs).

shadow work. Shadow work refers to the therapeutic process that helps a person get in touch with the unknown or hidden parts of the self that have been overlooked or repressed. The unconscious plays a large role in shaping our thoughts, emotions, and behaviors. The goal of shadow work is to make those unconscious fixations—such as the pain of a traumatic event—part of your conscious awareness so that you can then work on them in therapy. In this book we use language of light and dark to visualize the conscious and unconscious parts of our self. The dark parts are the source of impulsive, often unwanted, and unreasonable parts of ourselves, but “shadow” does not equal “bad”: our dark side can be the source of passion, creativity, and insight.

success and achievement addiction. Like any other addiction, success and achievement addiction (or workaholism)

describes an inability to stop a behavior that may bring some reward but also serious negative consequences. It often stems from a compulsive need to achieve status and success or to escape emotional stress. Work addiction is common in people described as ambitious, goal-oriented perfectionists. Much like someone with a drug addiction, a person with a success or achievement addiction may be unable to stop the behavior even when its negative impacts on their relationships or physical or mental health become apparent.

triggers. A trigger in psychology is a stimulus such as a smell, sound, or sight that generates feelings of trauma. People typically use this term when describing post-traumatic stress (PTSD).

wounds. A formative injury to the emotional or spiritual part of a person, usually from abuse, abandonment, or neglect. The language of wounding is helpful because it suggests that if a person can bring loving attention to the source of pain, and the narrative around it, healing and recovery is possible.