

Example of how an ACA Intergroup or translation committee can develop a word glossary for consistency of ACA translation terms.

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Actual Glossaries will include the following:

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Glossary – key terms

Ordliste – nøglebegreber

English:	Danish:	Other alternatives:
1)Adult child of an alcoholic Definition: see page 3 and 4 of the ACA red book. Also see editor's note on page vii.	Voksent barn af en alkoholiker	
2) People-pleaser or approval seeker Trait 2 of the Laundry List. We became approval seekers and lost our identity in the process.	Behager eller bekræftelsessøger	Behagesyg, bekræftelsessøgende
3) Workaholic Defined: An individual who uses work as an addiction or distraction to avoid facing childhood abandonment/neglect.	Arbejdsnarkoman	

<p>4) Addicted to excitement</p> <p>Trait 8 of the Laundry List. Example: 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 (p. 16).</p> <p>Also: p. 23 in ACA red book.</p>	<p>Afhængig af spænding</p>	
<p>5) Childhood trauma (See index of ACA book).</p> <p>Childhood trauma 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;</p> <p>Childhood trauma can also involve denial of food, safety, and proper nutrition without physical or verbal abuse involved.</p> <p>Pages 27-30 of ACA book.</p>	<p>Barndomstraume</p>	
<p>6) Childhood neglect</p> <p>Neglect can involve denial of food, safety and nutrition in childhood.</p> <p>Covert neglect can involve favoritism of one sibling over another. There is also neglect in hatefulness, comparing one child with another, withholding praise.</p> <p>Perfectionism in which a child can never reach a parent's idea of behavior or performance is covert neglect.</p> <p>Pages 27-34.</p>	<p>Omsorgssvigt</p>	<p>Forsømthed i barndommen</p>

7) Neglect see ACA book	Omsorgssvigt	Forsømmethed
Indifference	Ligegyldighed	
Sick (meaning dysfunctional)	Sygelig, syg	
Self-love (this is not narcissism. See Chapter 15 of ACA book).	Selvkærlighed (dette er ikke narcissisme)	Egenkærlighed Kærlighed til sig selv
Abandonment (This can be physical or emotional abandonment. Shaming a child is abandoning a child).	Forladthed Svigt	Forladthedsfølelse
Disease of family addiction (See disease model on page xxvi of the ACA book).	Den alkoholiske familiesygdom	Den afhængige familiesygdom
Victim	Offer	
Rescuer (See index in ACA book for examples).	Redder	Redningsmand
Persecutor or perpetrator	Forfølger eller gerningsmand	Krænker
switching addictions or substituting addiction (replacing one addiction for another)	At skifte afhængighed eller erstatte én afhængighed med en anden	At skifte misbrug eller erstatte ét misbrug med et andet
Addictions: Food Sex Work Gambling Alcohol/Drugs	Afhængigheder: Overspiser Sexafhængig Arbejdsnarkoman Spilafhængig, ludoman Stoffer, narkotika	Misbrug: Madmisbrug Sexmisbrug Arbejdsnarkomani Ludomani, spillelidenskab Narkotikamisbrug, stofmisbrug, narkomani
Grandchild of an alcoholic	Barnebarn af en alkoholiker	
Self-esteem	Selvagtelse	Selvfølelse

Self-worth	Selvværd	
Higher Power	Højere Magt	
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).	Tilbagefald	Få et tilbagefald
Hitting bottom or bottoming out	Nå bunden eller ramme bunden	Nå sin (personlige) bund
<p>Roles that children take on in the alcoholic or dysfunctional homes:</p> <ul style="list-style-type: none"> - 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) 	<p>Roller, som børn påtager sig i de alkoholiske eller dysfunktionelle hjem:</p> <ul style="list-style-type: none"> - familiens helt (oftest det ældste barn, som er perfektionistisk) - tabt barn (oftest genert eller usynligt barn) - familiens sorte får (almindeligvis det vrede eller besværlige barn) - maskotbarn (almindeligvis det yngste barn, som bruger humor for at få opmærksomhed) 	<p>heltebarnet</p> <p>det glemte barn; det vildfarne barn</p> <p>„sorte får“ -barn</p> <p>familiens kæledægge</p>
Inner Child	Indre Barn	
Dissociation	Spaltning	Dissociation, adskillelse, splittelse
Para-alcoholism (See page 335 in the ACA book).	Para-alkoholisme	
Codependence (See page 335 in the ACA book).	Medafhængighed	
Codependent	Medafhængig	

Mental illness	Psykisk sygdom	Sindssyge
Laundry List (14 traits of an adult child of an alcoholic).	Tjeklisten Hitlisten Listen	Vasketøjslisten, Vaskelisten, Oprydningslisten, Problemlisten, Huskesedlen, Smørrebrødssedlen
Inner Drugs (See pages 16, 23 and 69 in ACA book).	Indre stoffer	Indre narkotika
Loving Parent (See chapter 8 in ACA book).	Kærlig Forælder	
Critical Parent (See chapter 8).	Kritisk Forælder	
Self-hate	Selvhad	
False self (See index of ACA book for examples of this term).	Det falske selv	
Real self (also True Self)	Det sande selv	
Dysfunctional	Dysfunktionel	
Family roles (see page 97 and 98 of ACA book).	Familieroller	
Sponsor	Sponsor	
Denial	Benægtelse	
To be in denial	At være i benægtelse	
Post Traumatic Stress Syndrome	Posttraumatisk stress-syndrom	
Post Traumatic Stress Disorder (PTSD)	Posttraumatisk stressforstyrrelse (PTSD)	
Passive-aggressive (See index).	Passiv(t)-aggressiv	

Becoming your own Loving Parent	At blive din egen Kærlige Forælder	
Loving parent or reparenting	Kærlig Forælder eller genopdragelse „genforældring“	At give os selv forældreomsorg At gengive os vor (egen) forældreomsorg
Reparenting ourselves can mean many things... (as in pg. 299, 2 nd para.)	At genopdrage os selv At „genforældre“ os selv kan betyde mange ting	At give os selv forældreomsorg kan betyde mange ting
By reparenting ourselves, we can believe... (as in pg. 301, last para.)	Ved at genopdrage os selv kan vi tro, at... Ved at „genforældre“ os selv kan vi tro, at vi er illoyale over for vore familier.	Ved at give os selv forældreomsorg kan vi tro, at vi er illoyale over for vore...

NOTE 1:

As you can see, there are many suggestions for a Danish translation of the term “Laundry List”, and although we have chosen the word „Tjeklisten” in the translation that has been sent to you, we are still debating this matter.

There is no direct equivalent in Danish to “The Laundry List”. “Laundry” being in Danish „Vasketøj”, the term „Vasketøjslisten” does not, however, mean anything to Danes, in the way that “Laundry List” obviously has a meaning to you.

Some of us have tried to find a common Danish word which may serve as a substitute for a direct translation, the aim being to come up with a term that might have been used by Barry if he had been a Danish adult child sitting at the meeting where the Danish Tony read his list of traits for the first time.

Here, the suggestions are: „Tjeklisten” – meaning a list of things to check when for instance you leave your car for a service check (Danish spelling: „tjek”). In ACA words, “Isolation, check – fear of authority figures, check – ”, and so on. It is a fairly common word in Danish even if it is actually transliterated from the English.

Other suggestions of this nature are: „Hitlisten”, meaning literally the pop chart or top-twenty list. Or simply just „Listen” – “The List”.

Most of the other suggestions are attempts to cover the original meaning of cleaning or washing something (although we are not sure if this is at all relevant).

A compromise might be the word „Oprydningslisten“, the word „oprydning“ suggesting clearing the mess and putting things in order. But even „Oprydningsliste“ is not a familiar term in Danish.

NOTE 2:

Perhaps the most difficult term to translate has to do with the the ACA concept of reparenting or becoming your own loving parent.

You see, there is no Danish equivalent to the verb “to parent”, nor is there for “reparent”.

Noun: The Danish for “Parent (parents)” is „forælder (forældre)”.

Verb: A suitable translation for the verb “to parent” is the familiar Danish word „opdrage” which has a meaning somewhere between “to bring up” and “to educate”. Likewise “to reparent” = „genopdrage”, “reparenting” = „genopdragelse” (noun).

Some of us have suggested creating a new Danish word for “reparent”, namely „omforældre” or „genforældre”. “To parent” should hence be „at forældre”, but to some of us it seems a little far-fetched.

On a somewhat safer ground, one might suggest „parentalisere” and „reparentalisere”, both of which are new creations in Danish as well, but based on the Latin that Danish and English have in common.

Then there is the possibility of rephrasing the expression: „at give os selv forældreomsorg” – which translates back into “giving ourselves parental care”. This has been attempted in The Solution: “supply your own parenting” = „give dig selv forældreomsorg”.

Again, the debate is still going on, but up until now, we have been using the first example given you, which is „genopdrage”.

Some real examples in the translation (chapter 8) are:

E1) English (Last para. pg. 296): “Reparenting ourselves in a loving manner is not as unique as it sounds.”

Danish: „At genopdrage os selv på en kærlig måde er ikke så enestående, som det lyder.”

E2) English (Last para. pg. 297): “Parenting ourselves as children and reparenting ourselves as adults has important distinctions.”

Danish: „Der er en vigtig forskel på at opdrage os selv som børn og at genopdrage os selv som voksne.”

Supplementary Glossary – more key terms	Supplerende ordliste – flere nøglebegreber	
Engelsk	Dansk	Andre muligheder:
Abuse ¹⁾	Overgreb	Vold, mishandling
Abuse ²⁾	Misbrug	
Abusive	Voldelig	
Action	Handling	
take action	foretage en handling, skride til handling	gøre noget aktivt
Addiction	Misbrug	Afhængighed
“Addictiveness”	„afhængighedstendens”	Hang til afhængighed
Address (p. xx: ‘This book will address how ACA...’)	behandle, tage fat på	se i øjnene tage under behandling
Attachment	Binding	Tilknytning
“Blameless” inventory (p. xvi, xxxvi)	„Ubebrejdende” ransagelse	
“Bleeding deacon”	„Ærkebisp”	
Board of trustees	Hovedbestyrelse	
Claim (p. xx: ...needed their own claim)	Sted, ståsted	
Coping	Mestring (<i>f.eks. stressmestring</i>)	At klare, at begå sig
Counseling	Rådgivning, terapi	Psykologhjælp
Counselor	Rådgiver, terapeut	Psykolog, vejleder
Cross talk	Tværsnak	

Crave	tørste efter, trænge til	
Craving	trang, længsel	
Detachment	Adskillelse, distance	Nøgternhed, saglighed
Dissociation	Dissociation, spaltning	
Effects	Følger	Virkninger, eftervirkninger
Elder statesman	Ældsteråd, stammeældste	Gammel statsmand
Enabler	Hjælper	„Muliggørere“
Fixing (p. 564, 575): "To touch or hug the person is known as "fixing"	at fikse	at reparere
Experiencing a "hit" (Such as taking a dosage of drugs; You can also get a "hit" or become intoxicated from inside drugs such as fear, excitement and pain. Fear, excitement and pain are inside drugs connected to adrenalin, endorphins or melatonin. See pages 16, 23, 69 or 87 of the ACA book).	At blive „høj“	
Helpline	Telefonvagt, vagttelefon	Hjælpetjeneste Telefontjeneste
Hyper-vigilant, hyper-vigilance	Hypervigil, hypervigilitet (accepteret lægesprog, f.eks. på nettet)	Hyper-vagtsom, hyper-vagtsomhed
Identity Paper (See Chapters 6 and 10 of the ACA book).	Identitetspapir, identitetsdokument	Identitetserklæring, identitetsbeskrivelse, identitetstekst
Inclusiveness	Indlemmelse	
Inside "drugging"	Indre medicinering	Indre „stofmisbrug“
Internalize (p. 22)	Internalisere, inderliggøre	

Issue, issues (e.g. abandonment issues)	Tema, tematik	Spørgsmål, problem (f.eks. forladthedsproblemer)
It works, if you work it	Det virker, hvis du medvirker	
Laundry List	Tjeklisten Listen	Oprydningsslisten Snavsetøjslisten
Mind-boggling	Rystende	
It boggles the mind	Man vægrer sig ved at tro det	
Mood altering substances	Stemningsændrende midler	
Post-Traumatic Stress Disorder (PTSD)	Posttraumatisk stressforstyrrelse	Posttraumatisk stress-syndrom
Preciousness	Værdifuldhed, kostelighed	
Problem drinker	Problemdrikker	
Recovery	Helbredelse	
Relate (Chapter 3: My Parents Did Not Drink but I Can Relate)	Mine forældre drak ikke, men jeg genkender mønsteret	Mine forældre drak ikke, men jeg føler, at jeg hører til.
Resentment	Fortrydelse, vrede, uvilje	Nag, bitterhed, forbitrelse, fortørnelse; harme, raseri, skuffelse, frustration; modvilje, afsky, antipati, aversion, idiosynkrasi
Sane	Fornuftig, sjæleligt sund	Normal, tilregnelig
Sanity	Fornuft, sjælelig sundhed	Tilregnelighed
Self-doubt	Selvtvivl	Usikkerhed
Setting	Ramme	
Spiritual	Åndelig	
Sponsee	Sponsee	
Sponsorship	Sponsorskab	

