



MOVEMENTTOCHANGE, INC.
HEALING AND WELLNESS

OPENING MINDS WITH
CLARITY AND RESPECT

Definitions Dictionary

Eva F. Scholle

Language for Dialoguing in a Person-Centered Empowering Way Which Guides

Language is the major tool we use when we want to reach out to share with others, and is the way we engage ourselves. The terms in this booklet demystify the language which might in the past have kept us stuck. We compiled these words and created these definitions to confirm to the ways which have helped us become more effective at dialoguing and in getting better results. Let us know if you have suggestions for more terms or alternative or tweaked versions which will advance our goal.

I wish to thank each member of The Empowerment Center for their continuous help, support, and encouragement. This work was created especially for you.

The terms in this dictionary were developed with their help and are the result of all the wonderful people who have been part of MOVEMENTTOCHANGE workshops, seminars, and trainings during the last five years 2009-2014.

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DEFINITIONS DICTIONARY
Language for Dialoguing in a Person-Centered
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OPENING MINDS WITH
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acceptance	The acknowledgement of our or other's achievement, claim, duty, fact, merit, service or truth, with some thanks expressed or token of appreciation.
acknowledgment	The realization of our or others existence or truth, validity or entitlement to consideration, and our or others right to speak, be heard, or given attention.
action	The energy or force we apply during the process of doing something which forms an event.
action, powerful	Behavior which is purposeful, meaningful and good that creates growth and success.
addiction	An urge to bind oneself to what is perceived as a soothing or exciting sensation which leads to a loss of will power, tolerant or escalation, withdrawal, harmful consequences, or an unmanageable lifestyle, and abstinence might ameliorate its harmful effects.
advance directive	A contingency plan that pre-approves potential action or treatment.
adventure verb	When we take the risk or chance involved, venture to say something, dare to go or enter into a place, do a dangerous activity for a reason, etcetera.
adventure noun	An exciting or very unusual experience that has an uncertain or unknown outcome and is composed of an unexpected course of events, or it is a bold undertaking which involves some risk or hazardous action.
ahead	We proceed onward, in a forward direction toward success, while anticipating the future.
amae	When we are privileged to experience the beneficial "indulgent behavior" from someone who takes care of us so we can feel comfortable to grow or change, as rooted in the mother-child bond but applicable to other authority figures as well (Japanese coined word by Takeo Doi 1996).
anticipate	We realize beforehand or foresee it, and then act accordingly or in advance of it.
anxiety	When we have an adaptive "alarm reaction" which focuses us on the many sensations in our body, alerts us into paying attention to the situations in our life, and gives us the incentive to become more aware of our thoughts and knowledge-base, so we can take better action.
approach	The method we use in setting about a task, the means we adopt in working through a problem, or the steps we take, and the manner we employ while tackling a job of work. <i>How might one approach a problem?</i> <i>First, we set about to draw near to the issue; We begin to</i>

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A		<i>deal with or work on it; We propose a suggestion in our own mind and make advances towards figuring it out; We present, offer, or make a proposal or request to ourselves or someone else; We address the issue, task or someone.</i>
B		
C		
D	arrogate	When we presumptuously or without justification attribute, assign or appropriate either to ourselves or another.
E		
F		
G	ashamed	When we are in front of a friend or person who really knows us and our true inner life, and we aren't trying to put on airs, there will be less humiliation if we are caught doing something that is discordant to the image we are trying to portray. But with a different friend or person this is not so. When we do something in private and accept this as our true inner self, we won't feel embarrassed. But even in private, if we look at our actions as a real clash that does not faithfully represent our true selves it <i>is</i> possible to be embarrassed with ourselves.
H		
I		
J	aspiration	The goal or objective desire which gives life vitality and is characterized as the aim, ambition, longing, or strong desire.
K		
L	aspire	Having the hope, yearning, or being eagerly desirous to do or be something, especially something of high value, and then creating an ambitious or powerful plan.
M		
N	assume	We take for granted and accept without proof, or we take upon <i>ourselves</i> to adopt the duties, responsibilities or position of a particular character, quality, mode of life, etc.
O	assumption	Those ideas, actions, or circumstances which we take for granted and have accepted without proof.
P		
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S	attentive listening	We can really pay attention to what a person is saying and allow our whole selves to hear everything. Unfortunately, we don't always give ourselves the opportunity to process the new insights which need to be understood and appreciated on their own merits. We no longer can afford to allow preconceived notions to get in the way. The speaker might be saying something different from what we think is being said and imparting brand-new information that we have never heard before. Or the speaker is sharing from a place which we really can understand even when we think we might not, and we can find each suggestion or life directive worthy of consideration.
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V	audacity	This is what it sometimes takes to become lively again or to be alive. But maybe one of these terms or some other one suit you better: bold-spirited, daring-courage, gumption, chutzpah, or spunk.
W		
X	avoid	When we refrain from doing and, thus, prevent from happening, or when we keep away from, out of the way of or clear of something or someone.
Y		
Z	awareness	We have the knowledge and are informed of current developments,



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	whether or not we choose to do something with it.
balance	We have harmony in the parts of a whole, steadiness, the ability to make a compromise, or can decide an outcome by shifting or weighing factors and quantities or importance against each other.
basic human need	We experience a system that stems from the condition of being human, no matter which historical time periods or human cultures we are referring to, which has simultaneity, complementarity and trade-offs that are interrelated and interactive, constant and fundamental, few, finite and classifiable which changes only by the strategies by which they are satisfied.
believe	We have a general or thorough conviction of something.
beneficent	We are being kind in our action or with our purpose while we are doing good or causing good to be done.
benevolent	We desire to help others by expressing goodwill, kindly feelings and giving aid in ways not motivated by profit.
bringing together	As we facilitate two or more people or ideas to become closer on different levels, be it by uniting, joining, connecting, or making contact.
brouhaha	Let's have an exciting discussion and the clamor attending such a sensational event.
brush	Perhaps, we find ourselves having a brief but smart and possibly casual combat with opposing persons, parties, or forces in what seems to be a hostile or almost hostile meeting.
chance	The anticipated percentage for or likelihood of this event to happen.
change <small>noun</small>	Anything that is or may be substituted for another which is different than before or has elements of variety or novelty and departs from the standard or norm, such as a transformation, modification, alteration, or variation.
change <small>verb</small>	<ul style="list-style-type: none"> · By passing gradually into something else we make an exchange or become different, altered, modified, transformed or converted. · We make it, the form, nature, content, future course, etc., different from what it would be if left alone. · We remove / replace something to transform, convert or transfer it. · We give and take reciprocally to substitute, exchange, and interchange another or others for it.
clarify	We make something clear with intelligibility, exactness and simplicity or have pellucidity which is also transparent to the eye.
clash	A direct and sharp collision between opposing parties, efforts, interests, etc.

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C	community	A social group that is perceived or perceives itself as distinct in some respect from the larger society within which it exists, has commonality and rules, shares common characteristics, interests, government or resides in a specific locality, and often has common cultural or historical heritage.
D		
E	conceive of	It comes before our mind and we comprehend through the intellect something not perceived through the senses and we form it using our imagination.
F	connect	When we join two or more entities by some common association or means such as a tie, link, wire and mind.
G		
H	consumer	When we, as person, pay for and use a commodity or service expecting a certain standard of quality.
I	contact, make	It suggests that we are initializing a meeting, interaction, or connection.
J		
K		
L	contemplate	We intend or meditate. <i>How might we contemplate?</i> <i>We observe it pensively by looking at it thoughtfully with continued attention. We consider it thoroughly, deliberately and calmly.</i> <i>We study it thoughtfully by thinking about it intently, fully, deeply or at length either studiously or for spiritual reasons.</i> <i>By having something as a purpose, we keep it in mind as a possibility, and have it in view as a potential future event.</i>
M		
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P	content	When we have peace of mind and are mentally or emotionally satisfied with things as they are, satisfied with what we are, not wanting anything else now, or are either assenting to or willing to accept the current circumstances or proposed course of action.
Q		
R	counterpoise	When we balance an opposing weight or any equal and opposing power or force.
S		
T	craving	When we have a deep and imperative wish for something based on a sense of need and hunger.
U	create	When we cause something to come into being through intention or design.
V		
W	crisis	When we have an emotionally stressful event, traumatic change, or upheaval in life which has the potential of becoming a turning point to a decisive change.
X		
Y	culture	A pattern of shared basic assumptions that the group learned as it solved its problems of external adaptation and internal integration that has worked well enough to be considered valid and, therefore, to be taught to new members as the correct way to perceive, think, and
Z		



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	feel in relation to those problems.
cure	A successful remedy which corrects or relieves the thing that is troublesome or detrimental, the eradication of a disease or sickness, or making it well, whole, or right.
define	Describe or identify the nature, properties or essential qualities of something. <i>How do we do this?</i> <ul style="list-style-type: none"> · Determine, limit and set the scope of it; · State precisely its meaning; · Specify it distinctly and with precision.
demystify	The adventure of uncovering the curious mystery.
depression	When we go into the sunken or loathsomely subjugated place before hope emerges, it effectively prevents us from concentrating on our goals. We lack serenity of mind and are in a slump or low with the feelings of extreme gloom and an inadequacy or inability to concentrate, have decreased physiological activity or function, low output or investment, unsubstantial work or protracted unemployment.
desire	When we have a strong feeling or request that is a wish, longing or craving for something that brings satisfaction or enjoyment whether or not it is considered worthy or if its attainment is within reach.
deviation	Departure of the standard or norm
diagnosis	An opinion derived from determining the nature and cause of a disease or injury and that has a solution to the problematic situation.
different	Other, various or several. <i>What makes it other?</i> <i>It is partly or completely not alike in character or quality; It is dissimilar, not identical or the same; It is separate and distinct; It is unusual, not ordinary or out of the ordinary.</i>
differentiate	We distinguish the dissimilar or distinct by making or perceiving the difference.
dignity	When we act with our conduct, speech, or in a manner having bearing which is indicative of respect or appreciation, especially when the gravity of an occasion or situation is stressful.
direct	When we give information for guidance, instructions or as an order for a course of procedures.
direction	Our course in life or our progress towards our goals, values and priorities.
disease	A condition, characterized by an identifiable group of signs or

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A		symptoms, regarded as abnormal and harmful.
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C	dissipate	When we break up something or scatter it in various directions. <i>How does something break up or scatter?</i> <i>Maybe it does it through dispersing, disintegrating, depleting, dissipating or maybe because it becomes too exhausting, wastefully squandering, or extravagantly indulging.</i>
D		
E	double addiction	When we have a dependency on a prescribed medication regimen that we can't stop and the authority of involved associated people has the control over our lives.
F		
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H		
I	dream	<ol style="list-style-type: none"> 1. We consider the possibility of something and devise or form it in our imagination so that it can become an aspiration, cherished hope, ambitious aim or wild fancy; 2. It is a sequence of imaginative thoughts indulged in while awake and conceived in a very remote way; 3. Sometimes, it can be when something is most desirable and too good to be true with unreal beauty, charm, or excellence; 4. Or it is a succession of thoughts, images, ideas, emotions, and sensations passing through the mind involuntarily during certain stages of sleep.
J		
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M	elephant in the room	An important and obvious topic which everyone present is aware of but which isn't discussed as such discussion is considered to be uncomfortable.
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T	embarrassment	When we consciously try to portray a certain image of ourselves and are caught doing something that is discordant to that image, we get all flustered and try to explain ourselves. Our blood is rushing to the forefront disturbing the honor-process, exposing a reality clash. Scary or embarrassing events can be funny in retrospect, once it no longer affects us. But maybe instead, through the face which is "a window to the soul" we can understand what is going on inside of us. When we are caught red-handed doing something that shatters our image it says, " <i>This isn't really me, I am living a contradiction! Stop living a hoax, be true to yourself!</i> " we turn red in the face and our "cover is blown" so to speak, because it is our deepest self or inner essence flooding our face and bringing to light that we really aren't living up to the image and maybe not practicing what we preach. We desperately attempt to shut off all access the outside world has to our inner personal life. So quickly, we cover our face drawing the blinds on the open window to our inner soul. The inner life we were trying so hard to conceal is being exposed. And maybe, just maybe, as we courageously pry our hands from covering our face, we take this opportunity to rethink not just the specific incident, but our whole life and where we stand in it to come out ahead as we grip, wake up, and face our real self.
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emergency	When we or something requires immediate action for help or relief, usually created by some sudden, urgent or unexpected event.
empower	Create the ability to take action with dignity, respect and clarity.
empowering	Having the ability to take action with dignity, respect and clarity.
empowerment	Situations in which one has successfully taken the ability, permission and authority to do something.
enable	To make ready or possible by providing someone with adequate power, ability, means, opportunity, or authority to do something.
endeavor	To make an effort, strive and exert ourselves to do or affect something.
energy	The capacity of a body or system to do vigorous activity with adequate or abundant amount of power or the ability, habit, tendency to act, lead others, effect, exert with intensity, vitality of action or forcefulness of expression.
environment	The physical and social surroundings which tend to influence the survival of an individual or community as well as its behaviors and how it develops.
equanimity	Having calmness of mind or temper, mental or emotional stability, or composure especially when under tension or strain.
equilibrium	An unchanging yet stable condition or state that is never actually attained but approximated due to the equal balance, distribution, or cancelling of powers, influences, or forces in the statistically most probable manner.
equipoise	To evenly distribute or balance by any equal and opposing power, force or weight.
ethics	Relates to the high standards of honest and honorable dealing and methods used in one's personal, profession or business life.
expect	When we decide with good reasons to wait hopefully, while anticipating the happening of a future event.
experience <small>noun</small>	The knowledge or practical wisdom gained from personally encountering, observing or undergoing something specific or over the course of time based on our feelings, perceptions, memories and understanding.
experience <small>verb</small>	Having and being affected by certain sensations, feelings or a particular encounter in life.
exploit	When we utilize something by promoting, advancing or furthering it in order to achieve or turn it into a practical opportunity for personal gain. As a feat is can be a striking or notable deed, a spirited or heroic act. But it can be negative if we, knowingly or unwittingly, take

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A		advantage or cause a person or opportunity harm.
B	explore	When we closely examine or take a journey for the purpose of discovering a network which opens progressive access.
C	extrospection	The purposeful observation of situations, things and people external to our-self.
D		
E	facetious	The rules and standards of conduct and practice referred to in a teasing, tongue-in-check manner.
F		A physical sensation through touch, a particular or vague mental impression, or a sensation or impression other than those of sight, hearing, taste, and smell.
G		<i>Do you feel? Do you have a sensation of being? Do you become or are emotionally affected? Do you perceive a state of mind or a condition of body? Are you conscious of a particular sensation, vague mental impression or feeling?</i>
H	feels	<i>Do you experience the effects of a particular sensation or situation? Do you have a general or thorough conviction? Yes, I seem..., I think..., I believe...</i>
I		
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K		
L	focus	A central point of convergence upon which attention, activity, attraction, or etcetera is directed or concentrated.
M		
N	freedom	When we can move on from our limitations, raise ourselves up, and become greater than we would have been. When we can set our direction with the power to make true and lasting choices. When we can appreciate being alive, uncover and develop our potential, and have the joy of knowing what really matters.
O		
P	gateway	An informational network which opens progressive access.
Q	good	We are doing it with excellence, merit, and kindness. And we do more. We do it comfortably, pleasantly, and cheerfully.
R		
S	grow	We are in a gradual process, originating from an initial source or cause, and are going, increasing, changing, becoming attached or united in a specific direction.
T	guide	Any device or person with continuous presence that directs progressive motion and points the way or assists in unfamiliar areas.
U		
V	happens	When something occurs, takes place, or comes to pass without our awareness of its reason or design.
W	happiness	Our state of mind which is dependent on our thoughts and perceptions, seen as calmness, serenity and contentment, and reflected on our outward appearance.
X		
Y	harmonious	It all fits together well and forms a pleasingly consistent whole.
Z	harmony	When we are feeling pleased with the blending of creative work with all its accompaniments.



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heal	To become well and restore to sound health, reconcile conflicts by restoring amity, affect a cure free from ailment, or make whole by mending a wound or broken bone.
healing	The process of getting better, the influence for repairing and preventing injury, or restoring health after illness, trauma or loss and its prevention.
healing and wellness	Gaining back your hope and belief to be okay while learning how to live a balanced and worthwhile life, especially after having a traumatic experience or any distressing life event. It is an integral part of an effective mental health promotion strategy.
healing and wellness mentor	People who receive certification after demonstrating capabilities in the MOVEMENTTOCHANGE's Curriculum.
health	The overall condition of a person's body and mind, society, organism or unit at a given time, but more specifically its general condition, vigor, vitality, and state of being free from disease.
health and wellness	The science and art of helping people change their lifestyle to move toward a balance of physical, emotional, social, spiritual, occupational and intellectual health where individuals assume responsibility for their ongoing health through a combination of efforts that encourages people to develop healthy habits, while discouraging those habits that may lead to illness, disability or premature death.
health promotion	Action and advocacy addressing the full range of potentially modifiable determinants of the overall condition of a person's body and mind (<i>WHO 1998</i>).
help	When we cause someone improvement by contributing, cooperating effectively with others or others on their behalf, or when breaking the uniformity so something different, and hopefully better, can occur.
hope	A feeling of security and confident expectations, or when we trust, expect, or believe that events will turn out for the best and we look forward to with desire and reasonable confidence that a future event, situation or what we wanted can and may happen.
human being	Someone who is considered to have a level of importance and recognized as having rights, responsibilities, and duties.
humility	When we are being modest, respectful, unpretentious, unassuming and know all-at-once we are not almighty, but yet, we have good self-esteem.
hurting	When we are missing something significant or not knowing. It is... <ul style="list-style-type: none"> · A feeling of being out of place, at a loss, or out of sorts; · Having pain, injury, cravings, a loss, confusion, conflict, or insecurities;

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	<ul style="list-style-type: none"> · Experiencing conflict, inconsistencies or irregularity; · Being offended, discouraged, sorrowful, despondent, sad or worried; · Suffering in the mind.
identity	<p>We are ourselves and not another because we are recognized by our unique identifying characteristics which remain the same under varying aspects or conditions.</p> <p><i>Who are you? What is your sense of self? What is the individual nature of who you are? How do you recognize yourself as being oneself and not another? What is the same between what others described and you claim yourself to be? What are your unique identifying characteristics which remain the same under varying aspects or conditions? What is your personality which provides continuity and sameness over time? What is the set of behavioral or personal characteristics by which you are recognizable?</i></p>
illness	A temporary unhealthy condition of the body.
imagine	We form a mental image of something not actually present to the senses, or we assume something that does not have foundation.
importance	Something which is of much concern or consequence entitling it to more than ordinary consideration or notice usually due to its notable significance, value, relevance, esteem, influence, authority or distinction. But sometimes a person can become pompous or pretentious because of this.
important	When we start something which can become something more, we keep something going or help sustain it, or we are actively an influence on something which we value and respect.
insight	<p>As we understand more about the motives and reasons behind our actions, recognize relationships, and make novel associations, it helps us in solving difficulties. We base it on our strengths and real or perceived weaknesses, attitudinal or perceived barriers, and untapped or compelling belief or practices.</p> <p><i>We think they are most effective when they are or do one of the following: They are unexpected, have created some disequilibrium which changes the momentum, and are exploited via a benefit or point of difference that is deliverable.</i></p>
insight current medical definition	The current medical definition wants us to understand our mental or emotional condition. And furthermore, seeks to have us recognize that we are “mentally ill”, this is the cause of the situation, and is a disease. This may then be used as a basis for treatment and potentially the overpowering of rights. <i>We have discovered that saying we are “mentally ill” is not actually helpful, but more typically stunts and gets in the way of our personal recovery.</i>



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intention	As we align our mind's focus (our heart and thoughts) with our language it enters deeper into our heart and is reflective in our action.
intentional routine	We create intentional routine, purposeful ways or activities which ease our living, help us handle things when things go wrong, and allow us the flexibility to accomplish our meaning.
introduction	The initial formal, but preferably, personal presentation which consequently leads into the main part.
introspect / introspection	When we consciously and purposive process our inner thoughts, desires and sensations using thinking, reasoning, and the examination of our thoughts, feelings and soul.
invite	We offer a person or people a request in a kindly, courteous, or complimentary way to render probable their participation or presence.
join	We have a direct contact of two or more through a connection or association with any degree of closeness.
journey	The defined course we travel from one place or stage to another and it usually takes a rather long time.
kindness	We are willing to do something good or give pleasure as it emerges from our good heart which abounds (which means to fill) or restrains (which means to hold back, deprive, or limit) in a manner that is fully benevolent and gracious. It implies a sympathetic attitude toward others and at the right times to ourselves, and that we will selflessly devote ourselves entirely to the needs of others for the right reasons and at the right times, or that we will give to ourselves for our own genuine needs at appropriate times.
knowledge	The understanding we have gained by processing information or experiences.
language	The designation of meaning in a more or less uniform fashion by a number of people of the same community who then are enabled to communicate intelligibly with one another.
learning	We become wise or wise enough to understand the objective good and put it into action. Genuine learning brings inner fulfillment and penetrates the heart. Its goal is to spur us into movement with its ultimate goal the deeds.
learning by example	When we don't just hear stories instead we experience them, we become them, and they are not a short-lived experience.
liberty	When we have the power or right of choosing, thinking, and acting for ourselves with the freedom or authorization to leave a location or situation.
liberty, civil	The right to enjoy all the privileges or special rights of citizenship of a country or membership in a community, the privilege of unrestricted use or access as opposed to subjection, or the right to frequent,

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A		enjoy, or use at will.
B		
C	liberty, personal	When we are free or gain deliverance from being in confinement, under physical, emotional or chemical restraint, or from unpleasant or bad interference (as opposed to slavery, bondage, forced treatment, or incarceration).
D		
E	life	The opportunity we were given to be alive. We have free will to choose the path upon which we wish to embark or, at the very least, the manner in which we will walk upon a given path. Each moment we impact and choose our direction and destiny.
F		
G	longing	When we have an intense wish for something which generally repeats or is enduring that at the moment is beyond reach, but at some future time may be attainable.
H		
I	lucidity	When we have the quality of being easily understood and comprehensible with the ability to see things clearly, rationally, and sanely.
J		
K		
L	mental health	Our psychological well-being is a state of satisfaction, both dependent and independent of our own and societal standards and expectations. It influences the focus of where we put our efforts, and implies a satisfactory adjustment to society and the ordinary demands of life. <i>How does this show itself?</i> When we are actualizing expectations of reasonable standards, realizing our abilities, having good relationships, coping with normal stresses of life, working productively and fruitfully, and contributing to our community.
M		
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P	mental health promotion	The efforts we make for ourselves and others to enhance a positive sense of self-esteem, mastery, well-being, and social inclusion while strengthening the abilities to cope with adversity. In youths, developmental competency which is the ability to achieve developmentally appropriate tasks is added (<i>based on the 2009 Institute of Medicine Report</i>).
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S	mental health promotion strategy	The strategic and sustainable approach to eliminating or minimizing those factors which give rise to distress and loss of well-being, and introducing and maximizing those which create the circumstances in which all can flourish. Mental health promotion is important in the process of recovery from illness or episodes of illness (<i>Melbourne Charter</i>).
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W	mental illness	A questionable term that stigmatizes, causes discrimination, and sets up barriers which tend to separate people and further break down connections. We are very hesitant to use this term, and instead ask what is too much or too intense and talk about what is unacceptable.
X		
Y	mentor	A more experienced person who in a non-threatening connection is paired or grouped with someone less experienced, offers help based on their own experience, serves as an example so others can
Z		



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	develop and advance, and facilitates forward movement towards the accomplishment of mutual goals in meaningful ways and within an insightful framework.
mind	Our human faculty of intellectual power, understanding or ability that reasons, thinks, feels, wills, perceives, judges, etc. to which we ascribe thought, feeling, memory, wishes, and original or creative thought and imagination.
morality	Our practice in relation to the generally accepted customs of conduct and right living based on rules and standards founded on the fundamental principles of right conduct rather than on legalities, enactment, or custom.
morals	The rules and standards of our conduct and practice in relation to the generally accepted customs of conduct and right living in a society.
motivate	To stimulate, encourage or give incentive toward action.
motivated	When we are stirred into motion.
motivation	The desire, inducement or incentive to do.
movement	Our particular manner of motion or organized action that has its own structure and objective.
moving	<ol style="list-style-type: none"> 1. We take action; 2. We become capable of changing position; 3. We affect with excitement and passion of tenderness and compassion; 4. We set into motion or cause the motion.
need	It's something we absolutely can't do without and have to have or get to function properly.
needs	What we have to have to function properly and absolutely can't do without it.
objective	Something discernible to an impersonal and unbiased other towards which effort is directed.
occur	An event which often is specific to time.
overview	A summary, general survey or outline of a subject or situation.
part <small>adverb</small>	When something is involved to some extent, when we split, divide, separate, take or make something come apart, or when we reluctantly relinquish something, stop seeing them, or have to say goodbye either because we have to go or someone else has to leave or go away,
part <small>noun</small>	An integral constituent of something with a specific purpose, role or function, and in the event of its missing or non-functioning it diminishes the value of the whole.

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OPENING MINDS WITH
CLARITY AND RESPECT

A		
B	patient	When a person under medical care or treatment undergoes the prescribed action or is enduring without complaint. <i>Do such people experience it silently, suffer, or accept the hardships?</i>
C		
D	pellucidity	We can have the clearness or lucidity of perception or understanding with the freedom from indistinctness or ambiguity, and it can be transparent to the eye.
E		
F	perception	When we base our awareness and interpretation of sensory stimuli chiefly on our memory or our memorable events.
G		
H	peregrination	The journey, voyage, course of travel or the process of travelling from one place to another either on foot or in such a way that it is especially extensive.
I	person	A human being recognized by law as having rights and duties who is considered to have importance.
J		
K		
L	personal recovery	We gain back our hope and we: 1– Choose our journey and know we are not alone; 2– Appreciate the gifts others give us and the ones we give; 3– Learn how to help ourselves and have within our life good people; 4– Turn our weaknesses into strengths; 5– Have goals and pursue our dreams.
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P	personal knowledge	When we found out about someone or something through the experience of sharing, talking and spending time with them or the topic and gain a direct understanding of a person or matter with both its truth and falsity and it is ingrained so deeply that it becomes intertwined with ourselves affecting our day-to-day living.
Q		
R	perspective	We have the ability to see a way to regard situations and their relative importance.
S		
T	pleasure-seeking	· Chasing material enjoyment is the frustrating quest to satisfy our craving for all the adventures and thrills that we can conceive of. · When we enjoy pretending that the elements contained in fiction are really part of our own life, once we “re-enter” reality, we end up having a disappointing and a let-down experience.
U		
V	potential	Capable of becoming or when possible but not yet actual.
W	power	The force, influence, or authority capable of doing or accomplishing something with noticeable ability.
X		
Y	powerful action	Behavior which is purposeful, meaningful and good that creates growth and success.
Z	pre-advance directive	Empowering Self-Reflective Plan which facilitates positive decisive



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	changes for times of difficulties or crisis.
presume	We take something for granted as we rely or depend upon it, we suppose something as true in the absence of proof to the contrary, we assume without right or permission to take upon ourselves to do something with unwarrantable boldness, or we go too far in the taking of liberties.
proactive	The process of anticipating and preparing to initiate change rather than just reacting to events.
process	A continuous series of actions meant to accomplish some result marked by a series of gradual changes that succeed one another in a relatively fixed way. THE FORWARD ADVANCING JOURNEY -- Prompt; Impel; Proceed; Actuate. <i>What will start this? Are you moved to do this?</i> <i>What is moving you? What special method are you using?</i> <i>How are you appreciating the experience? Are you successful?</i>
psychiatric recovery	After a diagnosis is given the critical element is the belief we can get back our dignity and have hope.
psychosis	When an extreme state of consciousness falls beyond the norms experienced by most in the community, or it involves the inability to distinguish between internal and external stimuli, and becomes an intense, confusing or distressing experience to oneself or another. Our general assumption is that many people have unusual and unshared (distinct) experiences of what they perceive to be different realities.
purpose noun	The reason, or the intended desired result, for which something is done, created, or exists.
purpose verb	We resolve to do something with intention, determination, and design after having set for ourself an aim, intention or goal.
pursue	When we follow closely, persistently or ominously overtake in accordance with a method, plan or precepts of a policy.
pursuit	Any occupation or pasttime in which we regularly or customarily engaged in as part of our quest and involve our effort to secure or attain.
reality clash	When in our <i>inner</i> being we think and behave in one way but in public or a certain environment we behave differently, there is a clash. When we turn to cover up that clash and if it isn't possible, the reality clash has been exposed.
realization	The awareness and identification of something seen, heard, known, or perceived.

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OPENING MINDS WITH
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A	realize	We bring something before the mind, make an imagined thing real or concrete to ourself, or fully grasp its implications.
B		
C	reciprocal	When each feels it toward the other or it is given in return, such as in a mutual relationship or action. Reciprocal respect, aid or privileges are examples.
D		
E	recognition	A type of knowing with three steps: Realization, acknowledgement and acceptance.
F	recovery	Getting back what we had before or going back to something as it was before.
G		
H	recovery, “mental illness”	A lifetime (MYTH) of coping with symptoms and being ready for the of the inevitable (MYTH) emergency. TREATMENT TYPICALLY INVOLVES: <i>Medication Management; Symptom Management; Hospital and Crisis Aversion; Talk Therapy; Personal Recovery.</i>
I		
J		
K	recovery, addiction	The belief that abstinence and healing is possible. <i>When we see what other people have accomplished we develop confidence that we too can change our life and can hope to live life without addiction.</i>
L		
M	recovery, personal	When we gain back our hope and choose our journey, know we are not alone, appreciate the gifts of others and the ones we give, know how to help ourself, have within our life good people, turn weaknesses into strengths, have goals, and pursue our dreams.
N		
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P		
Q	recovery, psychiatric	After a diagnosis is given the critical element is the belief we can get back our dignity and have hope. VARIOUS POPULAR MODELS WITH THEIR PARTICULAR FOCUS: (FROM HISTORICAL SOURCES WITH PERSONAL EXPERIENCES) <i>x-Patient /Survivor</i> —Having Endured; <i>Psychiatric Rehabilitation</i> —Developing Role Performance; <i>Tidal</i> —Telling Non-Static Personal Stories; <i>Consumer</i> —Creating Choice; <i>Empowerment</i> —Acting with Dignity
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U	reflect / reflective	We turn our thoughts back on to seriously ponder, meditate, and think.
V	reframe / reframing	We change our references and plans by using a different or bold structure that makes us ready to make notable progress.
W	resiliency / resilient	An occurrence or tendency of rebounding or springing back.
X		
Y	respect	We have or hold honor or an attitude of esteem towards another, show consideration, treat them courteously, kindly paying them proper attention, and, in addition, we do NOT violate, intrude upon or possibly wrongfully interfere. We act with deference to its right, privilege or position as we do something in relation or in reference to
Z		



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	another. We give acknowledgment, proper acceptance or courtesy through a formal expression or gesture of greeting, esteem, or friendship.
responsibility	The key to mature living and correcting misguided self-fulfillment.
results	When we proceed forward with resilience in a specified manner and effectively obtain a desirable, beneficial, notable or successful consequence, outcome, effect or response of actions, circumstances, premises, etc.
resurrect	To renew one's hopes or revive, bring to life again or be brought back into use, practice, activity, to rise from the dead.
role	The usual, customary function, or the part we play in a particular social setting which is influenced by our expectation of what is appropriate. <i>This might translate to be our function or part we have in an organization, the rights, obligations, and expected behavior patterns we associate with a particular social status or maybe a character we play when we are an actor or actress.</i>
root	The essential, fundamental, primary part or nature of something which typically corresponds to its origin or source.
rout	When we experience an overwhelming decisive defeat that has chaotic and disorderly circumstances the result can have more casualties than are necessary or typical.
safe	When we pass beyond the reach of danger, and now are free from hurt, injury, danger, harm or risk, in a dependable or trustworthy way.
safety	Reaching a balance or perceiving the ability to maintain stability while adjusting to conditions which are forever changing and maybe even threatening.
sanely, sanity	The feeling that our lives are manageable and we are comfortable enough with our interactions and consequential results. The ability to communicate ideas logically and intelligibly with the opposite being the taking away of this understanding (<i>commentaries on Psalm 34</i>). It is not an all or nothing thing.
satisfy	When we feel full contentment as our desires are understood and we are met with kindness, sufficient answering which embodies assurance and the relieving, dispelling or solving of doubts or concerns, or our needs or expectations are fulfilled with enough resources or provisions. Or we help someone feel contentment by meeting them with kindness, sufficient answering embodied with assurance which relieves or dispels them of their doubts or concerns, fulfill their needs or expectations, or provide them with ample resources or provisions
scenario	An imagined or projected sequence of events, one of several detailed plans or plot possibilities giving particulars as to the characters,

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A		scenes, situations, or components and provides the mood, relationship and directions among the different parts in the sequence.
B		
C	schizophrenic	A state characterized by the coexistence of contradictory or incompatible elements (<i>adjective from the Greek to split the diaphragm, heart or mind</i>).
D	secure	We are able to do what we have to do because we are not hindered by a need which causes us to be fearful or worried.
E	seem	To make itself perceived or apparent.
F	self-reflective plan	A way to extrospect and introspect which proactively empowers.
G		
H	semmelweis reflex	The reflex-like rejection of new knowledge because it contradicts entrenched norms, beliefs or paradigms; the automatic rejection of the obvious, without thought, inspection, or experiment (<i>Thomaz Szazs 1960</i>).
I		
J	sensitivity	The capacity to respond to a stimulus, the degree of susceptibility to stimulation or the state, condition, and quality of reacting to stimuli.
K	shame	The emotion we feel when we realize the contradiction between our knowledge of truth and our actions.
L		
M	situation	Combination of circumstances that warrant investigation or action which reflects more than our surroundings, social, educational or financial position.
N		
O	slavery	Complete ownership by another who exerts absolute power over life, liberty and fortune, or the condition of being controlled by a master, influence, habit or practice.
P	solidarity	Fellowship arising within a community who shares feelings, purposes, interests, and responsibilities with mutual responsibility.
Q		
R	standards	The usual, most commonly agreed upon rules and principles used as a basis of comparison to guide a person's life or the ultimate principals for which we strive.
S	strain	Anxiety, burden, pressure, worry or working hard to do something.
T	stress	Putting emphasis, force, or pressure on the hardship, adversity, strained situation or the need to pay attention to something which needs to be noticed.
U		
V	strive	While we make a great and tenacious effort, we are also seeking the right type of contact and closeness.
W		
X	struggle	The vigorous effort of intense exertion or when we progress with difficulty. <i>How do we earnestly struggle? ACCESS WORK</i> <i><u>Advance</u> by overcoming distorted meaning or intent;</i> <i><u>Cope</u> despite an initial inability to perform well or win;</i>
Y		
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	<p><i><u>Contend</u> with the adversary or opposing force;</i> <i><u>Escape</u> from what is confining through movement;</i> <i><u>Strive</u> for the right type of contact and closeness;</i> <i><u>Strenuous</u> is the violent effort to make our way;</i> <i><u>Work</u> by exerting strength, energy, and force;</i> <i><u>Own</u> our effort;</i> <i><u>Resolve</u> to contend resolutely with a task, problem, etc.;</i> <i><u>Know</u> when it is okay, time to rest or stop.</i></p>
subjugated	When we bring ourselves under complete control to master what needs to be accomplished, become subservient or submissive for a self-defined purpose it can be a positive trait. But when we are forcibly brought under complete control, mastered and made submissive or subservient, this is loathsome.
substitution	The act or fact of changing, supplanting, passing of one thing by or to another.
succor	A person or thing that provides assistance or help especially in time of difficulty.
suffering	A burdensome load which presses down on us, so we descend. It needs a container which will hold it. It lessens when genuine connections address the issues of the heart, as well as the need itself.
superficial	Concerned with or comprehending only what is on the surface or obvious which consequently designates it of little substance or significance, or being only outwardly apparent rather than genuine hence displaying a lack of realness, thoroughness, care, originality or profundity.
suspense	It plays upon the unknown and what will happen next.
symptom / symptoms	An indicator that some difficulty has arisen and a shift of attention needs to occur. They are techniques or events that are in place in times of difficulty and serve or served a purpose that might have facilitated survival.
time	When it is understood as an extension of the past and seems to have an inability to move on beyond it can be perceived as continuing indefinitely. Or, where every moment is an invitation to become “unstuck” from continuously repeating the cycle and wants to reach a state of completion, it can be perceived as forward-looking towards the future.
titrate	When we absorb a sensation, emotion or experience and make it okay.
trauma	Overwhelming physical and emotional experiences in conjunction with the effects of extreme, serious, recurrent, and chronic stresses.

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A	trauma, developmental	On-going mis-attunement within a relationship often intertwined with shock trauma experiences.
B		
C	trauma, shock	Unexpected terrorizing or horrifying event happening too fast, too soon, or too much for our nervous system to assimilate (adapted from <i>International Trauma-Healing Institute</i>).
D		
E	trust	With the feeling of security and confident expectation (which is the definition of hope) and being able to have an instinctive unquestioning belief in and reliance upon an authority, person, role or thing.
F		
G	unacceptable	When behaviors threaten to reflect certain thoughts and feelings that are really not-at-all okay to us or others, it may lead us or them to feel that life is not really livable as such so we or someone else may need to do something about it.
H		
I	understanding	The grasp of information and ideas accompanied by our personal interpretation to develop skills in dealing with or handling something.
J	unite	The close joining of two or more things to form or act as one.
K		
L		
M	unknown	When we can't predict what something will do or what it is capable of or we can't properly analyze or take apart and put our finger on something, it is the unknown and people have an innate fear of it. But the grand and undefine evokes fascination, wonder and intrigue as well. When it is an object of fear, the more it remains in the shadows and unidentifiable the more fear it can evoke. When it is the element that causes wonder and fascination, it elicits excitement. When we have a proper grasp of the grand and undefined we see each place for what it is and it is no longer the unknown.
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P		
Q	value / values	Something which has that quality of anything which renders it desirable or useful with an implication of intrinsic excellence, or something having favorable regard after considering its relative worth, merit, importance, quality, significance, excellence, and usefulness.
R		
S	venture	An undertaking or adventure of uncertain outcome and risk.
T		
U	vicarious living	When our short-lived and ultimately unfulfilling experiences take place without any personal exertion or we blur the distinction between reality and fiction to have no trouble viewing the world of fiction as part of our real life and, therefore, can chase after some fantastic illusory goal. Examples: I relate to the story or main character <i>as if the story is happening to me</i> or I <i>become</i> the celebrity I follow.
V		
W	viewpoint	The mental attitude that determines our opinions or judgment from the position of which we observe the circumstances.
X		
Y	want	We have an attainable desire with a plan to do it.
Z	wellbeing	A good or satisfactory condition of existence with the way things are or can be which is usually characterized by being contented, healthy



**OPENING MINDS WITH
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	and successful.
well-being	An integration of physical, mental, spiritual and social wellness.
wellness	The state of the body and mind while maintaining healthy balances.
wellness self-management	The goal or aim is to facilitate people's ability to cope more effectively with their "mental illness" and care for themselves through the development of action plans.
will	When we have the ability to create a framework within our mental and emotional state so we can grow and flourish as we strive to restrain our impulses and compulsions. We can optimize the framework when we have our mind take the power to choose to act and talk with patience, spiritual responsibility, and at the proper moments.
worth	Someone or something that has meaningful and desirable content especially involving the mind and character and with qualities of moral, spiritual or intrinsic excellence.
yearning	A persistent, intense, earnest or strong desire with depth and passion that sometimes may induce uneasiness and is wistful, tender longing or a feeling of being moved.

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