



Crossroads Counseling of Chicago

Personal Leadership Development &
Partner Abuse Intervention

Glossary of Psychological Terms

<u>Psychological Term</u>	<u>Definition</u>
Abstinent	the fact or practice of restraining oneself from indulging in something
Acting-out	express repressed or unconscious feelings in overt behavior
Admirable	deserving respect and approval
Alienated	isolated or estranged: unsympathetic or hostile
Ambivalent	having mixed feelings or contradictory ideas about something or someone; care strongly in conflicting ways
Anguished	experiencing or expressing severe mental or physical pain or suffering
Antisocial	contrary to the laws and customs of society; devoid of or antagonistic to sociable instincts or practices
Anxiety	a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome
Apathetic	showing or feeling no interest, enthusiasm, or concern
Asceticism	severe self-discipline and avoidance of all forms of indulgence
Autistic	difficulty in communicating and forming relationships with other people and in using language and abstract concepts
Autonomous	acting independently
Aversive	having a strong dislike or disinclination
Avoidant	relating to or denoting a type of personality or behavior characterized by the avoidance of intimacy or social interaction
Bipolar	having or relating to two poles or extremities characterized by both manic and depressive episodes, or manic ones only
Borderline	having long-term patterns of unstable or turbulent emotions, impulsive actions, and chaotic relationships
Callous	showing or having an insensitive and cruel disregard for others:
Capricious	given to sudden and unaccountable changes of mood or behavior
Chaotic	in a state of complete confusion and disorder
Combative	ready or eager to fight; pugnacious
Compartmentalized	divide into sections or categories
Complacent	showing smug or uncritical satisfaction with oneself or one's achievements
Compulsive	resulting from or relating to an irresistible urge, especially one that is against one's conscious wishes
Concealed	kept secret; hidden
Conscientious	wishing to do what is right, especially to do one's work or duty well and thoroughly
Constricted	inhibited or restricted
Contrary	perversely inclined to disagree or to do the opposite of what is expected or desired
Contrived	created or arranged in a way that seems artificial and unrealistic
Debased	reduced in quality or value
Defenseless	without defense or protection; totally vulnerable
Defensive	very anxious to challenge or avoid criticism

Crossroads Counseling of Chicago

Partner Abuse Intervention Programs

<u>Psychological Term</u>	<u>Definition</u>
Deferential	deferring to; showing humble submission and respect
Delusional	an idiosyncratic belief or impression that is firmly maintained despite being contradicted by reality or rational argument
Dependent	requiring someone or something for financial, emotional, or other support
Depleted	used up the supply or resources of
Depressive	causing feelings of hopelessness, despondency, and dejection
Detached	separate or disconnected, aloof
Deviant	departing from usual or accepted standards, especially in social or sexual behavior
Diffident	modest or shy because of a lack of self-confidence
Disciplined	showing a controlled form of behavior or way of working
Disconsolate	without consolation or comfort; unhappy
Discontented	dissatisfied, especially with one's circumstances
Discredited	false or unreliable
Disjointed	lacking a coherent sequence or connection
Displacement	the unconscious transfer of an intense emotion from its original object to another one
Dissociation	the disconnection or separation of something from something else or the state of being disconnected
Distracted	unable to concentrate because one's mind is preoccupied
Distraught	deeply upset and agitated
Divergent	using a variety of premises as bases for inference, and avoiding common limiting assumptions in making deductions
Dogmatic	inclined to lay down principles as incontrovertibly true
Dramatic	intended to create an effect
Dysphoric	a state of unease or generalized dissatisfaction with life
Dysthymia	persistent mild depression
Eccentric	unconventional and slightly strange
Eruptive	producing or characterized by eruptions
Estranged	no longer close or affectionate to someone; alienated
Exaggeration	representing something as better or worse than it really is
Expansive	(overly) open, demonstrative, and communicative
Exploitative	benefit unfairly from the work of (someone)
Fantasy	the faculty or activity of imagining things, especially things that are impossible or improbable
Fatalistic	the belief that all events are predetermined and therefore inevitable
Fickle	changing frequently, especially as regards one's loyalties, interests, or affection
Flighty	fickle and irresponsible
Forsaken	abandoned or deserted
Fragile	not strong or sturdy; delicate and vulnerable
Fragmented	disconnected or separated
Fretful	feeling or expressing distress or irritation
Gregarious	fond of company; sociable; outgoing
Haughty	arrogantly superior and disdainful

Crossroads Counseling of Chicago

Partner Abuse Intervention Programs

<u>Psychological Term</u>	<u>Definition</u>
Histrionic	overly theatrical or melodramatic in character or style; marked by shallow, volatile emotions, and attention-seeking behavior
Hostile	unfriendly; antagonistic
Immature	having or showing emotional or intellectual development appropriate to someone younger
Impassive	not feeling or showing emotion
Impoverished	lacking strength, vitality, or generativity
Impulsive	acting or done without forethought
Inchoate	just begun and so not fully formed or developed; rudimentary
Incompatible	so opposed in character as to be incapable of existing together
Incompetent	not having or showing the necessary skills to do something successfully
Inelastic	unable to encompass variety and change; inflexible; unable to adapt
Inept	having or showing no skill; clumsy
Insentient	incapable of feeling or understanding things
Insouciant	showing a casual lack of concern; indifferent
Intellectualization	to avoid conscious recognition of the emotional basis of an act or feeling by substituting a superficially plausible explanation
Introjection	the unconscious adoption of the ideas or attitudes of others
Inverted	put upside down or in the opposite position, order, or arrangement
Inviolable	never to be broken, infringed, or dishonored
Irascible	having or showing a tendency to be easily angered
Irresponsible	characterized by, expressive of, or causing sorrow or misery
Irritable	having or showing a tendency to be easily annoyed or made angry
Isolation	without relation to other people or things; separate
Labile	liable to change; easily altered
Major Depression	a mood disorder in which feelings of sadness, loss, anger, or frustration interfere with everyday life for weeks or longer
Masochistic	the tendency to derive pleasure from one's own pain or humiliation
Meager	lacking in quantity or quality
Melancholic	a feeling of pensive sadness, typically with no obvious cause; sad and pensive
Mistrustful	lacking in trust; suspicious
Morphologic	form and structure without consideration of function
Naive	showing a lack of experience, wisdom, or judgment
Narcissistic	having an excessive or erotic interest in oneself and one's physical appearance
Negativistic	the practice of being or tendency to be negative or skeptical in attitude while failing to offer positive suggestions or views
Pacific	peaceful in character or intent
Paradoxical	seemingly absurd or self-contradictory:
Paranoid	unreasonably or obsessively anxious, suspicious, or mistrustful
Precipitate	done, made, or acting suddenly or without careful consideration:
Pernicious	having a harmful effect, especially in a gradual or subtle way
Pessimistic	tending to see the worst aspect of things or believe that the worst will happen
Post-traumatic stress	anxiety triggered by exposure to a traumatic experience, exposure to disaster or accidents, combat or witnessing a traumatic event

Crossroads Counseling of Chicago

Partner Abuse Intervention Programs

<u>Psychological Term</u>	<u>Definition</u>
Precipitate	prone to change suddenly, unexpectedly, or prematurely
Projection	the unconscious transfer of one's own desires or emotions to another person; a mental image viewed as reality
Provocative	causing annoyance, anger, or another strong reaction, especially deliberately
Rationalization	attempt to explain or justify behaviors or attitudes with logical, plausible reasons, even if these are not true or appropriate
Reaction Formation	a defense mechanism in which anxiety-producing emotions or impulses are mastered by exaggeration of the directly opposing tendency
Regression	a return to an earlier stage of life as a means of escaping present anxieties
Reliable	consistently good in quality or performance; able to be trusted
Resentful	feeling or expressing bitterness or indignation at having been treated unfairly
Respectful	feeling or showing deference and respect
Sadistic	deriving pleasure from inflicting pain, suffering, or humiliation on others
Schizoid	having emotional aloofness and solitary habits; having inconsistent or contradictory behaviors
Schizotypal	a personality type in which mild symptoms of schizophrenia are present
Secretive	inclined to conceal feelings and intentions or not to disclose information
Shallow	not exhibiting, requiring, or capable of serious thought
Skeptical	not easily convinced; having doubts or reservations
Solemn	not cheerful or smiling; serious
Somatoform	symptoms like those of a physical disorder, but no physical cause is found; symptoms due to psychological problems
Spasmodic	occurring in brief, irregular bursts
Split	characterized by at least two distinct and relatively enduring dissociated personality states that alternately control a person's behavior
Spurious	not being what it purports to be; false or fake
Submissive	ready to conform to the authority or will of others; meekly obedient or passive
Suspicious	having or showing a cautious distrust of someone or something
Unalterable	not able to be changed
Uncertain	not completely confident or sure of something
Undeserving	not deserving or worthy of something positive, especially help or praise
Undifferentiated	unable to recognize or ascertain what makes (someone or something) different
Undoing	a defense mechanism in which a person tries to 'undo' an unhealthy, destructive or threatening thought or action by engaging in contrary behavior
Unengaged	not occupied or engaged
Unruly	disorderly and disruptive and not amenable to discipline or control
Vacillating	alternate or waver between different opinions or actions; be indecisive
Vexatious	causing or tending to cause annoyance, frustration, or worry
Woeful	characterized by, expressive of, or causing sorrow or misery
Worthless	having no good qualities; deserving contempt