

# Commonly Used Acronyms



**AA:** Alcoholics Anonymous <https://www.aa.org/>

**AKA** (a.k.a.) Also Known As

**ALA:** Ambivalent Love Addict

<https://www.loveaddictssouthafrica.org/types-of-las>

**Al-Anon/Alateen:** Associated with AA, but for family members of alcoholics <https://al-anon.org/>

**BPD:** Borderline Personality Disorder

<https://www.borderlinepersonalitydisorder.org/what-is-bpd/bpd-overview/>

**BTDT:** Been There Done That

**BTW:** By The Way

**B/C:** Because

**CBT:** Cognitive Behavioral Therapy

<https://www.apa.org/ptsd-guideline/patients-and-families/cognitive-behavioral>

**CLA:** Codependent Love Addict

<https://loveaddictsanonymous.boards.net/thread/4958/definition-codependent-love-addict>

**CODA (Co-DA):** Codependents Anonymous

<https://loveaddictsanonymous.boards.net/thread/18051/dependents-anonymous>

**DBT:** Dialectical Behavior Therapy

<https://www.psychologytoday.com/us/therapy-types/dialectical-behavior-therapy>

**DIY:** Do It Yourself

**EFT:** Emotional Freedom Technique (a.k.a. Tapping)

<https://loveaddictsanonymous.boards.net/thread/7258/resource-emotional-stress>

**EQ:** Emotional Intelligence (a.k.a. Emotional Quotient)

<https://loveaddictsanonymous.boards.net/thread/16920/emotional-intelligence>

**FAQ:** Frequently Asked Question

**FYI:** For Your Information

**HP:** Higher Power

<https://sobernation.com/different-types-of-a-higher-power/>

**IC:** Inner Child

<https://loveaddictsanonymous.boards.net/thread/9022/summing-inner-child>

**IMHO:** In My Humble Opinion

**LAA:** Love Addicts Anonymous

<https://loveaddictsanonymous.boards.net/thread/19607/greetings>

**LC:** Limited Contact

<https://loveaddictsanonymous.boards.net/thread/18711/limited-contact>

**LOL:** Laugh Out Loud

**NC:** No Contact

<https://loveaddictsanonymous.boards.net/thread/19167/contact-rules>

**NLA:** Narcissistic Love Addict

<https://www.loveaddictssouthafrica.org/types-of-las>

**OCD:** Obsessive Compulsive Disorder

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Obsessive-compulsive-Disorder>

**OLA:** Obsessed Love Addict

<https://loveaddictsanonymous.boards.net/thread/4957/definition-obsessed-love-addict>

**LTR:** Long Term Relationship

**N/A (NA):** Not Available (Not Applicable)

**Noob (n00b):** Newbie (New Person)

**OMG:** Oh My God

**OP:** Original Poster (on the thread being discussed)

**OC:** Outer Child (The angry child within).

**PAC:** Parent-Adult-Child

<https://loveaddictsanonymous.boards.net/thread/818/transactional-analysis-inner-child-concept>

**PoA (POA):** Person of Addiction (a.k.a. Qualifier)

<https://loveaddictsanonymous.boards.net/thread/19167/contact-rules>

**POV:** Point Of View

**PTSD:** Post-Traumatic Stress Disorder

<https://loveaddictsanonymous.boards.net/thread/19828/understanding-ptsd>

**Qualifier:** The person you are addicted to.

**RA:** Relationship Addict

<https://loveaddictsanonymous.boards.net/thread/5092/definition-relationship-addict>

**SA:** Sex Addict

<https://loveaddictsanonymous.boards.net/thread/19991/addicts>

**SLAA:** Sex & Love Addicts Anonymous

<https://loveaddictsanonymous.boards.net/thread/19870/laa-differs-slaa>

**SW:** Seductive Withholder

<https://loveaddictsanonymous.boards.net/thread/18459/definition-seductive-withholder>

**TA:** Transactional Analysis

<https://loveaddictsanonymous.boards.net/thread/818/transactional-analysis-inner-child-concept>

**TBA:** To Be Announced

**TBC:** To Be Continued

**TBT:** Truth Be Told

**TIA:** Thanks In Advance

**TTYL:** Talk To You Later

**WTH:** What The Heck