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Lisa Damour: 3 steps of anxiety overload -- and how you can take back control | TED Talk

https://www.ted.com/talks/lisa_damour_3_steps_of_anxiety_overload_and_how_you_can_take_back_control

All Words

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Session 1: Word List

anxiety

n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

synonym : concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge
She waited for her daughter with **anxiety**.

straight

adj. extending or moving in one direction without bending or curving; having no deviations

synonym : linear, honest, consecutive

(1) a **straight** line, (2) **straight** for two months
He was sick for five **straight** days.

unnecessary

adj. not needed or required; not essential or important

synonym : redundant, extra, superfluous

(1) **unnecessary** expense, (2) **unnecessary** hassle

The extra steps in the process were deemed **unnecessary** and removed to streamline production.

rap

n. a type of music characterized by a strong, repetitive beat and lyrics that often focus on social and political issues; a reproach for some lapse or misdeed

synonym : hip-hop, emceeing, MCing

(1) **rap** music, (2) get a **rap**

The new **rap** album is getting a lot of attention.

negative

adj. having the quality of something bad or harmful;
expressing refusal

synonym : minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number

The movie has received almost universally **negative** criticism.

emotion

n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

synonym : feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**

Some **emotions** are common across cultures and backgrounds.

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

unhealthy

adj. not conducive to good health; detrimental to physical or mental well-being

synonym : unwholesome, detrimental, insalubrious

(1) **unhealthy** diet, (2) **unhealthy** habit

Sitting for long hours in front of the computer is considered **unhealthy**.

alarm

n. a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger

synonym : notice, warning, panic

(1) give the **alarm**, (2) an **alarm** clock

The **alarm** announcing an enemy attack went off this morning.

swerve

v. to change direction suddenly, often to avoid something or to turn sharply

synonym: veer, deviate, curve

(1) **swerve** off the road, (2) **swerve** from the topic

The driver had to **swerve** to avoid hitting the deer in the middle of the road.

surge

n. a sudden and great increase of something, such as a feeling, the amount or number, etc.

synonym: rush, spate, deluge

(1) a **surge** of shoppers, (2) the **surge** in foreign tourism

She drowned her **surge** of anger through her creative work.

evasive

adj. not willing to give clear or direct answers to a question or commit to a request; avoiding or escaping from difficulty or danger

synonym: deceitful, ambiguous, unclear

(1) take **evasive** action, (2) an **evasive** answer

He admitted all wrongdoing without using any **evasive** words in his press conference.

maneuver

n. a motion or combination of moves that requires skill and care; a clever strategy, activity, or movement intended to give someone an advantage

synonym: gimmick, trick, action

(1) political **maneuvers**, (2) made a great **maneuver**

In this class, we learn the basic **maneuver** of the plane.

entirely

adv. completely

synonym: completely, fully, totally

(1) **entirely** satisfied with the meal, (2) he was **entirely** to blame

Later, his claim was found to be **entirely** false.

indifferent

adj. having no strong feelings or preferences one way or the other, neutral

synonym: apathetic, disinterested, unmoved

(1) an **indifferent** glance, (2) emotionally **indifferent**
Despite the good news, she remained **indifferent** to the situation.

relax

v. to become or cause someone to become less active or tense and calmer

synonym: soften, comfort, soothe

(1) **relax** a series of muscles, (2) **relax** at home

The rules were **relaxed** after the new executive arrived.

suppose

v. to think that something is likely to be actual or possible

synonym: guess, assume, presume

(1) **suppose** you're right, (2) **suppose** beforehand

What do you **suppose** the culprit's motive was?

clinical

adj. of or relating to the examination and treatment of patients rather than theoretical or laboratory studies

synonym: dispassionate, analytic, scientific

(1) **clinical** surgery, (2) participate in **clinical** trials

She received special **clinical** training at the hospital.

anxious

adj. worried and nervous

synonym: nervous, uneasy, afraid

(1) **anxious** about his health, (2) an **anxious** look

He cast **anxious** glances behind her.

reaction

n. a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others

synonym: response, reply, answer

(1) chemical **reaction**, (2) trigger a **reaction**

There was a chemical **reaction** of the lime with the groundwater.

indicate

v. to show, point out, or make known something, often through a sign or a symbol; to suggest or imply something without stating it directly

synonym : hint, suggest, show

(1) **indicate** a preference, (2) **indicate** an error

The data **indicates** that the company's profits have steadily increased over the past quarter.

proportion

n. a part, share, or amount of something considered in comparative relation to a whole

synonym : ratio, balance, consonance

(1) direct **proportion**, (2) a building of vast **proportions**

He is more concerned about the **proportion** of his body fat than usual because of an upcoming bodybuilding competition.

panic

n. a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action

synonym : confusion, hysteria, consternation

(1) a **panic** reaction, (2) **panic** buying

The participation of oil-producing countries in the war caused **panic** in the financial markets.

largely

adv. virtually entirely; to a large degree

synonym : mainly, chiefly, broadly

(1) **largely** accepted, (2) **largely** mitigate the issue

Nevada is **largely** a desert state.

norm

n. something that is regarded as usual, typical, or standard

synonym : criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

systematic

adj. done or acting according to a determined set of systems or plans:

synonym : periodic, frequent, organized

(1) a **systematic** reformation, (2) **systematic** botany

Science is based on the **systematic** classification of

experience.

unfold

v. to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown

synonym: open, spread out, expose

(1) **unfold** the story, (2) **unfold** the stroller

The mystery **unfolded** as the detectives gathered more clues.

stepwise

adj. happening or proceeding in a series of regular stages rather than continuously

(1) a **stepwise** shape, (2) recommend a **stepwise** approach

This module generates a **stepwise** controlled voltage.

fashion

n. a style that is popular at a particular time or place; the state of being popular

synonym: style, manner, fad

(1) go out of **fashion**, (2) new **fashion** trends

That style is no longer in **fashion**.

rail

n. a long, thin piece of metal or wood that is used to make fences or as a support for something; (verb) to complain bitterly

synonym: bar, beam, (verb) criticize

(1) **rail** system, (2) **rail** against his enemies

The children leaned over the bridge **rail** to watch the fish swimming below.

react

v. to take action in response to something

synonym: respond, reply, oppose

(1) **react** at a high temperature, (2) **react** against his way of thinking

How did he **react** to your idea?

universal

adj. existing or affecting everywhere or everyone

synonym: common, broad, worldwide

(1) **universal** life, (2) principles of **universal** design
The picture earned near- **universal** acclaim from critics.

accelerate

v. to make something faster or earlier; to cause to develop or progress more quickly

synonym : speed up, quicken, rev

(1) **accelerate** a chemical reaction, (2) **accelerate** the car
The government tried to **accelerate** the commercialization of this development.

shallow

adj. not having much distance from the top to the bottom

synonym : superficial, external, surface

(1) **shallow** people, (2) **shallow** water

Shallow brooks are noisier than deep rivers.

uncomfortable

adj. providing or feeling physical discomfort or slight pain

synonym : comfortless, discomforting, painful

(1) an **uncomfortable** silence, (2) with an **uncomfortable** face

His abusive words made me **uncomfortable**.

hyperventilation

n. a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting

synonym : over-breathing, rapid breathing

(1) **hyperventilation** syndrome, (2) **hyperventilation** treatment

Anxiety is a common cause of **hyperventilation**, as the body responds to perceived threats with rapid, shallow breathing.

sympathetic

adj. feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation

synonym : compassionate, empathetic, understanding

(1) **sympathetic** nervous system, (2) **sympathetic** toward

poor people

She is very **sympathetic** to our project.

nervous

adj. worried and anxious about something; relating to the nerves

synonym : neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

environment

n. the natural world such as air, water, and land in which humans, animals, and plants live

synonym : atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

flee

v. to leave by running away, especially out of fear or danger

synonym : exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

ancient

adj. relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old

synonym : archaic, age-old, obsolete

(1) pre-Christian **ancient**, (2) **ancient** stories

They have been living near water since **ancient** times.

oxygen

n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

(1) the hydrogen binds the **oxygen**, (2) lack of **oxygen**

The passenger grabbed for the **oxygen** mask.

logic

n. a way of thinking or reasoning conducted or evaluated by strict validity principles; the study of correct reasoning

or good arguments

synonym : reasoning, reason, ratiocination

(1) an indisputable **logic**, (2) a demonstration in **logic**

There's no **logic** in his description.

definitely

adv. without any question and beyond doubt; clearly

synonym : absolutely, certainly, indeed

(1) **definitely** become a problem, (2) say **definitely**

The paper is **definitely** worth reading thoroughly.

whack

v. to hit someone or something hard or noisily

synonym : hit, strike, bash

(1) **whack** him with a stick, (2) **whack** up the volume

He **whacked** the ball out of the park with his home run.

lung

n. either of the two organs in the chest that people and some animals use for breathing

(1) **lung** capacity, (2) do **lung** transplantation

He has terminal **lung** cancer.

conclude

v. to come to an end or close; to reach a judgment or opinion by reasoning

synonym : complete, finish, decide

(1) **conclude** a meeting, (2) **conclude** that he is healthy

We **concluded** a cease-fire.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym : choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

label

n. a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category

synonym :

tag, mark, identifier

(1) a mailing **label**, (2) **label** a bag with my name

The **label** on the food package lists the ingredients and nutritional information.

arbitrary

adj. based on chance, or individual whim rather than any reason

synonym: autocratic, dictatorial, whimsical

(1) **arbitrary** size and shape, (2) the **arbitrary** rule of a dictator

He collected data to avoid **arbitrary** decisions.

decision

n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym: choice, determination, judgment

(1) **decision** authority, (2) a selfish **decision**

She was struggling to make a **decision** between two job offers.

unhelpful

adj. not providing assistance or support; not contributing to the solution of a problem or the achievement of a goal

synonym: useless, ineffective, detrimental

(1) **unhelpful** comments, (2) **unhelpful** for people

His **unhelpful** attitude made it difficult for the team to complete the project on time.

engage

v. to attract and keep someone's attention and interest; to participate in or obtain services of something

synonym: confront, employ, amuse

(1) **engage** in environmental protection activities,

(2) **engage** a new employee

Many multinational companies are **engaged** in the reconstruction of that country.

catastrophic

adj. extremely harmful; causing physical or financial destruction

synonym: fatal, disastrous, destructive

(1) victim of **catastrophic** injuries, (2) **catastrophic** climate change

The extinction rate of aquatic animals was **catastrophic**.

definition

n. a concise explanation of the meaning of a word, phrase, or symbol

synonym: description, connotation, meaning

(1) a precise **definition**, (2) the **definition** of a word

Parallel lines are, by **definition**, lines on the same plane that never cross.

straightforward

adj. easy to do or understand, or simple; free from ambiguity

synonym: honest, candid, forthright

(1) **straightforward** manner, (2) make a **straightforward** dash

The defendant gave a **straightforward** and accurate description of the accident.

overestimate

v. to estimate something to be greater in amount or importance than it really is

synonym: overrate, overvalue, embellish

(1) **overestimate** the value, (2) **overestimate** the amount of time spent

He tends to **overestimate** his abilities.

underestimate

v. to think or suppose that a quantity, price, or size is smaller than it is

synonym: underrate, misjudge, miscalculate

(1) **underestimate** an enemy, (2) **underestimate** the probability

They frequently **underestimated** their abilities and felt inferior.

miserable

adj. very unhappy, uncomfortable, or unpleasant; causing great distress or suffering

synonym : unhappy, wretched, cheerless

(1) **miserable** weather, (2) **miserable** experience

She felt **miserable** after her dog passed away.

calm

adj. not excited, angry, or nervous; free from wind, large waves

synonym : quiet, peaceful, tranquility

(1) **calm** sea, (2) **calm** manner

It was the first time in a long time that I felt truly **calm** and at peace.

woo

v. to seek the affection or favor of someone; to court or pursue someone romantically or with flattery

synonym : court, pursue, charm

(1) **woo** consumers, (2) **woo** voters with promises

He tried to **woo** her with his charm and wit.

biology

n. the scientific study of life and the natural processes of living things

(1) evolutionary **biology**, (2) cell and molecular **biology**

In junior high school, we had to dissect a frog in **biology** class.

intervention

n. the action or process of being done to improve or help a circumstance, often they have not been asked to do so

synonym : interference, intercession, treatment

(1) **intervention** by foreign powers, (2) surgical **intervention**

This **intervention** does not require the patient's consent.

kick-start

v. to start something by providing an initial burst of energy or enthusiasm

synonym : initiate, start, launch

(1) **kick-start** the project, (2) **kick-start** the economy

She needed to **kick-start** her weight loss journey.

parasympathetic

adj. relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles

synonym : relaxing, calming, soothing

(1) **parasympathetic** nerve inhibitor, (2) **parasympathetic** response

The **parasympathetic** nervous system helps to regulate the body's involuntary functions, such as digestion and relaxation.

reset

v. to set again or differently; to return to a previous state or condition

synonym : restart, reinitialize, set anew

(1) **reset** password, (2) **reset** my brain

She **reset** the computer to fix the problem.

amazing

adj. extremely surprising, especially in a way that you like or admire

synonym : exceptional, extraordinary, wonderful

(1) **amazing** advances, (2) the most **amazing** feeling

The golfer recorded an **amazing** distance.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym : intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

overdrive

n. a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard

synonym : high gear, high speed, turbocharge

(1) atrial **overdrive** pacing, (2) go into **overdrive**

The car's **overdrive** function allows it to shift into a higher gear for better fuel efficiency on the highway.

communicate

v. to share or exchange information with others by speaking, writing, moving your body, or using other signals

synonym: convey, share, transmit

(1) **communicate** his anxieties to the psychiatrist,

(2) **communicate** well with my advisor

Dolphins use sound to **communicate** with each other.

override

v. to use one's authority or power to cancel or disregard something, especially a decision or rule made by someone else

synonym: overrule, annul, nullify

(1) **override** the system, (2) **override** a veto

The CEO decided to **override** the decision made by the lower-level managers.

deliberately

adv. done in an intentional or slow and careful manner

synonym: intentionally, knowingly, willfully

(1) **deliberately** amateurish, (2) commit a crime

deliberately

He **deliberately** misleads others.

hack

v. to hit and cut somebody or something roughly and violently; to find a bug in a computer program and break into their systems or networks

synonym: cut, chop, crack

(1) **hack** through the jungle, (2) **hack** into the program

This blog offers a variety of tips for **hacking** everyday life.

stretch

v. to make or be capable of making anything longer or broader without hurting or breaking

synonym: lengthen, prolong, extend

(1) **stretch** along the coast, (2) **stretch** a story

Some herds have been observed to **stretch** hundreds of

kilometers.

receptor

n. an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way

(1) cellular **receptor**, (2) **receptor** for HIV in humans

Hay fever occurs when a substance called histamine binds to **receptors** in the nose and eyes.

rev

n. a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

synonym: revolution, RPM, speed

(1) low- **rev** engine, (2) **rev** up the crowd

He stepped on the gas pedal, and the engine released a loud **rev**.

shift

n. a slight transition in position, direction, or trend

synonym: transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

Could you help me **shift** some furniture?

engaging

adj. attracting, pleasant, or charming

synonym: alluring, interesting, engrossing

(1) **engaging** story, (2) an **engaging** smile

She was disbarred for her **engaging** in fraud.

handle

v. to deal with a situation, problem, or strong emotion

synonym: control, manage, deal with

(1) **handle** a precious object, (2) **handled** the incident

We all should learn how to **handle** stress.

scare

v. to frighten a person or animal, or to become frightened

synonym: frighten, spook, intimidate

(1) **scare** off her attacker by screaming, (2) **scare** the birds

away

We hit the ground to **scare** out the rabbits.

provoke

v. to stimulate or give rise to a particular reaction or have a particular effect

synonym : stimulate, incite, encourage

(1) **provoke** a disease, (2) **provoke** a reaction

Her behavior **provoked** a quarrel between the couple.

estimate

v. to guess or calculate the cost, size, value, etc. of something

synonym : calculate, gauge, evaluate

(1) **estimate** a fair value, (2) **estimate** this chicken to weigh three pounds

We **estimated** the season's total trade deficit at \$50 billion.

creditor

n. a person, company, etc. to whom a debtor owes money

(1) the **creditor's** claims, (2) bankrupt **creditor**

I asked the lawyer to initiate **creditor** negotiations for voluntary liquidation.

helpless

adj. unable to take care of oneself or to do things without help

synonym : defenseless, powerless, susceptible

(1) **helpless** baby, (2) **helpless** victims

I feel so **helpless** without you.

rid

v. to make someone or something free of unwanted or unpleasant tasks, objects, or person

synonym : do away with, free, clear

(1) get **rid** of the rats, (2) **rid** the body of waste products

We must **rid** ourselves of pollution.

wrap

v. to cover or enclose something entirely with paper, cloth, or other material

synonym : surround, cover, bandage

(1) **wrap** a fish in foil, (2) **wrap** up a meeting
Wrap the bandage tightly around the injured arm.

mercy

n. compassion or forgiveness shown towards someone whom it is within one's power to punish or harm
synonym : clemency, leniency, compassion

(1) **mercy** killing, (2) **mercy** stroke
He begged for **mercy** and pleaded for his life.

skeptical

adj. doubting that something is accurate or useful
synonym : doubtful, distrustful, suspicious

(1) a **skeptical** attitude, (2) **skeptical** scientists
His religious and philosophical beliefs were utterly **skeptical**.

snobbery

n. the behavior or attitude of a person who believes they are superior to others because of their social status, wealth, or education and who looks down on those they consider inferior
synonym : elitism, arrogance, haughtiness

(1) cultural **snobbery**, (2) academic **snobbery**
Her **snobbery** and pretentious behavior made it difficult for her to make friends.

exhale

v. to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently
synonym : breathe out, expel, emit

(1) **exhale** a big sigh, (2) **exhale** cigarette smoke
He took a deep breath and slowly began to **exhale**.

instruction

n. detailed direction, order, etc., on how to do or use something
synonym : education, direction, guidance

(1) individual **instruction**, (2) follow his **instructions**
They needed further **instruction** to perform their duties efficiently.

breath

n. the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

synonym : air, puff, whiff

(1) hold your **breath**, (2) **breath** of wind

He bated his **breath** when talking about this affair.

pause

v. to take a short break from talking or doing something before continuing

synonym : halt, break, intermit

(1) **pause** a moment, (2) **pause** for a reaction

The man **paused** before opening the door.

groove

n. a long, narrow cut or depression in a hard material or surface; a particular style of popular music characterized by a strong and repetitive rhythm

synonym : rut, channel, furrow

(1) **groove** on the dance floor, (2) get into the **groove**

The band played a smooth **groove** that got everyone dancing.

embarrass

v. to cause someone to feel awkward, worried, or ashamed

synonym : disconcert, unsettle, agitate

(1) **embarrass** political enemy, (2) **embarrass** my project

He looked for an opportunity to **embarrass** that actor in public.

incredible

adj. unbelievable; enormous

synonym : unbelievable, fantastical, inconceivable

(1) **incredible** amount, (2) at **incredible** speed

Her response revealed **incredible** idiocy.

excitement

n. a feeling of great enthusiasm and eagerness

synonym : thrill, exhilaration, incitement

(1) the **excitement** in the business world, (2) aesthetic **excitement**

The **excitement** of the upcoming concert was palpable among the crowd.

dissipate

v. to disperse or scatter widely
synonym : scatter, disperse, evaporate

(1) **dissipate** heat, (2) **dissipate** stress

The fog **dissipated**, and the air cleared up.

flood

n. a large amount of water flowing beyond its normal limits; an overwhelming number or amount

synonym : deluge, downpour, overflow

(1) **flood** advisory, (2) a **flood** of questions

These heavy rains caused flash **floods** on several islands.

excessive

adj. greater than what seems necessary, normal, or desirable

synonym : unreasonable, exorbitant, inflated

(1) an **excessive** force, (2) take **excessive** care

It would be best if you did not demand such an **excessive** charge.

validate

v. to check or prove that something is true; to make something officially or legally acceptable or approved

synonym : approve, certify, verify

(1) **validate** a hypothesis, (2) **validate** a passport

To **validate** your purchase, please visit the following link.

hazard

n. something dangerous and likely to cause damage

synonym : peril, danger, threat

(1) occupational **hazard**, (2) potential health **hazards**

Lost mobile phones lead to another potential **hazard** regarding privacy.

pathological

adj. relating to or caused by a physical or mental disease or disorder; extreme or abnormal in a way that is harmful or unhealthy

synonym : aberrant, diseased, abnormal

(1) **pathological** liar, (2) **pathological** condition

The doctor was concerned that the patient's **pathological** fear of germs impacted their daily life.

reassure

v. to cause someone to feel sure; to give or restore confidence

synonym: comfort, soothe, bolster

(1) **reassure** anxious patients, (2) **reassure** market

The pilot tried to **reassure** the customers that the planes were safe.

uneasy

adj. causing or feeling anxiety or discomfort

synonym: anxious, troubled, nervous

(1) have **uneasy** eyes, (2) **uneasy** relationship

He was **uneasy** about the situation and didn't know what to do.

frame

n. a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window

synonym: body, skeleton, scaffolding

(1) a picture **frame**, (2) the **frame** of the policy

The detective looked for fingerprints on the window **frame**.

dial

v. to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called

synonym: adjust, set, turn

(1) **dial** up the volume, (2) **dial** down the tension

He **dialed** the phone number and waited for an answer.

reframe

v. to reinterpret, rephrase, or redefine an issue, situation, or question in a different way

synonym: redefine, restructure, reposition

(1) **reframe** resource allocation, (2) **reframe** problem

The therapist tried to **reframe** his negative thoughts.

recommend

v. to suggest that someone or something would be a suitable fit for a particular purpose or role

synonym: advise, suggest, instruct

(1) **recommend** a hospitalization, (2) **recommend** reading

We **recommend** taking media training every six months.

tactic

n. a method or strategy used to achieve a particular goal or objective

synonym: strategy, approach, method

(1) an imprudent **tactic**, (2) alternative **tactic**

The coach implemented a new **tactic** to win the game.

frightening

adj. causing fear or alarm, or very surprising and alarming

synonym: scary, terrifying, alarming

(1) cast **frightening** eyes, (2) **frightening** experience

The news of the pandemic was a **frightening** reminder of the fragility of human health.

instinct

n. an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true

synonym: intuition, aptitude, feeling

(1) **instinct** for self-preservation, (2) aggressive **instinct**

When faced with a dangerous situation, his initial **instinct** was to flee.

compel

v. to force or require someone to do something; to exert a strong, irresistible force or pressure that makes someone act in a certain way

synonym: force, oblige, coerce

(1) **compel** a person to submission, (2) **compel** attention

The strict deadlines will **compel** the team to work efficiently.

avoidance

n. the act of keeping away from something or someone; the act of avoiding or evading something, such as a duty or responsibility

synonym: evasion, elusion, shirking

(1) **avoidance** behavior, (2) conflict **avoidance**
The **avoidance** of discussing the issue only made things worse.

fascinating

adj. extremely interesting
synonym: alluring, intriguing, captivating

(1) **fascinating** story, (2) completely **fascinating** to me
The museum houses a **fascinating** collection of Celtic artifacts.

bubble

n. a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses
synonym: blob, balloon, mania

(1) **bubble** in the champagne glass, (2) economic **bubble**
Many people worry that the current real estate market is a **bubble** that could burst soon.

cancel

v. to decide that a previously scheduled activity will not take place
synonym: abort, invalidate, annul

(1) **cancel** a class, (2) **cancel** a free subscription trial
When customers **cancel** their reservations, they lose the deposit they made.

suddenly

adv. quickly and unexpectedly
synonym: abruptly, unexpectedly, unawares

(1) **suddenly** attacked by an enemy, (2) die **suddenly**
Who answers **suddenly** knows little.

reinforce

v. to strengthen or support something, especially by adding another material to it; to make emotion, idea, etc. stronger
synonym: strengthen, fortify, support

(1) **reinforce** the military, (2) **reinforce** good behavior

We should **reinforce** the troops at the front line.

challenging

adj. difficult, demanding, or requiring a high degree of skill or effort; presenting a difficult problem or obstacle

synonym : difficult, demanding, arduous

(1) **challenging** task, (2) mentally **challenging**

The advanced math problem was **challenging**, but the student was determined to solve it.

entrench

v. to establish or settle something firmly and securely, especially an idea, practice, or position; to occupy a trench or secured area

synonym : establish, fortify, secure

(1) **entrench** power, (2) **entrench** beliefs

The general tried to **entrench** his troops on the hill to avoid the attack.

compete

v. to strive to achieve more success than someone or something

synonym : contend, contest, vie

(1) **compete** against a friend, (2) **compete** fiercely

You must **compete** with others to obtain this position.

clinician

n. a practitioner, especially of medicine or psychology, who has direct contact with patients

synonym : psychiatrist, therapist, doctor

(1) experienced **clinician**, (2) from a **clinician's** perspective

Some **clinicians** believe that psychological characteristics alone may cause mental disorders.

treatment

n. the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

synonym : remedy, antidote, medicine

(1) first-aid **treatment**, (2) **treatment** by diet

The primary purpose of the **treatment** is pain relief.

graduated

adj. having received a degree from a school, college, or university; marked with or divided into levels or degrees

synonym : completed, finished, earned

(1) **graduated** taxation, (2) **graduated** flask

She was a **graduated** student of a prestigious university.

exposure

n. the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret

synonym : vulnerability, disclosure, uncovering

(1) a southern **exposure**, (2) the **exposure** of a fraud

The long **exposure** to the air tarnished the antique tableware.

pandemic

n. an outbreak of a disease that affects many people over a very wide area

synonym : outbreak

(1) flu **pandemic**, (2) global **pandemic**

They fear a **pandemic** of a new type of virus.

physically

adv. in a way related to a person's body or appearance rather than their mind

(1) **physically** and mentally, (2) stay **physically** fit

Having a **physically** healthy physique is essential for a great life.

pertain

v. to be relevant or applicable to a particular subject or situation; to belong to or be connected with something

synonym : relate, concern, apply

(1) **pertain** to the case, (2) **pertain** to the topic

The new regulations **pertain** to all employees, regardless of their position.

broad

adj. very wide; general

synonym : wide, expansive, comprehensive

(1) attract **broad** attention, (2) a **broad** mind

He accumulated wealth across a **broad** spectrum of assets.

pride

n. a feeling of deep pleasure or satisfaction derived from one's achievements

synonym : vanity, conceit, egotism

(1) **pride** of a company, (2) hide his **pride**

She took great **pride** in her work, always striving for perfection.

prejudice

n. a thought or feeling that is unfair and makes no sense, mainly when it is formed without enough thought or knowledge

synonym : bias, preconception, predisposition

(1) deep-rooted **prejudice**, (2) color **prejudice**

This community is free of social **prejudice**.

discontented

adj. dissatisfied, unhappy, or restless; not content or pleased with a situation or condition

synonym : dissatisfied, unhappy, displeased

(1) **discontented** look, (2) **discontented** with the outcome

The **discontented** customers demanded a refund for the poor quality of the product.

fancy

v. to want to do or have something; (noun) something that many people believe but that is false, or that does not exist; imagination or fantasy

synonym : imagine, visualize, (noun) fantasy

(1) **fancy** a cup of coffee, (2) a flight of **fancy**

I don't **fancy** acting in such an important role.

concert

n. a musical performance given in public by one or more players or singers

synonym : gig, musical, show

(1) have a **concert** again, (2) a benefit **concert**

This artist always packs the **concert** halls.

possibility

n. a chance that something may happen or be true

synonym : chance, prospect, likelihood

(1) **possibility** for growth, (2) **possibility** of a major

earthquake

The **possibility** of getting the disease will drastically increase.

apprehensive

adj. anxious, worried, or uneasy about something that may happen in the future; having concerns or doubts about something

synonym : anxious, uneasy, nervous

(1) **apprehensive** of danger, (2) **apprehensive** mood

She was **apprehensive** about speaking in front of a large crowd.

granular

adj. consisting of or resembling small grains or particles; having a rough, irregular texture or appearance

synonym : gritty, grainy, sandy

(1) a **granular** medicine, (2) **granular** data

The soil had a **granular** texture, making it easy to plant the seeds.

stir

v. to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused

synonym : mix, swirl, provoke

(1) **stir** a sauce, (2) **stir** up controversy

Topics related to that war may **stir** up a political hornets' nest.

nuance

n. a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.

synonym : shading, refinement, subtlety

(1) rich in **nuance**, (2) subtle cultural **nuance**

The painter has tried to express every **nuance** of the woman's expression in his work.

accurate

adj. correct and exact in all details

synonym : exact, precise, proper

(1) provide **accurate** information, (2) **accurate**

measurements

The official transcript contains **accurate** academic records.

generic

adj. not specific; not linked to a particular brand or product

synonym: common, ordinary, typical

(1) a **generic** product, (2) **generic** version

The **generic** aspirin brand was just as effective as the name brand but much cheaper.

therapeutic

adj. relating to or involved in the treatment of illness or injury

synonym: healing, remedial, curative

(1) **therapeutic** massage, (2) **therapeutic** administration

Yoga is known to have **therapeutic** benefits for the mind and body.

adolescent

n. a young person who is in the process of developing from a child into an adult

synonym: teen, preadult, youth

(1) **adolescent** girl, (2) pre- **adolescent** children

Timely education about birth control might help reduce **adolescent** pregnancies.

dismiss

v. to regard something or someone as not important and not worth considering; to terminate someone's employment

synonym: decline, disband, dissolve

(1) **dismiss** a person from the office, (2) **dismiss** a matter with a laugh

The committee has decided to **dismiss** the president from the post.

distinction

n. a difference or contrast between similar things or people

synonym: eminence, noteworthiness, excellence

(1) important **distinction**, (2) draw a **distinction**

I can't see any **distinction** between these two concepts.

diagnose

v. to determine or distinguish the nature of a problem or an illness through a careful analysis

synonym: identify, analyze, interpret

(1) **diagnose** the problem, (2) **diagnose** with CT scans

This device is used to **diagnose** brain cancer and other tumors.

sever

v. to break or separate something by cutting, especially suddenly and forcibly

synonym: cut apart, separate, detach

(1) **sever** a rope, (2) **sever** a positive relationship

He **severed** a branch from a tree quickly.

folk

n. people in general, especially those of a particular group or type

synonym: community, family, person

(1) **folk** art, (2) the **folk** songs of a particular district

Some seaweed was used as **folk** medicine in ancient times.

crippling

adj. causing someone to become unable to walk or move; causing severe damage or harm

synonym: harmful, damaging, catastrophic

(1) **crippling** debt, (2) a **crippling** strike

He is still struggling with a **crippling** disease.

strategy

n. a detailed plan of action designed to achieve a long-term or overall goal.

synonym: approach, procedure, scenario

(1) military **strategy**, (2) develop a **strategy**

Our plan includes a comprehensive marketing **strategy**.

chart

n. a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea

synonym: diagram, graph, map

(1) a weather **chart**, (2) a statistical **chart**

This pie **chart** represents our market share.

define

v. to state or explain precisely the nature, scope, or meaning of something

synonym: characterize, depict, express

(1) **define** a word, (2) **define** my position

To advance this discussion, we must **define** "success" rigorously.

presence

n. the fact or state that someone or something exists, occurs, or is present

synonym: existence, actuality, fact

(1) the evidence of the **presence**, (2) his majestic **presence**

The path to a solid online **presence** necessitates a high technical ability.

Session 2: Spelling

1. development of the ne_____s system *adj.* worried and anxious about something; relating to the nerves
2. va_____te a passport *v.* to check or prove that something is true; to make something officially or legally acceptable or approved
3. di_____s a person from the office *v.* to regard something or someone as not important and not worth considering; to terminate someone's employment
4. emotionally ind_____nt *adj.* having no strong feelings or preferences one way or the other, neutral
5. the most am_____g feeling *adj.* extremely surprising, especially in a way that you like or admire
6. fas_____ng story *adj.* extremely interesting
7. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
8. en_____ch beliefs *v.* to establish or settle something firmly and securely, especially an idea, practice, or position; to occupy a trench or secured area
9. go out of fa_____n *n.* a style that is popular at a particular time or place; the state of being popular
10. a st_____ht line *adj.* extending or moving in one direction without bending or curving; having no deviations

ANSWERS: 1. nervous, 2. validate, 3. dismiss, 4. indifferent, 5. amazing, 6. fascinating, 7. brain, 8. entrench, 9. fashion, 10. straight

11. re__t password *v.* to set again or differently; to return to a previous state or condition
12. give the al__m *n.* a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger
13. pe____n to the topic *v.* to be relevant or applicable to a particular subject or situation; to belong to or be connected with something
14. re_____nd reading *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
15. a benefit co____t *n.* a musical performance given in public by one or more players or singers
16. par_____tic response *adj.* relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles
17. pre-Christian an____t *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
18. gr___e on the dance floor *n.* a long, narrow cut or depression in a hard material or surface; a particular style of popular music characterized by a strong and repetitive rhythm
19. a weather ch__t *n.* a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea

ANSWERS: 11. reset, 12. alarm, 13. pertain, 14. recommend, 15. concert, 16. parasympathetic, 17. ancient, 18. groove, 19. chart

20. br___h of wind *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
21. academic sn____ry *n.* the behavior or attitude of a person who believes they are superior to others because of their social status, wealth, or education and who looks down on those they consider inferior
22. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
23. potential health ha____ds *n.* something dangerous and likely to cause damage
24. re____or for HIV in humans *n.* an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way
25. acc_____te the car *v.* to make something faster or earlier; to cause to develop or progress more quickly
26. sw___e off the road *v.* to change direction suddenly, often to avoid something or to turn sharply
27. re__t at a high temperature *v.* to take action in response to something
28. sym_____ic toward poor people *adj.* feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation
29. a precise def_____on *n.* a concise explanation of the meaning of a word, phrase, or symbol

ANSWERS: 20. breath, 21. snobbery, 22. environment, 23. hazard, 24. receptor, 25. accelerate, 26. swerve, 27. react, 28. sympathetic, 29. definition

30. made a great ma_____er *n.* a motion or combination of moves that requires skill and care; a clever strategy, activity, or movement intended to give someone an advantage
31. hyp_____ion treatment *n.* a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting
32. co____l attention *v.* to force or require someone to do something; to exert a strong, irresistible force or pressure that makes someone act in a certain way
33. ex____e cigarette smoke *v.* to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently
34. completely fas_____ng to me *adj.* extremely interesting
35. the cr____or's claims *n.* a person, company, etc. to whom a debtor owes money
36. mi_____le experience *adj.* very unhappy, uncomfortable, or unpleasant; causing great distress or suffering
37. cha_____ng task *adj.* difficult, demanding, or requiring a high degree of skill or effort; presenting a difficult problem or obstacle
38. commit a crime del_____ely *adv.* done in an intentional or slow and careful manner
39. participate in cl____al trials *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies

ANSWERS: 30. maneuver, 31. hyperventilation, 32. compel, 33. exhale, 34. fascinating, 35. creditor, 36. miserable, 37. challenging, 38. deliberately, 39. clinical

40. a statistical ch__t *n.* a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea
41. aesthetic exc_____nt *n.* a feeling of great enthusiasm and eagerness
42. from a cl_____an's perspective *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
43. en_____ly satisfied with the meal *adv.* completely
44. individual ins_____on *n.* detailed direction, order, etc., on how to do or use something
45. de___e my position *v.* to state or explain precisely the nature, scope, or meaning of something
46. de___e a word *v.* to state or explain precisely the nature, scope, or meaning of something
47. d__l up the volume *v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called
48. aggressive in_____ct *n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
49. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
50. em_____ss my project *v.* to cause someone to feel awkward, worried, or ashamed

ANSWERS: 40. chart, 41. excitement, 42. clinician, 43. entirely, 44. instruction, 45. define, 46. define, 47. dial, 48. instinct, 49. decide, 50. embarrass

51. un___d the stroller *v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
52. n__m of action *n.* something that is regarded as usual, typical, or standard
53. ove_____ate the value *v.* to estimate something to be greater in amount or importance than it really is
54. ov_____de the system *v.* to use one's authority or power to cancel or disregard something, especially a decision or rule made by someone else
55. ove_____ate the amount of time spent *v.* to estimate something to be greater in amount or importance than it really is
56. at inc_____le speed *adj.* unbelievable; enormous
57. ca___l a class *v.* to decide that a previously scheduled activity will not take place
58. f__e their homes *v.* to leave by running away, especially out of fear or danger
59. provide ac_____te information *adj.* correct and exact in all details
60. with an unc_____ble face *adj.* providing or feeling physical discomfort or slight pain
61. av_____ce behavior *n.* the act of keeping away from something or someone; the act of avoiding or evading something, such as a duty or responsibility
62. w_o consumers *v.* to seek the affection or favor of someone; to court or pursue someone romantically or with flattery

ANSWERS: 51. unfold, 52. norm, 53. overestimate, 54. override, 55. overestimate, 56. incredible, 57. cancel, 58. flee, 59. accurate, 60. uncomfortable, 61. avoidance, 62. woo

63. cat_____hic climate change *adj.* extremely harmful; causing physical or financial destruction
64. cellular re_____or *n.* an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way
65. psy_____gy experiment *n.* the scientific study of mind and behavior
66. his majestic pr_____ce *n.* the fact or state that someone or something exists, occurs, or is present
67. c__m sea *adj.* not excited, angry, or nervous; free from wind, large waves
68. a ge_____c product *adj.* not specific; not linked to a particular brand or product
69. su_____e you're right *v.* to think that something is likely to be actual or possible
70. flu pa_____ic *n.* an outbreak of a disease that affects many people over a very wide area
71. the ar_____ry rule of a dictator *adj.* based on chance, or individual whim rather than any reason
72. sw_____e from the topic *v.* to change direction suddenly, often to avoid something or to turn sharply
73. surgical int_____ion *n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so
74. un_____d the story *v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown

ANSWERS: 63. catastrophic, 64. receptor, 65. psychology, 66. presence, 67. calm, 68. generic, 69. suppose, 70. pandemic, 71. arbitrary, 72. swerve, 73. intervention, 74. unfold

75. acc_____te a chemical reaction *v.* to make something faster or earlier; to cause to develop or progress more quickly
76. de_____on authority *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
77. have a ne_____ve effect *adj.* having the quality of something bad or harmful; expressing refusal
78. inc_____le amount *adj.* unbelievable; enormous
79. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
80. pa__e for a reaction *v.* to take a short break from talking or doing something before continuing
81. es_____te a fair value *v.* to guess or calculate the cost, size, value, etc. of something
82. principles of un_____al design *adj.* existing or affecting everywhere or everyone
83. the_____ic administration *adj.* relating to or involved in the treatment of illness or injury
84. unn_____ry expense *adj.* not needed or required; not essential or important
85. en_____ch power *v.* to establish or settle something firmly and securely, especially an idea, practice, or position; to occupy a trench or secured area
86. chemical re_____on *n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others

ANSWERS: 75. accelerate, 76. decision, 77. negative, 78. incredible, 79. environment, 80. pause, 81. estimate, 82. universal, 83. therapeutic, 84. unnecessary, 85. entrench, 86. reaction

87. dis_____ted with the outcome *adj.* dissatisfied, unhappy, or restless; not content or pleased with a situation or condition
88. afraid to show em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
89. va_____te a hypothesis *v.* to check or prove that something is true; to make something officially or legally acceptable or approved
90. an en_____ng smile *adj.* attracting, pleasant, or charming
91. pe_____n to the case *v.* to be relevant or applicable to a particular subject or situation; to belong to or be connected with something
92. pat_____cal condition *adj.* relating to or caused by a physical or mental disease or disorder; extreme or abnormal in a way that is harmful or unhealthy
93. re_____nd a hospitalization *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
94. en_____e in environmental protection activities *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
95. phy_____ly and mentally *adv.* in a way related to a person's body or appearance rather than their mind
96. diagnosis of an_____y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
97. evolutionary bi_____y *n.* the scientific study of life and the natural processes of living things

ANSWERS: 87. discontented, 88. emotion, 89. validate, 90. engaging, 91. pertain, 92. pathological, 93. recommend, 94. engage, 95. physically, 96. anxiety, 97. biology

98. co____de a meeting *v.* to come to an end or close; to reach a judgment or opinion by reasoning
99. have un____y eyes *adj.* causing or feeling anxiety or discomfort
100. app____ive mood *adj.* anxious, worried, or uneasy about something that may happen in the future; having concerns or doubts about something
101. kic____rt the economy *v.* to start something by providing an initial burst of energy or enthusiasm
102. ado____nt girl *n.* a young person who is in the process of developing from a child into an adult
103. say def____ly *adv.* without any question and beyond doubt; clearly
104. a gr____ar medicine *adj.* consisting of or resembling small grains or particles; having a rough, irregular texture or appearance
105. st____h a story *v.* to make or be capable of making anything longer or broader without hurting or breaking
106. di____te stress *v.* to disperse or scatter widely
107. re____ce the military *v.* to strengthen or support something, especially by adding another material to it; to make emotion, idea, etc. stronger
108. sc__e the birds away *v.* to frighten a person or animal, or to become frightened
109. ac____te measurements *adj.* correct and exact in all details
110. f__k art *n.* people in general, especially those of a particular group or type

ANSWERS: 98. conclude, 99. uneasy, 100. apprehensive, 101. kick-start, 102. adolescent, 103. definitely, 104. granular, 105. stretch, 106. dissipate, 107. reinforce, 108. scare, 109. accurate, 110. folk

111. co_____e against a friend *v.* to strive to achieve more success than someone or something
112. an ex_____ve force *adj.* greater than what seems necessary, normal, or desirable
113. pr_____e a reaction *v.* to stimulate or give rise to a particular reaction or have a particular effect
114. pos_____ty for growth *n.* a chance that something may happen or be true
115. hold your br____h *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
116. com_____te well with my advisor *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
117. str_____ard manner *adj.* easy to do or understand, or simple; free from ambiguity
118. pr__e of a company *n.* a feeling of deep pleasure or satisfaction derived from one's achievements
119. first-aid tr_____nt *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
120. en_____ng story *adj.* attracting, pleasant, or charming
121. st_____h along the coast *v.* to make or be capable of making anything longer or broader without hurting or breaking
122. wh__k him with a stick *v.* to hit someone or something hard or noisily

ANSWERS: 111. compete, 112. excessive, 113. provoke, 114. possibility, 115. breath, 116. communicate, 117. straightforward, 118. pride, 119. treatment, 120. engaging, 121. stretch, 122. whack

123. bu___e in the champagne glass *n.* a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses
124. bankrupt cr____or *n.* a person, company, etc. to whom a debtor owes money
125. recommend a st____se approach *adj.* happening or proceeding in a series of regular stages rather than continuously
126. pr____e a disease *v.* to stimulate or give rise to a particular reaction or have a particular effect
127. am____g advances *adj.* extremely surprising, especially in a way that you like or admire
128. a sys____ic reformation *adj.* done or acting according to a determined set of systems or plans:
129. la____y accepted *adv.* virtually entirely; to a large degree
130. attract br__d attention *adj.* very wide; general
131. a su__e of shoppers *n.* a sudden and great increase of something, such as a feeling, the amount or number, etc.
132. conflict av____ce *n.* the act of keeping away from something or someone; the act of avoiding or evading something, such as a duty or responsibility
133. sh____w people *adj.* not having much distance from the top to the bottom
134. stay phy____ly fit *adv.* in a way related to a person's body or appearance rather than their mind

ANSWERS: 123. bubble, 124. creditor, 125. stepwise, 126. provoke, 127. amazing, 128. systematic, 129. largely, 130. broad, 131. surge, 132. avoidance, 133. shallow, 134. physically

135. a fl__d of questions *n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount
136. cast fri_____ng eyes *adj.* causing fear or alarm, or very surprising and alarming
137. s__r up controversy *v.* to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused
138. an ev_____e answer *adj.* not willing to give clear or direct answers to a question or commit to a request; avoiding or escaping from difficulty or danger
139. ca___l a free subscription trial *v.* to decide that a previously scheduled activity will not take place
140. an_____y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
141. global pa_____ic *n.* an outbreak of a disease that affects many people over a very wide area
142. subtle cultural nu___e *n.* a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.
143. rich in nu___e *n.* a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.
144. ge_____c version *adj.* not specific; not linked to a particular brand or product
145. a ne_____ve number *adj.* having the quality of something bad or harmful; expressing refusal

ANSWERS: 135. flood, 136. frightening, 137. stir, 138. evasive, 139. cancel, 140. anxiety, 141. pandemic, 142. nuance, 143. nuance, 144. generic, 145. negative

146. economic bu___e *n.* a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses
147. un_____ul comments *adj.* not providing assistance or support; not contributing to the solution of a problem or the achievement of a goal
148. es_____te this chicken to weigh three pounds *v.* to guess or calculate the cost, size, value, etc. of something
149. lack of ox___n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
150. pat_____cal liar *adj.* relating to or caused by a physical or mental disease or disorder; extreme or abnormal in a way that is harmful or unhealthy
151. cell and molecular bi_____y *n.* the scientific study of life and the natural processes of living things
152. an ind_____nt glance *adj.* having no strong feelings or preferences one way or the other, neutral
153. in_____te an error *v.* to show, point out, or make known something, often through a sign or a symbol; to suggest or imply something without stating it directly
154. in_____te a preference *v.* to show, point out, or make known something, often through a sign or a symbol; to suggest or imply something without stating it directly

ANSWERS: 146. bubble, 147. unhelpful, 148. estimate, 149. oxygen, 150. pathological, 151. biology, 152. indifferent, 153. indicate, 154. indicate

155. new fa_____n trends
n. a style that is popular at a particular time or place; the state of being popular
156. trigger a re_____on
n. a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
157. have a co_____t again
n. a musical performance given in public by one or more players or singers
158. die su_____ly
adv. quickly and unexpectedly
159. fri_____ng experience
adj. causing fear or alarm, or very surprising and alarming
160. su_____ly attacked by an enemy
adv. quickly and unexpectedly
161. do l__g transplantation
n. either of the two organs in the chest that people and some animals use for breathing
162. st_____ht for two months
adj. extending or moving in one direction without bending or curving; having no deviations
163. follow his ins_____ons
n. detailed direction, order, etc., on how to do or use something
164. a building of vast pro_____ons
n. a part, share, or amount of something considered in comparative relation to a whole
165. un_____ul for people
adj. not providing assistance or support; not contributing to the solution of a problem or the achievement of a goal
166. get ne_____s
adj. worried and anxious about something; relating to the nerves

ANSWERS: 155. fashion, 156. reaction, 157. concert, 158. suddenly, 159. frightening, 160. suddenly, 161. lung, 162. straight, 163. instruction, 164. proportion, 165. unhelpful, 166. nervous

167. se__r a rope *v.* to break or separate something by cutting, especially suddenly and forcibly
168. par_____tic nerve inhibitor *adj.* relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles
169. in_____ct for self-preservation *n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
170. sc__e off her attacker by screaming *v.* to frighten a person or animal, or to become frightened
171. a br__d mind *adj.* very wide; general
172. an imprudent ta____c *n.* a method or strategy used to achieve a particular goal or objective
173. sys_____ic botany *adj.* done or acting according to a determined set of systems or plans:
174. tr_____nt by diet *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
175. mi_____le weather *adj.* very unhappy, uncomfortable, or unpleasant; causing great distress or suffering
176. victim of cat_____hic injuries *adj.* extremely harmful; causing physical or financial destruction

ANSWERS: 167. sever, 168. parasympathetic, 169. instinct, 170. scare, 171. broad, 172. tactic, 173. systematic, 174. treatment, 175. miserable, 176. catastrophic

177. wh__k up the volume *v.* to hit someone or something hard or noisily
178. he was en____ly to blame *adv.* completely
179. com_____te his anxieties to the psychiatrist *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
180. a pa__c reaction *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
181. fl__d advisory *n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount
182. s__r a sauce *v.* to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused
183. a cr_____ng strike *adj.* causing someone to become unable to walk or move; causing severe damage or harm
184. gr_____ar data *adj.* consisting of or resembling small grains or particles; having a rough, irregular texture or appearance
185. cr_____ng debt *adj.* causing someone to become unable to walk or move; causing severe damage or harm
186. major paradigm sh__t *n.* a slight transition in position, direction, or trend
187. hide his pr__e *n.* a feeling of deep pleasure or satisfaction derived from one's achievements

ANSWERS: 177. whack, 178. entirely, 179. communicate, 180. panic, 181. flood, 182. stir, 183. crippling, 184. granular, 185. crippling, 186. shift, 187. pride

188. di____se the problem *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
189. color pr_____ce *n.* a thought or feeling that is unfair and makes no sense, mainly when it is formed without enough thought or knowledge
190. h__k into the program *v.* to hit and cut somebody or something roughly and violently; to find a bug in a computer program and break into their systems or networks
191. get into the gr___e *n.* a long, narrow cut or depression in a hard material or surface; a particular style of popular music characterized by a strong and repetitive rhythm
192. re__t my brain *v.* to set again or differently; to return to a previous state or condition
193. make a str_____ard dash *adj.* easy to do or understand, or simple; free from ambiguity
194. cultural n__m *n.* something that is regarded as usual, typical, or standard
195. h__k through the jungle *v.* to hit and cut somebody or something roughly and violently; to find a bug in a computer program and break into their systems or networks
196. me__y stroke *n.* compassion or forgiveness shown towards someone whom it is within one's power to punish or harm
197. un_____al life *adj.* existing or affecting everywhere or everyone

ANSWERS: 188. diagnose, 189. prejudice, 190. hack, 191. groove, 192. reset, 193. straightforward, 194. norm, 195. hack, 196. mercy, 197. universal

198. di_____se with CT scans *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
199. develop a st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
200. gr_____ed taxation *adj.* having received a degree from a school, college, or university; marked with or divided into levels or degrees
201. se__r a positive relationship *v.* to break or separate something by cutting, especially suddenly and forcibly
202. the exc_____nt in the business world *n.* a feeling of great enthusiasm and eagerness
203. kic_____rt the project *v.* to start something by providing an initial burst of energy or enthusiasm
204. mentally cha_____ng *adj.* difficult, demanding, or requiring a high degree of skill or effort; presenting a difficult problem or obstacle
205. c__m manner *adj.* not excited, angry, or nervous; free from wind, large waves
206. a st_____se shape *adj.* happening or proceeding in a series of regular stages rather than continuously
207. di_____te heat *v.* to disperse or scatter widely
208. co_____de that he is healthy *v.* to come to an end or close; to reach a judgment or opinion by reasoning
209. go into ov_____ve *n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard

ANSWERS: 198. diagnose, 199. strategy, 200. graduated, 201. sever, 202. excitement, 203. kick-start, 204. challenging, 205. calm, 206. stepwise, 207. dissipate, 208. conclude, 209. overdrive

210. the ex____re of a fraud *n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
211. pa__e a moment *v.* to take a short break from talking or doing something before continuing
212. ha___e a precious object *v.* to deal with a situation, problem, or strong emotion
213. ov____de a veto *v.* to use one's authority or power to cancel or disregard something, especially a decision or rule made by someone else
214. su____e beforehand *v.* to think that something is likely to be actual or possible
215. get r_d of the rats *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
216. take ev____e action *adj.* not willing to give clear or direct answers to a question or commit to a request; avoiding or escaping from difficulty or danger
217. the fr__e of the policy *n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
218. def____ly become a problem *adv.* without any question and beyond doubt; clearly
219. un____hy diet *adj.* not conducive to good health; detrimental to physical or mental well-being

ANSWERS: 210. exposure, 211. pause, 212. handle, 213. override, 214. suppose, 215. rid, 216. evasive, 217. frame, 218. definitely, 219. unhealthy

220. w__p a fish in foil *v.* to cover or enclose something entirely with paper, cloth, or other material
221. important dis_____on *n.* a difference or contrast between similar things or people
222. occupational ha___d *n.* something dangerous and likely to cause damage
223. an al__m clock *n.* a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger
224. sh_____w water *adj.* not having much distance from the top to the bottom
225. re_____ce good behavior *v.* to strengthen or support something, especially by adding another material to it; to make emotion, idea, etc. stronger
226. di_____s a matter with a laugh *v.* to regard something or someone as not important and not worth considering; to terminate someone's employment
227. r_d the body of waste products *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
228. a flight of fa__y *v.* to want to do or have something; (noun) something that many people believe but that is false, or that does not exist; imagination or fantasy
229. app_____ive of danger *adj.* anxious, worried, or uneasy about something that may happen in the future; having concerns or doubts about something

ANSWERS: 220. wrap, 221. distinction, 222. hazard, 223. alarm, 224. shallow, 225. reinforce, 226. dismiss, 227. rid, 228. fancy, 229. apprehensive

230. the_____ic massage *adj.* relating to or involved in the treatment of illness or injury
231. re_____re anxious patients *v.* to cause someone to feel sure; to give or restore confidence
232. re_____e problem *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
233. a southern ex_____re *n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
234. a demonstration in lo__c *n.* a way of thinking or reasoning conducted or evaluated by strict validity principles; the study of correct reasoning or good arguments
235. pa__c buying *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
236. control my em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
237. the hydrogen binds the ox___n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
238. ha___ed the incident *v.* to deal with a situation, problem, or strong emotion
239. del_____ely amateurish *adv.* done in an intentional or slow and careful manner

ANSWERS: 230. therapeutic, 231. reassure, 232. reframe, 233. exposure, 234. logic, 235. panic, 236. emotion, 237. oxygen, 238. handle, 239. deliberately

240. draw a dis_____on *n.* a difference or contrast between similar things or people
241. political ma_____ers *n.* a motion or combination of moves that requires skill and care; a clever strategy, activity, or movement intended to give someone an advantage
242. re_____e resource allocation *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
243. l__g capacity *n.* either of the two organs in the chest that people and some animals use for breathing
244. low-r_v engine *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
245. take ex_____ve care *adj.* greater than what seems necessary, normal, or desirable
246. Doppler sh__t *n.* a slight transition in position, direction, or trend
247. und_____ate the probability *v.* to think or suppose that a quantity, price, or size is smaller than it is
248. pre-ado_____nt children *n.* a young person who is in the process of developing from a child into an adult
249. me__y killing *n.* compassion or forgiveness shown towards someone whom it is within one's power to punish or harm
250. re_____re market *v.* to cause someone to feel sure; to give or restore confidence

ANSWERS: 240. distinction, 241. maneuver, 242. reframe, 243. lung, 244. rev, 245. excessive, 246. shift, 247. underestimate, 248. adolescent, 249. mercy, 250. reassure

251. gr_____ed flask *adj.* having received a degree from a school, college, or university; marked with or divided into levels or degrees
252. ar_____ry size and shape *adj.* based on chance, or individual whim rather than any reason
253. cultural sn_____ry *n.* the behavior or attitude of a person who believes they are superior to others because of their social status, wealth, or education and who looks down on those they consider inferior
254. r__l against his enemies *n.* a long, thin piece of metal or wood that is used to make fences or as a support for something; (verb) to complain bitterly
255. d__l down the tension *v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called
256. w_o voters with promises *v.* to seek the affection or favor of someone; to court or pursue someone romantically or with flattery
257. r_v up the crowd *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
258. sk_____al scientists *adj.* doubting that something is accurate or useful
259. re__x at home *v.* to become or cause someone to become less active or tense and calmer

ANSWERS: 251. graduated, 252. arbitrary, 253. snobbery, 254. rail, 255. dial, 256. woo, 257. rev, 258. skeptical, 259. relax

260. military st____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
261. la____y mitigate the issue *adv.* virtually entirely; to a large degree
262. an____t stories *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
263. get a r_p *n.* a type of music characterized by a strong, repetitive beat and lyrics that often focus on social and political issues; a reproach for some lapse or misdeed
264. a sk_____al attitude *adj.* doubting that something is accurate or useful
265. an indisputable lo__c *n.* a way of thinking or reasoning conducted or evaluated by strict validity principles; the study of correct reasoning or good arguments
266. hyp_____ion syndrome *n.* a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting
267. the evidence of the pr____ce *n.* the fact or state that someone or something exists, occurs, or is present
268. r__l system *n.* a long, thin piece of metal or wood that is used to make fences or as a support for something; (verb) to complain bitterly

ANSWERS: 260. strategy, 261. largely, 262. ancient, 263. rap, 264. skeptical, 265. logic, 266. hyperventilation, 267. presence, 268. rail

269. an____s about his health *adj.* worried and nervous
270. psy_____gy of crowd *n.* the scientific study of mind and behavior
271. em_____ss political enemy *v.* to cause someone to feel awkward, worried, or ashamed
272. direct pro_____on *n.* a part, share, or amount of something considered in comparative relation to a whole
273. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
274. deep-rooted pr_____ce *n.* a thought or feeling that is unfair and makes no sense, mainly when it is formed without enough thought or knowledge
275. atrial ov_____ve pacing *n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard
276. f__e abroad *v.* to leave by running away, especially out of fear or danger
277. un_____hy habit *adj.* not conducive to good health; detrimental to physical or mental well-being
278. en___e a new employee *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
279. the su__e in foreign tourism *n.* a sudden and great increase of something, such as a feeling, the amount or number, etc.

ANSWERS: 269. anxious, 270. psychology, 271. embarrass, 272. proportion, 273. brain, 274. prejudice, 275. overdrive, 276. flee, 277. unhealthy, 278. engage, 279. surge

280. r_p music *n.* a type of music characterized by a strong, repetitive beat and lyrics that often focus on social and political issues; a reproach for some lapse or misdeed
281. a selfish de____on *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
282. he____ss baby *adj.* unable to take care of oneself or to do things without help
283. re__t against his way of thinking *v.* to take action in response to something
284. co____e fiercely *v.* to strive to achieve more success than someone or something
285. fa__y a cup of coffee *v.* to want to do or have something; (noun) something that many people believe but that is false, or that does not exist; imagination or fantasy
286. alternative ta____c *n.* a method or strategy used to achieve a particular goal or objective
287. sym____ic nervous system *adj.* feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation
288. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
289. re__x a series of muscles *v.* to become or cause someone to become less active or tense and calmer

ANSWERS: 280. rap, 281. decision, 282. helpless, 283. react, 284. compete, 285. fancy, 286. tactic, 287. sympathetic, 288. decide, 289. relax

290. experienced cl_____an *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
291. un___y relationship *adj.* causing or feeling anxiety or discomfort
292. ex___e a big sigh *v.* to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently
293. a mailing la__l *n.* a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
294. an an_____s look *adj.* worried and nervous
295. an unc_____ble silence *adj.* providing or feeling physical discomfort or slight pain
296. the def_____on of a word *n.* a concise explanation of the meaning of a word, phrase, or symbol
297. the f__k songs of a particular district *n.* people in general, especially those of a particular group or type
298. co___l a person to submission *v.* to force or require someone to do something; to exert a strong, irresistible force or pressure that makes someone act in a certain way
299. la__l a bag with my name *n.* a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
300. dis_____ted look *adj.* dissatisfied, unhappy, or restless; not content or pleased with a situation or condition

ANSWERS: 290. clinician, 291. uneasy, 292. exhale, 293. label, 294. anxious, 295. uncomfortable, 296. definition, 297. folk, 298. compel, 299. label, 300. discontented

301. int_____ion by foreign powers *n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so
302. unn_____ry hassle *adj.* not needed or required; not essential or important
303. und_____ate an enemy *v.* to think or suppose that a quantity, price, or size is smaller than it is
304. cl_____al surgery *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
305. w__p up a meeting *v.* to cover or enclose something entirely with paper, cloth, or other material
306. pos_____ty of a major earthquake *n.* a chance that something may happen or be true
307. he_____ss victims *adj.* unable to take care of oneself or to do things without help
308. a picture fr__e *n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window

ANSWERS: 301. intervention, 302. unnecessary, 303. underestimate, 304. clinical, 305. wrap, 306. possibility, 307. helpless, 308. frame

Session 3: Fill in the Blanks

1. In junior high school, we had to dissect a frog in _____ class.
n. the scientific study of life and the natural processes of living things
2. He admitted all wrongdoing without using any _____ words in his press conference.
adj. not willing to give clear or direct answers to a question or commit to a request; avoiding or escaping from difficulty or danger
3. The primary purpose of the _____ is pain relief.
n. the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
4. She was disbarred for her _____ in fraud.
adj. attracting, pleasant, or charming
5. Hay fever occurs when a substance called histamine binds to _____ in the nose and eyes.
n. an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way
6. He _____ misleads others.
adv. done in an intentional or slow and careful manner
7. Who answers _____ knows little.
adv. quickly and unexpectedly
8. He cast _____ glances behind her.
adj. worried and nervous

ANSWERS: 1. biology, 2. evasive, 3. treatment, 4. engaging, 5. receptors, 6. deliberately, 7. suddenly, 8. anxious

9. _____ brooks are noisier than deep rivers.

adj. not having much distance from the top to the bottom

10. She felt _____ after her dog passed away.

adj. very unhappy, uncomfortable, or unpleasant; causing great distress or suffering

11. The _____ customers demanded a refund for the poor quality of the product.

adj. dissatisfied, unhappy, or restless; not content or pleased with a situation or condition

12. Her _____ and pretentious behavior made it difficult for her to make friends.

n. the behavior or attitude of a person who believes they are superior to others because of their social status, wealth, or education and who looks down on those they consider inferior

13. They have been living near water since _____ times.

adj. relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old

14. Her behavior _____ a quarrel between the couple.

v. to stimulate or give rise to a particular reaction or have a particular effect

15. She waited for her daughter with _____.

n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

16. The new regulations _____ to all employees, regardless of their position.

v. to be relevant or applicable to a particular subject or situation; to belong to or be connected with something

ANSWERS: 9. Shallow, 10. miserable, 11. discontented, 12. snobbery, 13. ancient, 14. provoked, 15. anxiety, 16. pertain

17. Could you help me _____ some furniture?

n. a slight transition in position, direction, or trend

18. We _____ the season's total trade deficit at \$50 billion.

v. to guess or calculate the cost, size, value, etc. of something

19. I feel so _____ without you.

adj. unable to take care of oneself or to do things without help

20. Lost mobile phones lead to another potential _____ regarding privacy.

n. something dangerous and likely to cause damage

21. This _____ does not require the patient's consent.

n. the action or process of being done to improve or help a circumstance, often they have not been asked to do so

22. Every human is responsible for taking care of the Earth's _____.

n. the natural world such as air, water, and land in which humans, animals, and plants live

23. _____ the bandage tightly around the injured arm.

v. to cover or enclose something entirely with paper, cloth, or other material

24. The band played a smooth _____ that got everyone dancing.

n. a long, narrow cut or depression in a hard material or surface; a particular style of popular music characterized by a strong and repetitive rhythm

25. He was _____ about the situation and didn't know what to do.

adj. causing or feeling anxiety or discomfort

ANSWERS: 17. shift, 18. estimated, 19. helpless, 20. hazard, 21. intervention, 22. environment, 23. Wrap, 24. groove, 25. uneasy

26. The general tried to _____ his troops on the hill to avoid the attack.
- v.* to establish or settle something firmly and securely, especially an idea, practice, or position; to occupy a trench or secured area
27. This blog offers a variety of tips for _____ everyday life.
- v.* to hit and cut somebody or something roughly and violently; to find a bug in a computer program and break into their systems or networks
28. The new ___ album is getting a lot of attention.
- n.* a type of music characterized by a strong, repetitive beat and lyrics that often focus on social and political issues; a reproach for some lapse or misdeed
29. The soil had a _____ texture, making it easy to plant the seeds.
- adj.* consisting of or resembling small grains or particles; having a rough, irregular texture or appearance
30. He is still struggling with a _____ disease.
- adj.* causing someone to become unable to walk or move; causing severe damage or harm
31. The picture earned near-_____ acclaim from critics.
- adj.* existing or affecting everywhere or everyone
32. Sitting for long hours in front of the computer is considered _____.
- adj.* not conducive to good health; detrimental to physical or mental well-being
33. He tried to ___ her with his charm and wit.
- v.* to seek the affection or favor of someone; to court or pursue someone romantically or with flattery

ANSWERS: 26. entrench, 27. hacking, 28. rap, 29. granular, 30. crippling, 31. universal, 32. unhealthy, 33. woo

34. X-rays revealed a small tumor in his _____.

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

35. The movie has received almost universally _____ criticism.

adj. having the quality of something bad or harmful; expressing refusal

36. The extra steps in the process were deemed _____ and removed to streamline production.

adj. not needed or required; not essential or important

37. She _____ the computer to fix the problem.

v. to set again or differently; to return to a previous state or condition

38. The mystery _____ as the detectives gathered more clues.

v. to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown

39. The data _____ that the company's profits have steadily increased over the past quarter.

v. to show, point out, or make known something, often through a sign or a symbol; to suggest or imply something without stating it directly

40. She was a _____ student of a prestigious university.

adj. having received a degree from a school, college, or university; marked with or divided into levels or degrees

41. He _____ the ball out of the park with his home run.

v. to hit someone or something hard or noisily

ANSWERS: 34. brain, 35. negative, 36. unnecessary, 37. reset, 38. unfolded, 39. indicates, 40. graduated, 41. whacked

42. They frequently _____ their abilities and felt inferior.
v. to think or suppose that a quantity, price, or size is smaller than it is
43. The man _____ before opening the door.
v. to take a short break from talking or doing something before continuing
44. I don't _____ acting in such an important role.
v. to want to do or have something; (noun) something that many people believe but that is false, or that does not exist; imagination or fantasy
45. The coach implemented a new _____ to win the game.
n. a method or strategy used to achieve a particular goal or objective
46. Nevada is _____ a desert state.
adv. virtually entirely; to a large degree
47. Some _____ are common across cultures and backgrounds.
n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
48. Topics related to that war may _____ up a political hornets' nest.
v. to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused
49. It was the first time in a long time that I felt truly _____ and at peace.
adj. not excited, angry, or nervous; free from wind, large waves
50. There was a chemical _____ of the lime with the groundwater.
n. a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others

ANSWERS: 42. underestimated, 43. paused, 44. fancy, 45. tactic, 46. largely, 47. emotions, 48. stir, 49. calm, 50. reaction

51. She drowned her _____ of anger through her creative work.

- n.* a sudden and great increase of something, such as a feeling, the amount or number, etc.

52. The children leaned over the bridge _____ to watch the fish swimming below.

- n.* a long, thin piece of metal or wood that is used to make fences or as a support for something; (verb) to complain bitterly

53. It is a basic instinct to _____ from a dangerous situation.

- v.* to leave by running away, especially out of fear or danger

54. She was _____ about speaking in front of a large crowd.

- adj.* anxious, worried, or uneasy about something that may happen in the future; having concerns or doubts about something

55. We should _____ the troops at the front line.

- v.* to strengthen or support something, especially by adding another material to it; to make emotion, idea, etc. stronger

56. When customers _____ their reservations, they lose the deposit they made.

- v.* to decide that a previously scheduled activity will not take place

57. The golfer recorded an _____ distance.

- adj.* extremely surprising, especially in a way that you like or admire

58. We all should learn how to _____ stress.

- v.* to deal with a situation, problem, or strong emotion

59. The committee has decided to _____ the president from the post.

- v.* to regard something or someone as not important and not worth considering; to terminate someone's employment

ANSWERS: 51. surge, 52. rail, 53. flee, 54. apprehensive, 55. reinforce, 56. cancel, 57. amazing, 58. handle, 59. dismiss

60. To advance this discussion, we must _____ "success" rigorously.
v. to state or explain precisely the nature, scope, or meaning of something
61. She is very _____ to our project.
adj. feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation
62. Science is based on the _____ classification of experience.
adj. done or acting according to a determined set of systems or plans:
63. The CEO decided to _____ the decision made by the lower-level managers.
v. to use one's authority or power to cancel or disregard something, especially a decision or rule made by someone else
64. Many multinational companies are _____ in the reconstruction of that country.
v. to attract and keep someone's attention and interest; to participate in or obtain services of something
65. The _____ on the food package lists the ingredients and nutritional information.
n. a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
66. The _____ of the upcoming concert was palpable among the crowd.
n. a feeling of great enthusiasm and eagerness
67. He was sick for five _____ days.
adj. extending or moving in one direction without bending or curving; having no deviations

ANSWERS: 60. define, 61. sympathetic, 62. systematic, 63. override, 64. engaged, 65. label, 66. excitement, 67. straight

68. The extinction rate of aquatic animals was _____.
adj. extremely harmful; causing physical or financial destruction
69. This module generates a _____ controlled voltage.
adj. happening or proceeding in a series of regular stages rather than continuously
70. Timely education about birth control might help reduce _____ pregnancies.
n. a young person who is in the process of developing from a child into an adult
71. I can't see any _____ between these two concepts.
n. a difference or contrast between similar things or people
72. Yoga is known to have _____ benefits for the mind and body.
adj. relating to or involved in the treatment of illness or injury
73. He accumulated wealth across a _____ spectrum of assets.
adj. very wide; general
74. The strict deadlines will _____ the team to work efficiently.
v. to force or require someone to do something; to exert a strong, irresistible force or pressure that makes someone act in a certain way
75. She was struggling to make a _____ between two job offers.
n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options
76. He stepped on the gas pedal, and the engine released a loud _____.
n. a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

ANSWERS: 68. catastrophic, 69. stepwise, 70. adolescent, 71. distinction, 72. therapeutic, 73. broad, 74. compel, 75. decision, 76. rev

77. Having a _____ healthy physique is essential for a great life.
adv. in a way related to a person's body or appearance rather than their mind
78. The participation of oil-producing countries in the war caused _____ in the financial markets.
n. a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
79. He looked for an opportunity to _____ that actor in public.
v. to cause someone to feel awkward, worried, or ashamed
80. The _____ of discussing the issue only made things worse.
n. the act of keeping away from something or someone; the act of avoiding or evading something, such as a duty or responsibility
81. The _____ aspirin brand was just as effective as the name brand but much cheaper.
adj. not specific; not linked to a particular brand or product
82. We _____ a cease-fire.
v. to come to an end or close; to reach a judgment or opinion by reasoning
83. These heavy rains caused flash _____ on several islands.
n. a large amount of water flowing beyond its normal limits; an overwhelming number or amount
84. He is more concerned about the _____ of his body fat than usual because of an upcoming bodybuilding competition.
n. a part, share, or amount of something considered in comparative relation to a whole

ANSWERS: 77. physically, 78. panic, 79. embarrass, 80. avoidance, 81. generic, 82. concluded, 83. floods, 84. proportion

85. This community is free of social _____.

- n.* a thought or feeling that is unfair and makes no sense, mainly when it is formed without enough thought or knowledge

86. The long _____ to the air tarnished the antique tableware.

- n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret

87. He tends to _____ his abilities.

- v.* to estimate something to be greater in amount or importance than it really is

88. We must ___ ourselves of pollution.

- v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person

89. His abusive words made me _____.

- adj.* providing or feeling physical discomfort or slight pain

90. She had a master's degree in _____.

- n.* the scientific study of mind and behavior

91. To _____ your purchase, please visit the following link.

- v.* to check or prove that something is true; to make something officially or legally acceptable or approved

92. Later, his claim was found to be _____ false.

- adv.* completely

93. What do you _____ the culprit's motive was?

- v.* to think that something is likely to be actual or possible

ANSWERS: 85. prejudice, 86. exposure, 87. overestimate, 88. rid, 89. uncomfortable, 90. psychology, 91. validate, 92. entirely, 93. suppose

94. He took a deep breath and slowly began to _____.

- v.* to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently

95. We hit the ground to _____ out the rabbits.

- v.* to frighten a person or animal, or to become frightened

96. The _____ nervous system helps to regulate the body's involuntary functions, such as digestion and relaxation.

- adj.* relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles

97. That style is no longer in _____.

- n.* a style that is popular at a particular time or place; the state of being popular

98. The _____ of getting the disease will drastically increase.

- n.* a chance that something may happen or be true

99. The official transcript contains _____ academic records.

- adj.* correct and exact in all details

100. The systems we have developed has accepted as industry _____.

- n.* something that is regarded as usual, typical, or standard

101. The museum houses a _____ collection of Celtic artifacts.

- adj.* extremely interesting

102. His religious and philosophical beliefs were utterly _____.

- adj.* doubting that something is accurate or useful

ANSWERS: 94. exhale, 95. scare, 96. parasympathetic, 97. fashion, 98. possibility, 99. accurate, 100. norms, 101. fascinating, 102. skeptical

103. Despite the good news, she remained _____ to the situation.

adj. having no strong feelings or preferences one way or the other, neutral

104. They fear a _____ of a new type of virus.

n. an outbreak of a disease that affects many people over a very wide area

105. Many people worry that the current real estate market is a _____ that could burst soon.

n. a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses

106. This device is used to _____ brain cancer and other tumors.

v. to determine or distinguish the nature of a problem or an illness through a careful analysis

107. Her response revealed _____ idiocy.

adj. unbelievable; enormous

108. The therapist tried to _____ his negative thoughts.

v. to reinterpret, rephrase, or redefine an issue, situation, or question in a different way

109. The path to a solid online _____ necessitates a high technical ability.

n. the fact or state that someone or something exists, occurs, or is present

110. He _____ a branch from a tree quickly.

v. to break or separate something by cutting, especially suddenly and forcibly

ANSWERS: 103. indifferent, 104. pandemic, 105. bubble, 106. diagnose, 107. incredible, 108. reframe, 109. presence, 110. severed

111. The news of the pandemic was a _____ reminder of the fragility of human health.

adj. causing fear or alarm, or very surprising and alarming

112. This artist always packs the _____ halls.

n. a musical performance given in public by one or more players or singers

113. The defendant gave a _____ and accurate description of the accident.

adj. easy to do or understand, or simple; free from ambiguity

114. This pie _____ represents our market share.

n. a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea

115. It would be best if you did not demand such an _____ charge.

adj. greater than what seems necessary, normal, or desirable

116. They needed further _____ to perform their duties efficiently.

n. detailed direction, order, etc., on how to do or use something

117. You must _____ with others to obtain this position.

v. to strive to achieve more success than someone or something

118. He begged for _____ and pleaded for his life.

n. compassion or forgiveness shown towards someone whom it is within one's power to punish or harm

119. The car's _____ function allows it to shift into a higher gear for better fuel efficiency on the highway.

n. a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard

ANSWERS: 111. frightening, 112. concert, 113. straightforward, 114. chart, 115. excessive, 116. instruction, 117. compete, 118. mercy, 119. overdrive

120. Some herds have been observed to _____ hundreds of kilometers.
v. to make or be capable of making anything longer or broader without hurting or breaking
121. The fog _____ and the air cleared up.
v. to disperse or scatter widely
122. The _____ announcing an enemy attack went off this morning.
n. a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger
123. She couldn't _____ whether to order the pizza or the pasta for dinner.
v. to make up someone's mind about something; to come to a conclusion or judgment after considering options
124. How did he _____ to your idea?
v. to take action in response to something
125. He collected data to avoid _____ decisions.
adj. based on chance, or individual whim rather than any reason
126. Anxiety is a common cause of _____ as the body responds to perceived threats with rapid, shallow breathing.
n. a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting
127. The painter has tried to express every _____ of the woman's expression in his work.
n. a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.

ANSWERS: 120. stretch, 121. dissipated, 122. alarm, 123. decide, 124. react, 125. arbitrary, 126. hyperventilation, 127. nuance

128. The advanced math problem was _____ but the student was determined to solve it.

adj. difficult, demanding, or requiring a high degree of skill or effort; presenting a difficult problem or obstacle

129. There's no _____ in his description.

n. a way of thinking or reasoning conducted or evaluated by strict validity principles; the study of correct reasoning or good arguments

130. The doctor was concerned that the patient's _____ fear of germs impacted their daily life.

adj. relating to or caused by a physical or mental disease or disorder; extreme or abnormal in a way that is harmful or unhealthy

131. He bated his _____ when talking about this affair.

n. the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

132. His _____ attitude made it difficult for the team to complete the project on time.

adj. not providing assistance or support; not contributing to the solution of a problem or the achievement of a goal

133. The passenger grabbed for the _____ mask.

n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

134. I asked the lawyer to initiate _____ negotiations for voluntary liquidation.

n. a person, company, etc. to whom a debtor owes money

ANSWERS: 128. challenging, 129. logic, 130. pathological, 131. breath, 132. unhelpful, 133. oxygen, 134. creditor

135. He _____ the phone number and waited for an answer.

- v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called

136. In this class, we learn the basic _____ of the plane.

- n.* a motion or combination of moves that requires skill and care; a clever strategy, activity, or movement intended to give someone an advantage

137. She took great _____ in her work, always striving for perfection.

- n.* a feeling of deep pleasure or satisfaction derived from one's achievements

138. The detective looked for fingerprints on the window _____.

- n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window

139. Parallel lines are, by _____ lines on the same plane that never cross.

- n.* a concise explanation of the meaning of a word, phrase, or symbol

140. The pilot tried to _____ the customers that the planes were safe.

- v.* to cause someone to feel sure; to give or restore confidence

141. He has terminal _____ cancer.

- n.* either of the two organs in the chest that people and some animals use for breathing

142. Dolphins use sound to _____ with each other.

- v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals

ANSWERS: 135. dialed, 136. maneuver, 137. pride, 138. frame, 139. definition, 140. reassure, 141. lung, 142. communicate

143. When faced with a dangerous situation, his initial _____ was to flee.

- n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true

144. We _____ taking media training every six months.

- v.* to suggest that someone or something would be a suitable fit for a particular purpose or role

145. The driver had to _____ to avoid hitting the deer in the middle of the road.

- v.* to change direction suddenly, often to avoid something or to turn sharply

146. He suffers from _____ breakdowns.

- adj.* worried and anxious about something; relating to the nerves

147. The government tried to _____ the commercialization of this development.

- v.* to make something faster or earlier; to cause to develop or progress more quickly

148. The paper is _____ worth reading thoroughly.

- adv.* without any question and beyond doubt; clearly

149. She needed to _____ her weight loss journey.

- v.* to start something by providing an initial burst of energy or enthusiasm

150. She received special _____ training at the hospital.

- adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies

151. The rules were _____ after the new executive arrived.

- v.* to become or cause someone to become less active or tense and calmer

ANSWERS: 143. instinct, 144. recommend, 145. swerve, 146. nervous, 147. accelerate, 148. definitely, 149. kick-start, 150. clinical, 151. relaxed

152. Our plan includes a comprehensive marketing _____.

n. a detailed plan of action designed to achieve a long-term or overall goal.

153. Some _____ believe that psychological characteristics alone may cause mental disorders.

n. a practitioner, especially of medicine or psychology, who has direct contact with patients

154. Some seaweed was used as _____ medicine in ancient times.

n. people in general, especially those of a particular group or type

ANSWERS: 152. strategy, 153. clinicians, 154. folk