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Vocabulary Builder Reference from...

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

Advanced Words Only

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Session 1: Word List

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**.

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.

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.

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.

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.

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.

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.

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.

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**.

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.

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.

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.

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.

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**.

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.

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.

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**.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

Session 2: Spelling

1. un_____ul comments *adj.* not providing assistance or support; not contributing to the solution of a problem or the achievement of a goal
2. emotionally ind_____nt *adj.* having no strong feelings or preferences one way or the other, neutral
3. 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
4. a sk_____al attitude *adj.* doubting that something is accurate or useful
5. und_____ate an enemy *v.* to think or suppose that a quantity, price, or size is smaller than it is
6. pr_____e a disease *v.* to stimulate or give rise to a particular reaction or have a particular effect
7. 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
8. alternative ta____c *n.* a method or strategy used to achieve a particular goal or objective
9. cr_____ng debt *adj.* causing someone to become unable to walk or move; causing severe damage or harm

ANSWERS: 1. unhelpful, 2. indifferent, 3. maneuver, 4. skeptical, 5. underestimate, 6. provoke, 7. parasympathetic, 8. tactic, 9. crippling

10. 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
11. cat_____hic climate change *adj.* extremely harmful; causing physical or financial destruction
12. app_____ive of danger *adj.* anxious, worried, or uneasy about something that may happen in the future; having concerns or doubts about something
13. rich in nu____e *n.* a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.
14. di_____te heat *v.* to disperse or scatter widely
15. 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
16. sw____e from the topic *v.* to change direction suddenly, often to avoid something or to turn sharply
17. sw____e off the road *v.* to change direction suddenly, often to avoid something or to turn sharply
18. 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
19. em_____ss my project *v.* to cause someone to feel awkward, worried, or ashamed

ANSWERS: 10. entrench, 11. catastrophic, 12. apprehensive, 13. nuance, 14. dissipate, 15. snobbery, 16. swerve, 17. swerve, 18. entrench, 19. embarrass

20. se__r a positive relationship *v.* to break or separate something by cutting, especially suddenly and forcibly
21. gr____ar data *adj.* consisting of or resembling small grains or particles; having a rough, irregular texture or appearance
22. victim of cat_____hic injuries *adj.* extremely harmful; causing physical or financial destruction
23. 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
24. 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
25. wh__k up the volume *v.* to hit someone or something hard or noisily
26. from a cl_____an's perspective *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
27. an ind_____nt glance *adj.* having no strong feelings or preferences one way or the other, neutral
28. pr_____e a reaction *v.* to stimulate or give rise to a particular reaction or have a particular effect
29. 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

ANSWERS: 20. sever, 21. granular, 22. catastrophic, 23. maneuver, 24. unfold, 25. whack, 26. clinician, 27. indifferent, 28. provoke, 29. evasive

30. fri_____ng experience *adj.* causing fear or alarm, or very surprising and alarming
31. 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
32. un_____hy diet *adj.* not conducive to good health; detrimental to physical or mental well-being
33. bankrupt cr_____or *n.* a person, company, etc. to whom a debtor owes money
34. flu pa_____ic *n.* an outbreak of a disease that affects many people over a very wide area
35. 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
36. und_____ate the probability *v.* to think or suppose that a quantity, price, or size is smaller than it is
37. experienced cl_____an *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
38. global pa_____ic *n.* an outbreak of a disease that affects many people over a very wide area
39. re_____e resource allocation *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
40. 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

ANSWERS: 30. frightening, 31. compel, 32. unhealthy, 33. creditor, 34. pandemic, 35. overdrive, 36. underestimate, 37. clinician, 38. pandemic, 39. reframe, 40. hyperventilation

41. dis_____ted with the outcome *adj.* dissatisfied, unhappy, or restless; not content or pleased with a situation or condition
42. 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
43. 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
44. w_o voters with promises *v.* to seek the affection or favor of someone; to court or pursue someone romantically or with flattery
45. he_____ss victims *adj.* unable to take care of oneself or to do things without help
46. 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
47. 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
48. 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
49. un_____hy habit *adj.* not conducive to good health; detrimental to physical or mental well-being

ANSWERS: 41. discontented, 42. pertain, 43. instinct, 44. woo, 45. helpless, 46. rev, 47. unfold, 48. pathological, 49. unhealthy

50. w_o consumers *v.* to seek the affection or favor of someone; to court or pursue someone romantically or with flattery
51. sk_____al scientists *adj.* doubting that something is accurate or useful
52. em_____ss political enemy *v.* to cause someone to feel awkward, worried, or ashamed
53. un_____ul for people *adj.* not providing assistance or support; not contributing to the solution of a problem or the achievement of a goal
54. un___y relationship *adj.* causing or feeling anxiety or discomfort
55. have un___y eyes *adj.* causing or feeling anxiety or discomfort
56. a st_____se shape *adj.* happening or proceeding in a series of regular stages rather than continuously
57. a cr_____ng strike *adj.* causing someone to become unable to walk or move; causing severe damage or harm
58. 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
59. a gr_____ar medicine *adj.* consisting of or resembling small grains or particles; having a rough, irregular texture or appearance
60. ove_____ate the value *v.* to estimate something to be greater in amount or importance than it really is
61. ove_____ate the amount of time spent *v.* to estimate something to be greater in amount or importance than it really is

ANSWERS: 50. woo, 51. skeptical, 52. embarrass, 53. unhelpful, 54. uneasy, 55. uneasy, 56. stepwise, 57. crippling, 58. snobbery, 59. granular, 60. overestimate, 61. overestimate

62. app_____ive mood *adj.* anxious, worried, or uneasy about something that may happen in the future; having concerns or doubts about something
63. ex___e cigarette smoke *v.* to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently
64. di_____te stress *v.* to disperse or scatter widely
65. wh__k him with a stick *v.* to hit someone or something hard or noisily
66. an imprudent ta___c *n.* a method or strategy used to achieve a particular goal or objective
67. 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
68. subtle cultural nu___e *n.* a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.
69. 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
70. 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

ANSWERS: 62. apprehensive, 63. exhale, 64. dissipate, 65. whack, 66. tactic, 67. rev, 68. nuance, 69. exhale, 70. hyperventilation

71. 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
72. recommend a st____se approach *adj.* happening or proceeding in a series of regular stages rather than continuously
73. 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
74. 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
75. he____ss baby *adj.* unable to take care of oneself or to do things without help
76. re____re anxious patients *v.* to cause someone to feel sure; to give or restore confidence
77. re____re market *v.* to cause someone to feel sure; to give or restore confidence
78. se__r a rope *v.* to break or separate something by cutting, especially suddenly and forcibly
79. 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

ANSWERS: 71. compel, 72. stepwise, 73. overdrive, 74. parasympathetic, 75. helpless, 76. reassure, 77. reassure, 78. sever, 79. evasive

80. dis_____ted look *adj.* dissatisfied, unhappy, or restless; not content or pleased with a situation or condition
81. cast fri_____ng eyes *adj.* causing fear or alarm, or very surprising and alarming
82. re_____e problem *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
83. 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
84. 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
85. the cr_____or's claims *n.* a person, company, etc. to whom a debtor owes money
86. 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

ANSWERS: 80. discontented, 81. frightening, 82. reframe, 83. instinct, 84. pathological, 85. creditor, 86. pertain

Session 3: Fill in the Blanks

1. 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

2. Some _____ believe that psychological characteristics alone may cause mental disorders.
 - n.* a practitioner, especially of medicine or psychology, who has direct contact with patients

3. The fog _____ and the air cleared up.
 - v.* to disperse or scatter widely

4. He _____ the ball out of the park with his home run.
 - v.* to hit someone or something hard or noisily

5. 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

6. 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

7. 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

ANSWERS: 1. hyperventilation, 2. clinicians, 3. dissipated, 4. whacked, 5. entrench, 6. unfolded, 7. discontented

8. Sitting for long hours in front of the computer is considered _____.
adj. not conducive to good health; detrimental to physical or mental well-being
9. He _____ a branch from a tree quickly.
v. to break or separate something by cutting, especially suddenly and forcibly
10. He tends to _____ his abilities.
v. to estimate something to be greater in amount or importance than it really is
11. 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.
12. 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
13. They fear a _____ of a new type of virus.
n. an outbreak of a disease that affects many people over a very wide area
14. I feel so _____ without you.
adj. unable to take care of oneself or to do things without help
15. This module generates a _____ controlled voltage.
adj. happening or proceeding in a series of regular stages rather than continuously

ANSWERS: 8. unhealthy, 9. severed, 10. overestimate, 11. nuance, 12. overdrive, 13. pandemic, 14. helpless, 15. stepwise

16. 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

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

adj. causing or feeling anxiety or discomfort

18. 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

19. 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

20. 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

21. 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

22. 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

ANSWERS: 16. evasive, 17. uneasy, 18. granular, 19. swerve, 20. instinct, 21. unhelpful, 22. parasympathetic

23. 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

24. He looked for an opportunity to _____ that actor in public.

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

25. 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

26. The coach implemented a new _____ to win the game.

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

27. He is still struggling with a _____ disease.

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

28. Her behavior _____ a quarrel between the couple.

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

29. His religious and philosophical beliefs were utterly _____.

adj. doubting that something is accurate or useful

30. 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

ANSWERS: 23. woo, 24. embarrass, 25. pathological, 26. tactic, 27. crippling, 28. provoked, 29. skeptical, 30. snobbery

31. The therapist tried to _____ his negative thoughts.

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

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

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

33. 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

34. 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

35. They frequently _____ their abilities and felt inferior.

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

36. 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

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

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

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

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

ANSWERS: 31. reframe, 32. reassure, 33. maneuver, 34. compel, 35. underestimated, 36. apprehensive, 37. indifferent, 38. frightening

39. I asked the lawyer to initiate _____ negotiations for voluntary liquidation.
n. a person, company, etc. to whom a debtor owes money
40. 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
41. 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
42. The extinction rate of aquatic animals was _____.
adj. extremely harmful; causing physical or financial destruction
43. 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: 39. creditor, 40. exhale, 41. rev, 42. catastrophic, 43. pertain