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Ian Kerner: A sex therapist's secret to rediscovering your spark | TED Talk

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

Advanced Words Only

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Session 1: Word List

ache

v. to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain

synonym : hurt, throb, smart

(1) **ache** abominably, (2) **ache** all the time

I **ache** all over after running a marathon yesterday.

pajama

n. a pair of loose pants with a matching top, worn for sleeping or lounging

synonym : nightgown, nightdress

(1) care **pajama**, (2) **pajama** pants

My little sister loves to have **pajama** parties with her friends on the weekends.

libido

n. the instinctual energy or drive that fuels sexual desire and behavior

synonym : sexual desire, sex drive, passion

(1) **libido** disorder, (2) **libido** in a woman

The therapist helped her patient work through her issues with her low **libido**.

terrify

v. to frighten someone very much

synonym : unnerve, scare, horrify

(1) **terrify** people, (2) the threats **terrify** him

It would be best not to **terrify** your associates into doing complex tasks.

confuse

v. to mistake one thing for another; to make somebody hard to understand

synonym: confound, obscure, disorient

(1) **confuse** the listener, (2) **confuse** fantasy with reality

Her remarks **confused** the debate.

pivot

n. a change in direction or focus, especially in a business or political strategy; a fixed point that supports something that turns or balances

synonym: center point, fulcrum, heart

(1) center- **pivot** irrigation, (2) **pivot** point

The team needed to come up with a **pivot** strategy to turn things around.

mundane

adj. very ordinary and therefore lacking interest or excitement

synonym: ordinary, everyday, prosaic

(1) **mundane** affairs, (2) **mundane** objects

After returning from the war, he had a pretty **mundane** life.

stale

adj. no longer fresh, new, or interesting; dull or uninteresting

synonym: old, uninteresting, dull

(1) a **stale** joke, (2) **stale** smell

The bread was **stale** and not fit for eating.

arouse

v. to awaken strong feelings or emotions in someone; to excite or inspire a physical or emotional response

synonym: excite, stimulate, stir

(1) **arouse** desire, (2) **arouse** suspicion

The rousing speech by the politician **aroused** the audience to action.

vitality

n. the state of being strong and active; energy
synonym : energy, life, vigor

(1) **vitality** of youth, (2) the **vitality** of the company

The new gym membership has improved his **vitality** and overall health.

sexless

adj. lacking or having little sexual activity or expression; not displaying or emphasizing sexuality

synonym : asexual, neuter, ungendered

(1) **sexless** insect, (2) a **sexless** relationship

The asexual plant was **sexless** and did not require pollination to reproduce.

sham

n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

synonym : bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**

The data he prepared was completely **sham**.

heterosexual

adj. attracted to individuals of the opposite sex

synonym : straight, conventional

(1) **heterosexual** relationship, (2) **heterosexual** marriage

He identified as **heterosexual** and had never considered being with someone of the same gender.

stressor

n. something that causes stress or emotional tension

synonym : pressure, strain, burden

(1) **stressor** event, (2) **stressor** management

The deadline for the project was a major **stressor** for the team.

mindset

n. the established set of attitudes or fixed ideas held by someone

synonym : attitude, ethos, mentality

(1) flexible **mindset**, (2) the **mindset** in an education

system

Countries whose goal is economic development often focus on fostering an entrepreneurial **mindset** in each individual.

breastfeeding

n. the act of feeding a baby with milk produced by the mother's breasts

synonym: nursing, lactation, suckling

(1) **breastfeeding** mother, (2) **breastfeeding** support

Getting the hang of **breastfeeding** at first can be challenging, but with patience and practice, it gets easier.

tickle

v. to lightly touch a sensitive part of somebody's body in a way that makes them laugh

synonym: titillate, make laugh

(1) **tickle** his ribs, (2) **tickle** her vanity

These models explain why you can't **tickle** yourself.

handcuff

n. a pair of metal restraints that are designed to lock around a person's wrists and prevent them from moving their hands freely; (verb) to restrain or restrict the movement of a person by applying handcuffs, typically as part of an arrest or other security-related process

synonym: shackle, bind, restraint

(1) **handcuff** his wrists, (2) break free from **handcuffs**

The police officer put **handcuffs** on the suspect before placing them in the squad car.

blindfold

n. a covering for the eyes used to block out light, particularly one used as a means of sensory deprivation or as a form of punishment or revenge; (verb) to cover someone's eyes with a blindfold or similar material, often as a way of preventing them from seeing something or to make a game or activity more challenging

(1) **blindfold** game, (2) **blindfold** challenge

The doctor administered a **blindfold** test to evaluate the patient's sense of touch.

inert

adj. lacking the ability to move or act, often used to describe an object or substance that is inactive or non-reactive

synonym: motionless, inactive, dormant

(1) **inert** gases, (2) **inert** ingredients

The rock was completely **inert** and didn't react when we tried to break it open.

childbirth

n. the act or process of giving birth to a baby

synonym: delivery, labor, parturition

(1) natural **childbirth**, (2) assisted **childbirth**

He was present at the **childbirth** of his children.

pun

n. a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay

synonym: joke, quip, wordplay

(1) witty **pun**, (2) silly **pun**

The comedian's **pun** had the audience laughing out loud.

nurture

v. to take care of, feed, and protect someone or something while they are growing and developing

synonym: boost, cultivate, enable

(1) **nurture** love, (2) **nurture** his talents

Schools should **nurture** children's mutual interest spirit.

dominatrix

n. a woman who takes on the dominant role in a BDSM (bondage, discipline, sadism, and masochism) relationship, often providing pleasure or inflicting pain on the submissive partner

synonym: domme, mistress, lady of the dungeon

(1) **dominatrix** role-play, (2) **dominatrix** outfit

The female **dominatrix** entered the dungeon in her leather outfit and wielded a whip.

distract

v. to draw someone's attention away from what they are trying to do

synonym: divert, preoccupy, confuse

(1) **distract** attention from the real issue, (2) **distract** public opinion

Please don't **distract** me while I'm studying.

chaotic

adj. without any order or organization; extremely disorganized, unpredictable, and confusing

synonym: disorderly, cluttered, topsy-turvy

(1) the **chaotic** economic situation, (2) **chaotic** theory

Change is also occurring in Turkey as a result of **chaotic** reform.

lull

n. a period of calm or quiet; a temporary cessation of activity, noise, or music; a soothing sound or movement that induces sleep or relaxation

synonym: calm, stillness, tranquility

(1) **lull** in the battle, (2) the **lull** before the storm

The waves crashing against the shore had a soothing **lull** on the listeners.

sect

n. a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

synonym: group, faction, cult

(1) **sect** beliefs, (2) secret **sect**

The minority **sect** believed in a set of unconventional religious practices.

boredom

n. a state of weariness, restlessness, or impatience that arises from not being interested or engaged in an activity, task, or situation

synonym: ennui, tedium, monotony

(1) **boredom** relief, (2) chronic **boredom**

The long lecture on a topic I already knew left me struggling to fight off **boredom**.

brink

n. the point at which something is about to happen; the edge of a steep place

synonym : edge, verge, threshold

(1) **brink** of war, (2) on the **brink**

We were on the **brink** of a financial crisis.

antidote

n. a chemical substance or remedy that stops or controls the effects of a poison or disease

synonym : remedy, treatment, restorative

(1) the **antidote** to the poison, (2) the **antidote** for aging

Knowledge is the **antidote** to fear.

blush

v. to become red in the face from embarrassment, shame, or modesty

synonym : flush, redden, glow

(1) **blush** bright red, (2) **blush** for my mistake

She **blushed** when the boy complimented her.

subconscious

adj. relating to or concerning the part of the mind that is not fully conscious but still influences thoughts, feelings, and behavior

synonym : unconscious, latent, hidden

(1) **subconscious** influence, (2) **subconscious** behavior

The **subconscious** mind is said to hold our deepest desires and fears.

nugget

n. a small piece of gold or other precious metal or mineral found ready-formed in the earth; a small round piece of some food

synonym : chunk, clod, clump

(1) a gold **nugget**, (2) **nugget** of truth

It took a few weeks to extract the **nugget** of information from those complicated sources.

Session 2: Spelling

- | | | |
|---|------|--|
| 1. di____ct attention from the real issue | v. | to draw someone's attention away from what they are trying to do |
| 2. mu____e affairs | adj. | very ordinary and therefore lacking interest or excitement |
| 3. st__e smell | adj. | no longer fresh, new, or interesting; dull or uninteresting |
| 4. li____o in a woman | n. | the instinctual energy or drive that fuels sexual desire and behavior |
| 5. sub_____ous influence | adj. | relating to or concerning the part of the mind that is not fully conscious but still influences thoughts, feelings, and behavior |
| 6. the mi____t in an education system | n. | the established set of attitudes or fixed ideas held by someone |
| 7. center-pi__t irrigation | n. | a change in direction or focus, especially in a business or political strategy; a fixed point that supports something that turns or balances |
| 8. bre_____ing mother | n. | the act of feeding a baby with milk produced by the mother's breasts |
| 9. di____ct public opinion | v. | to draw someone's attention away from what they are trying to do |
| 10. silly p_n | n. | a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay |

ANSWERS: 1. distract, 2. mundane, 3. stale, 4. libido, 5. subconscious, 6. mindset, 7. pivot, 8. breastfeeding, 9. distract, 10. pun

11. in__t gases *adj.* lacking the ability to move or act, often used to describe an object or substance that is inactive or non-reactive
12. secret s__t *n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream
13. dom_____ix role-play *n.* a woman who takes on the dominant role in a BDSM (bondage, discipline, sadism, and masochism) relationship, often providing pleasure or inflicting pain on the submissive partner
14. te_____y people *v.* to frighten someone very much
15. bo_____m relief *n.* a state of weariness, restlessness, or impatience that arises from not being interested or engaged in an activity, task, or situation
16. bl_____ld challenge *n.* a covering for the eyes used to block out light, particularly one used as a means of sensory deprivation or as a form of punishment or revenge; (verb) to cover someone's eyes with a blindfold or similar material, often as a way of preventing them from seeing something or to make a game or activity more challenging
17. chronic bo_____m *n.* a state of weariness, restlessness, or impatience that arises from not being interested or engaged in an activity, task, or situation

ANSWERS: 11. inert, 12. sect, 13. dominatrix, 14. terrify, 15. boredom, 16. blindfold, 17. boredom

18. ti___e her vanity *v.* to lightly touch a sensitive part of somebody's body in a way that makes them laugh
19. se____s insect *adj.* lacking or having little sexual activity or expression; not displaying or emphasizing sexuality
20. break free from ha____ffs *n.* a pair of metal restraints that are designed to lock around a person's wrists and prevent them from moving their hands freely; (verb) to restrain or restrict the movement of a person by applying handcuffs, typically as part of an arrest or other security-related process
21. nu____e his talents *v.* to take care of, feed, and protect someone or something while they are growing and developing
22. dom____ix outfit *n.* a woman who takes on the dominant role in a BDSM (bondage, discipline, sadism, and masochism) relationship, often providing pleasure or inflicting pain on the submissive partner
23. het____ual relationship *adj.* attracted to individuals of the opposite sex
24. bre____ing support *n.* the act of feeding a baby with milk produced by the mother's breasts
25. a se____s relationship *adj.* lacking or having little sexual activity or expression; not displaying or emphasizing sexuality
26. st____or event *n.* something that causes stress or emotional tension

ANSWERS: 18. tickle, 19. sexless, 20. handcuff, 21. nurture, 22. dominatrix, 23. heterosexual, 24. breastfeeding, 25. sexless, 26. stressor

27. the vi____ty of the company *n.* the state of being strong and active; energy
28. the threats te_____y him *v.* to frighten someone very much
29. on the br__k *n.* the point at which something is about to happen; the edge of a steep place
30. br__k of war *n.* the point at which something is about to happen; the edge of a steep place
31. bl__h for my mistake *v.* to become red in the face from embarrassment, shame, or modesty
32. nu____t of truth *n.* a small piece of gold or other precious metal or mineral found ready-formed in the earth; a small round piece of some food
33. mu_____e objects *adj.* very ordinary and therefore lacking interest or excitement
34. a s__m battle *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
35. bl_____ld game *n.* a covering for the eyes used to block out light, particularly one used as a means of sensory deprivation or as a form of punishment or revenge; (verb) to cover someone's eyes with a blindfold or similar material, often as a way of preventing them from seeing something or to make a game or activity more challenging
36. st_____or management *n.* something that causes stress or emotional tension

ANSWERS: 27. vitality, 28. terrify, 29. brink, 30. brink, 31. blush, 32. nugget, 33. mundane, 34. sham, 35. blindfold, 36. stressor

37. the ch____c economic situation *adj.* without any order or organization; extremely disorganized, unpredictable, and confusing
38. s__t beliefs *n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream
39. co____e fantasy with reality *v.* to mistake one thing for another; to make somebody hard to understand
40. a gold nu____t *n.* a small piece of gold or other precious metal or mineral found ready-formed in the earth; a small round piece of some food
41. ha____ff his wrists *n.* a pair of metal restraints that are designed to lock around a person's wrists and prevent them from moving their hands freely; (verb) to restrain or restrict the movement of a person by applying handcuffs, typically as part of an arrest or other security-related process
42. nu____e love *v.* to take care of, feed, and protect someone or something while they are growing and developing
43. co____e the listener *v.* to mistake one thing for another; to make somebody hard to understand
44. a st__e joke *adj.* no longer fresh, new, or interesting; dull or uninteresting
45. l__l in the battle *n.* a period of calm or quiet; a temporary cessation of activity, noise, or music; a soothing sound or movement that induces sleep or relaxation

ANSWERS: 37. chaotic, 38. sect, 39. confuse, 40. nugget, 41. handcuff, 42. nurture, 43. confuse, 44. stale, 45. lull

46. ar___e desire *v.* to awaken strong feelings or emotions in someone; to excite or inspire a physical or emotional response
47. sub_____ous behavior *adj.* relating to or concerning the part of the mind that is not fully conscious but still influences thoughts, feelings, and behavior
48. in__t ingredients *adj.* lacking the ability to move or act, often used to describe an object or substance that is inactive or non-reactive
49. the an_____te for aging *n.* a chemical substance or remedy that stops or controls the effects of a poison or disease
50. li___o disorder *n.* the instinctual energy or drive that fuels sexual desire and behavior
51. the l__l before the storm *n.* a period of calm or quiet; a temporary cessation of activity, noise, or music; a soothing sound or movement that induces sleep or relaxation
52. ch_____c theory *adj.* without any order or organization; extremely disorganized, unpredictable, and confusing
53. care pa___a *n.* a pair of loose pants with a matching top, worn for sleeping or lounging
54. vi_____ty of youth *n.* the state of being strong and active; energy
55. the an_____te to the poison *n.* a chemical substance or remedy that stops or controls the effects of a poison or disease

ANSWERS: 46. arouse, 47. subconscious, 48. inert, 49. antidote, 50. libido, 51. lull, 52. chaotic, 53. pajama, 54. vitality, 55. antidote

56. ar___e suspicion *v.* to awaken strong feelings or emotions in someone; to excite or inspire a physical or emotional response
57. assisted chi_____th *n.* the act or process of giving birth to a baby
58. bl__h bright red *v.* to become red in the face from embarrassment, shame, or modesty
59. flexible mi_____t *n.* the established set of attitudes or fixed ideas held by someone
60. pa___a pants *n.* a pair of loose pants with a matching top, worn for sleeping or lounging
61. het_____ual marriage *adj.* attracted to individuals of the opposite sex
62. a__e all the time *v.* to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain
63. pi__t point *n.* a change in direction or focus, especially in a business or political strategy; a fixed point that supports something that turns or balances
64. a__e abominably *v.* to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain
65. witty p_n *n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
66. turn out to be all s__m *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

ANSWERS: 56. arouse, 57. childbirth, 58. blush, 59. mindset, 60. pajama, 61. heterosexual, 62. ache, 63. pivot, 64. ache, 65. pun, 66. sham

67. ti___e his ribs

v. to lightly touch a sensitive part of somebody's body in a way that makes them laugh

68. natural chi_____th

n. the act or process of giving birth to a baby

ANSWERS: 67. tickle, 68. childbirth

Session 3: Fill in the Blanks

1. It would be best not to _____ your associates into doing complex tasks.
v. to frighten someone very much
2. The long lecture on a topic I already knew left me struggling to fight off _____.
n. a state of weariness, restlessness, or impatience that arises from not being interested or engaged in an activity, task, or situation
3. The deadline for the project was a major _____ for the team.
n. something that causes stress or emotional tension
4. Her remarks _____ the debate.
v. to mistake one thing for another; to make somebody hard to understand
5. Knowledge is the _____ to fear.
n. a chemical substance or remedy that stops or controls the effects of a poison or disease
6. The team needed to come up with a _____ strategy to turn things around.
n. a change in direction or focus, especially in a business or political strategy; a fixed point that supports something that turns or balances
7. The bread was _____ and not fit for eating.
adj. no longer fresh, new, or interesting; dull or uninteresting
8. We were on the _____ of a financial crisis.
n. the point at which something is about to happen; the edge of a steep place

ANSWERS: 1. terrify, 2. boredom, 3. stressor, 4. confused, 5. antidote, 6. pivot, 7. stale, 8. brink

9. Getting the hang of _____ at first can be challenging, but with patience and practice, it gets easier.
- n.* the act of feeding a baby with milk produced by the mother's breasts
10. The doctor administered a _____ test to evaluate the patient's sense of touch.
- n.* a covering for the eyes used to block out light, particularly one used as a means of sensory deprivation or as a form of punishment or revenge; (verb) to cover someone's eyes with a blindfold or similar material, often as a way of preventing them from seeing something or to make a game or activity more challenging
11. Schools should _____ children's mutual interest spirit.
- v.* to take care of, feed, and protect someone or something while they are growing and developing
12. The police officer put _____ on the suspect before placing them in the squad car.
- n.* a pair of metal restraints that are designed to lock around a person's wrists and prevent them from moving their hands freely; (verb) to restrain or restrict the movement of a person by applying handcuffs, typically as part of an arrest or other security-related process
13. She _____ when the boy complimented her.
- v.* to become red in the face from embarrassment, shame, or modesty
14. He identified as _____ and had never considered being with someone of the same gender.
- adj.* attracted to individuals of the opposite sex

ANSWERS: 9. breastfeeding, 10. blindfold, 11. nurture, 12. handcuffs, 13. blushed, 14. heterosexual

15. These models explain why you can't _____ yourself.
- v.* to lightly touch a sensitive part of somebody's body in a way that makes them laugh
16. My little sister loves to have _____ parties with her friends on the weekends.
- n.* a pair of loose pants with a matching top, worn for sleeping or lounging
17. Please don't _____ me while I'm studying.
- v.* to draw someone's attention away from what they are trying to do
18. The waves crashing against the shore had a soothing _____ on the listeners.
- n.* a period of calm or quiet; a temporary cessation of activity, noise, or music; a soothing sound or movement that induces sleep or relaxation
19. The female _____ entered the dungeon in her leather outfit and wielded a whip.
- n.* a woman who takes on the dominant role in a BDSM (bondage, discipline, sadism, and masochism) relationship, often providing pleasure or inflicting pain on the submissive partner
20. He was present at the _____ of his children.
- n.* the act or process of giving birth to a baby
21. The therapist helped her patient work through her issues with her low _____.
- n.* the instinctual energy or drive that fuels sexual desire and behavior
22. It took a few weeks to extract the _____ of information from those complicated sources.
- n.* a small piece of gold or other precious metal or mineral found ready-formed in the earth; a small round piece of some food

ANSWERS: 15. tickle, 16. pajama, 17. distract, 18. lull, 19. dominatrix, 20. childbirth, 21. libido, 22. nugget

23. The rock was completely _____ and didn't react when we tried to break it open.
adj. lacking the ability to move or act, often used to describe an object or substance that is inactive or non-reactive
24. The _____ mind is said to hold our deepest desires and fears.
adj. relating to or concerning the part of the mind that is not fully conscious but still influences thoughts, feelings, and behavior
25. The data he prepared was completely _____.
n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
26. Change is also occurring in Turkey as a result of _____ reform.
adj. without any order or organization; extremely disorganized, unpredictable, and confusing
27. I _____ all over after running a marathon yesterday.
v. to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain
28. The new gym membership has improved his _____ and overall health.
n. the state of being strong and active; energy
29. The asexual plant was _____ and did not require pollination to reproduce.
adj. lacking or having little sexual activity or expression; not displaying or emphasizing sexuality
30. The minority _____ believed in a set of unconventional religious practices.
n. a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

ANSWERS: 23. inert, 24. subconscious, 25. sham, 26. chaotic, 27. ache, 28. vitality, 29. sexless, 30. sect

31. After returning from the war, he had a pretty _____ life.

adj. very ordinary and therefore lacking interest or excitement

32. Countries whose goal is economic development often focus on fostering an entrepreneurial _____ in each individual.

n. the established set of attitudes or fixed ideas held by someone

33. The rousing speech by the politician _____ the audience to action.

v. to awaken strong feelings or emotions in someone; to excite or inspire a physical or emotional response

34. The comedian's ____ had the audience laughing out loud.

n. a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay

ANSWERS: 31. mundane, 32. mindset, 33. aroused, 34. pun