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Crystal Rasmussen: A queer journey from shame to self-love | TED Talk

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

Advanced Words Only

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Session 1: Word List

noughties

n. a colloquialism or nickname for the first decade of the 21st century (2000-2009), often used to describe cultural, political, or social trends of that era

synonym : 2000s

(1) **noughties** nostalgia, (2) **noughties** music

The fashion trends of the **noughties** are making a comeback in today's styles.

savage

adj. extremely wild, ferocious, or uncivilized

synonym : brutal, fierce, barbarous

(1) reply in a **savage** voice, (2) **savage** attack

The animal was injured and became **savage**, attacking anyone who approached.

dizzy

adj. having or causing a whirling sensation and not able to keep balance

synonym : addled, confounded, unsteady

(1) feel **dizzy**, (2) had a **dizzy** spell

Professional skaters can spin fast on the ice without getting **dizzy**.

Catholic

adj. universal and including many different types of things; related to or associated with the part of the Christian

Church that has the Pope as its leader

(1) **catholic** in his tastes, (2) the **Catholic** Church
Sociologists are now interested in **catholic** world peace.

comp

v. short for "compensate," meaning to give goods or services to someone without asking for payment

synonym: waive, cover, provide

(1) **comp** their meal, (2) **comp** the employees with a bonus
The casino **comped** her room and meals for being a high-rolling gambler.

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**.

intern

v. to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

synonym: apprentice, trainee, student

(1) **intern** civilians, (2) medical **intern**
The navy **interned** ships of defeated nations.

spotty

adj. characterized by irregular or uneven distribution or coverage; of or relating to temporary blemishes or discolorations on the skin; inconsistent or unreliable in quality or performance

synonym: spotted, uneven, patchy

(1) **spotty** record, (2) **spotty** history
The **spotty** internet connection made it difficult to work from home without interruptions.

overcompensate

v. to take excessive or extreme measures to make up for a perceived deficiency or lack, often resulting in an

overcorrection

synonym : overcorrect, overdo, make up for

(1) **overcompensate** for mistakes, (2) **overcompensate** for lack of experience

After missing a deadline, he worked late into the night to **overcompensate** for his mistake.

barb

n. a sharp projection or point, often on a plant or animal; a cutting remark or criticism that is meant to hurt or insult; a type of fishing lure that has small hooks and a brightly colored feather or hair

synonym : spine, barbed remark, sting

(1) **barb** wire, (2) aim a **barb**

The politician's words were full of **barbs** designed to hurt his opponent.

posh

adj. elegant, fashionable, or luxurious, often to an excessive or ostentatious degree; associated with the upper classes or a high level of social status

synonym : elegant, fancy, luxurious

(1) **posh** district, (2) **posh** restaurant

The CEO's office was decorated in a **posh** and elegant style.

glee

n. a feeling of great happiness, joy, or pleasure, often accompanied by laughter or exuberance; a sense of delighted satisfaction from a positive result or accomplishment

synonym : delight, happiness, joy

(1) jumping for **glee**, (2) **glee** club

The children's faces were filled with **glee** as they ran around the playground.

upbringing

n. the conditions and experiences in which a child is cared for and taught, especially in relation to their moral and social development

synonym : childhood, background, nurturing

(1) Catholic **upbringing**, (2) family **upbringing**

His strict **upbringing** instilled in him a strong sense of responsibility.

vowel

n. a speech sound pronounced with an open vocal tract, typically made by vibrating the vocal cords and without any constriction or obstruction of airflow in the lungs or mouth

synonym: letter, sound, syllable

(1) **vowel** chart, (2) **vowel** combination

Please pronounce your name slowly and emphasize the **vowel** sounds.

gentry

n. a class of people who are wealthy, influential, and hold high social status, typically characterized by their ownership of land or history of inherited titles or estates; a subset of the aristocracy or privileged class

synonym: aristocracy, nobility, upper class

(1) **gentry** class, (2) landed **gentry**

The **gentry** of the colonial era took pride in their social status and reputation.

storyline

n. the central narrative or plot of a story, often involving a series of events or conflicts that move the story forward; the overall structure or arc of a story

synonym: plot, narrative

(1) follow a **storyline**, (2) predictable **storyline**

The **storyline** of the movie was predictable but still entertaining.

swath

n. a strip of land, especially a long, narrow one; a large amount or quantity of something

synonym: strip, band, fodder

(1) a large **swath** of territory, (2) a **swath** of green grass

The charity organization has helped to provide education to a vast **swath** of the population.

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.

ensue

v. to happen or follow as a result or consequence of something

synonym: follow, occur, result

(1) **ensue** within a few years, (2) predict what will **ensue**

A power outage **ensued** after the storm knocked out the electricity.

vile

adj. highly offensive, unpleasant, or objectionable; morally reprehensible or wicked; characterized by cruelty or violence

synonym: disgusting, repulsive, despicable

(1) **vile** behavior, (2) **vile** language

The **vile** smell coming from the dumpster was unbearable.

gout

n. a form of arthritis characterized by sudden and severe pain, tenderness, and inflammation in the joints, particularly in the big toe, caused by an accumulation of uric acid in the blood

synonym: arthritis, rheumatism, joint pain

(1) **gout** treatment, (2) **gout** arthritis

The rich food and drink were delicious but gave him painful **gout** in his toes.

monstrous

adj. extremely large or evil, or having a frightening appearance

synonym: grotesque, huge, deformed

(1) a **monstrous** iceberg, (2) **monstrous** behavior

The giant wave was **monstrous** and destroyed the small boat.

pickle

n. vegetables or fruit preserved in salty water or vinegar served cold with meat, salads, etc.; informal terms for a difficult situation

synonym : jam, predicament, quagmire

(1) **pickle** a cucumber, (2) **pickle** barrel

The **pickle** must have an acidity level high enough to inhibit the growth of bacteria.

repress

v. to restrain or control by force; to suppress feelings or memories

synonym : suppress, control, curb

(1) cannot **repress** laughter, (2) **repress** gene expression

He **repressed** the memories of his traumatic childhood.

liberate

v. to set free; to release or rescue from captivity or oppression

synonym : emancipate, release, set free

(1) **liberate** people from oppression, (2) **liberate** potential

The prisoners were **liberated** after the war ended.

uplift

n. the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits

synonym : upthrust, upheaval, (verb) raise

(1) **uplift** mountains, (2) **uplift** my spirit

The **uplift** in the stock market has been a relief to investors.

savior

n. a person who rescues a people from harm or danger; (in Christianity) Jesus Christ who is a teacher and prophet born in Bethlehem and active in Nazareth

synonym : hero, rescuer, redeemer

(1) political **savior**, (2) pray to the **savior**

The guru of that religion thought of himself as a **savior**.

queer

adj. strange or odd, typically in an interesting or attractive way

synonym : strange, odd, unusual

(1) **queer** money, (2) **queer** fashion

The behavior of the clown at the party was quite **queer**.

motherland

n. a term used to refer to one's country of birth or origin, especially in a patriotic or emotional context; the land where one's ancestors or family originated

synonym: homeland, fatherland, native land

(1) **motherland** defenders, (2) songs of **motherland**

He always spoke proudly of his **motherland** during the war.

deride

v. to ridicule or mock someone or something, often contemptuously or scornfully; to criticize or attack severely

synonym: mock, ridicule, scorn

(1) **deride** the loser, (2) **deride** his opinion

She knew he would **deride** her for her unconventional beliefs, but she shared them anyway.

shameless

adj. without shame or embarrassment; showing no remorse or guilt for one's actions or behaviors

synonym: brazen, unashamed, audacious

(1) **shameless** behavior, (2) **shameless** liar

He acted in a **shameless** way, not caring that his actions hurt others.

untangle

v. to separate or straighten out something that is tangled, confused, or complicated; to clarify or make sense of something difficult to understand or explain

synonym: disentangle, unravel, decipher

(1) **untangle** a situation, (2) **untangle** a problem

I need to **untangle** this knot before using this rope piece.

hospitalize

v. to admit someone to a hospital for medical treatment

synonym: admit, place in hospital

(1) **hospitalize** patient, (2) **hospitalize** child

She had to be **hospitalized** due to her injuries.

homophobia

n. a strong fear, aversion, or hostility towards people who are homosexual or towards homosexuality itself; discrimination or prejudice against lesbian, gay, bisexual, transgender, and questioning (LGBTQ) individuals based on their sexual orientation or gender identity

synonym: prejudice, discrimination, bigotry

(1) **homophobia** awareness, (2) **homophobia** in sports
The politician's remarks about same-sex marriage revealed his deep-seated **homophobia**.

loathe

v. to feel strong hatred or disgust for someone or something; to be unwilling or reluctant to do something

synonym: despise, hate, abominate

(1) **loathe** violence, (2) **loathe** broccoli

I absolutely **loathe** spiders and can't stand to be near them.

spar

v. to engage in boxing or other combat sports with a partner for practice or training purposes; to practice fighting or defending oneself using light blows or drills

synonym: fight, wrestle

(1) **spar** with a partner, (2) **spar** over ideas

The kayakers had to **spar** with the strong winds and waves to reach the shore.

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.

obsess

v. to fill the mind of someone continually so that one can't think of anything else

synonym: torment, beset, engross

(1) **obsess** over her weight, (2) he is **obsessed** with the fear

He's utterly **obsessed** with his promotion.

masculinity

n. the qualities or attributes traditionally associated with men, such as physical strength, courage, assertiveness, and so on; the state of being male or manly

synonym : manliness, virility, machismo

(1) **masculinity** norms, (2) toxic **masculinity**

Research has shown that rigid ideas of **masculinity** can contribute to domestic violence and other forms of abuse.

lash

v. to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap

synonym : whip, beat, strike

(1) **lash** the oxen, (2) **lash** a rope

The mother **lashed** out at her child for misbehaving in public.

reimagine

v. to imagine or conceive of something in a new or different way

synonym : re-conceptualize, re-envision, re-create

(1) **reimagine** the future, (2) **reimagine** the possibilities

The company is trying to **reimagine** its business model to stay competitive.

pebble

n. a small, smooth, rounded rock, especially one worn by the action of water

synonym : rock, stone, cobble

(1) drop a **pebble** into a pond, (2) **pebble** pathway

She picked up a **pebble** from the beach and put it in her pocket as a souvenir.

rucksack

n. a type of backpack or knapsack that is typically used for hiking, camping, or other outdoor activities, which has shoulder straps and a compartment for storing gear or personal items

synonym : backpack, knapsack, pack

(1) **rucksack** straps, (2) hiking **rucksack**

I packed my clothes and supplies into my **rucksack** for the camping trip.

perpetuate

v. to make something continue or prevail for a long time
synonym: eternalize, preserve, maintain

(1) **perpetuate** a myth, (2) **perpetuate** chronic pain
That work **perpetuates** his fame.

interplay

n. the way in which two or more things interact or influence each other

synonym: interaction, give-and-take, interconnection

(1) **interplay** among neurons, (2) complex **interplay**
The **interplay** of light and shadow creates a dramatic effect in the painting.

narcissist

n. a person who is excessively self-absorbed, especially regarding their appearance or achievements

synonym: egotist, boaster, braggart

(1) relationship with a **narcissist**, (2) somatic **narcissist**
He thinks she is a high **narcissist** because she always talks about herself and her accomplishments.

passerby

n. a person who is walking by or happens to be in the vicinity of a particular place or event, often without necessarily being involved in it in any way

synonym: spectator, onlooker

(1) curious **passerby**, (2) **passerby** in the street
The police officer questioned the **passerby** for any information they had about the suspect

shave

v. to remove body hair with a razor; to cut the price of something

synonym: trim, cut down, prune

(1) **shave** my head, (2) **shave** cheese
That supermarket tried to **shave** certain costs by saving electricity.

Session 2: Spelling

1. mot_____nd defenders *n.* a term used to refer to one's country of birth or origin, especially in a patriotic or emotional context; the land where one's ancestors or family originated
2. sp____y record *adj.* characterized by irregular or uneven distribution or coverage; of or relating to temporary blemishes or discolorations on the skin; inconsistent or unreliable in quality or performance
3. hom_____ia in sports *n.* a strong fear, aversion, or hostility towards people who are homosexual or towards homosexuality itself; discrimination or prejudice against lesbian, gay, bisexual, transgender, and questioning (LGBTQ) individuals based on their sexual orientation or gender identity
4. re_____ne the future *v.* to imagine or conceive of something in a new or different way
5. up____t mountains *n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
6. relationship with a nar_____st *n.* a person who is excessively self-absorbed, especially regarding their appearance or achievements
7. predictable st_____ne *n.* the central narrative or plot of a story, often involving a series of events or conflicts that move the story forward; the overall structure or arc of a story

ANSWERS: 1. motherland, 2. spotty, 3. homophobia, 4. reimagine, 5. uplift, 6. narcissist, 7. storyline

8. g__t treatment *n.* a form of arthritis characterized by sudden and severe pain, tenderness, and inflammation in the joints, particularly in the big toe, caused by an accumulation of uric acid in the blood
9. reply in a sa___e voice *adj.* extremely wild, ferocious, or uncivilized
10. family upb_____ng *n.* the conditions and experiences in which a child is cared for and taught, especially in relation to their moral and social development
11. drop a pe___e into a pond *n.* a small, smooth, rounded rock, especially one worn by the action of water
12. ove_____ate for lack of experience *v.* to take excessive or extreme measures to make up for a perceived deficiency or lack, often resulting in an overcorrection
13. l__h the oxen *v.* to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap
14. he is ob___sed with the fear *v.* to fill the mind of someone continually so that one can't think of anything else
15. curious pa____by *n.* a person who is walking by or happens to be in the vicinity of a particular place or event, often without necessarily being involved in it in any way
16. no_____es nostalgia *n.* a colloquialism or nickname for the first decade of the 21st century (2000-2009), often used to describe cultural, political, or social trends of that era

ANSWERS: 8. gout, 9. savage, 10. upbringing, 11. pebble, 12. overcompensate, 13. lash, 14. obsess, 15. passerby, 16. noughties

17. g__t arthritis *n.* a form of arthritis characterized by sudden and severe pain, tenderness, and inflammation in the joints, particularly in the big toe, caused by an accumulation of uric acid in the blood
18. un_____le a situation *v.* to separate or straighten out something that is tangled, confused, or complicated; to clarify or make sense of something difficult to understand or explain
19. jumping for g__e *n.* a feeling of great happiness, joy, or pleasure, often accompanied by laughter or exuberance; a sense of delighted satisfaction from a positive result or accomplishment
20. li_____te potential *v.* to set free; to release or rescue from captivity or oppression
21. medical in___n *v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
22. sh_____ss liar *adj.* without shame or embarrassment; showing no remorse or guilt for one's actions or behaviors
23. 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

ANSWERS: 17. gout, 18. untangle, 19. glee, 20. liberate, 21. intern, 22. shameless, 23. sham

24. te____y people *v.* to frighten someone very much
25. ob___s over her weight *v.* to fill the mind of someone continually so that one can't think of anything else
26. a large sw__h of territory *n.* a strip of land, especially a long, narrow one; a large amount or quantity of something
27. l__h a rope *v.* to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap
28. p__h district *adj.* elegant, fashionable, or luxurious, often to an excessive or ostentatious degree; associated with the upper classes or a high level of social status
29. ge___y class *n.* a class of people who are wealthy, influential, and hold high social status, typically characterized by their ownership of land or history of inherited titles or estates; a subset of the aristocracy or privileged class
30. hos_____ze child *v.* to admit someone to a hospital for medical treatment
31. had a di__y spell *adj.* having or causing a whirling sensation and not able to keep balance
32. sh__e my head *v.* to remove body hair with a razor; to cut the price of something
33. 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: 24. terrify, 25. obsess, 26. swath, 27. lash, 28. posh, 29. gentry, 30. hospitalize, 31. dizzy, 32. shave, 33. sham

34. s__r with a partner *v.* to engage in boxing or other combat sports with a partner for practice or training purposes; to practice fighting or defending oneself using light blows or drills
35. ca____ic in his tastes *adj.* universal and including many different types of things; related to or associated with the part of the Christian Church that has the Pope as its leader
36. qu__r money *adj.* strange or odd, typically in an interesting or attractive way
37. pe___e pathway *n.* a small, smooth, rounded rock, especially one worn by the action of water
38. sa___e attack *adj.* extremely wild, ferocious, or uncivilized
39. li_____te people from oppression *v.* to set free; to release or rescue from captivity or oppression
40. sp___y history *adj.* characterized by irregular or uneven distribution or coverage; of or relating to temporary blemishes or discolorations on the skin; inconsistent or unreliable in quality or performance
41. pi___e barrel *n.* vegetables or fruit preserved in salty water or vinegar served cold with meat, salads, etc.; informal terms for a difficult situation
42. re_____s gene expression *v.* to restrain or control by force; to suppress feelings or memories
43. vo__l combination *n.* a speech sound pronounced with an open vocal tract, typically made by vibrating the vocal cords and without any constriction or obstruction of airflow in the lungs or mouth

ANSWERS: 34. spar, 35. Catholic, 36. queer, 37. pebble, 38. savage, 39. liberate, 40. spotty, 41. pickle, 42. repress, 43. vowel

44. toxic mas_____ty *n.* the qualities or attributes traditionally associated with men, such as physical strength, courage, assertiveness, and so on; the state of being male or manly
45. s__r over ideas *v.* to engage in boxing or other combat sports with a partner for practice or training purposes; to practice fighting or defending oneself using light blows or drills
46. predict what will en__e *v.* to happen or follow as a result or consequence of something
47. no_____es music *n.* a colloquialism or nickname for the first decade of the 21st century (2000-2009), often used to describe cultural, political, or social trends of that era
48. de___e the loser *v.* to ridicule or mock someone or something, often contemptuously or scornfully; to criticize or attack severely
49. re_____ne the possibilities *v.* to imagine or conceive of something in a new or different way
50. hos_____ze patient *v.* to admit someone to a hospital for medical treatment
51. de___e his opinion *v.* to ridicule or mock someone or something, often contemptuously or scornfully; to criticize or attack severely
52. hom_____ia awareness *n.* a strong fear, aversion, or hostility towards people who are homosexual or towards homosexuality itself; discrimination or prejudice against lesbian, gay, bisexual, transgender, and questioning (LGBTQ) individuals based on their sexual orientation or gender identity

ANSWERS: 44. masculinity, 45. spar, 46. ensue, 47. noughties, 48. deride, 49. reimagine, 50. hospitalize, 51. deride, 52. homophobia

53. per_____te a myth *v.* to make something continue or prevail for a long time
54. landed ge____y *n.* a class of people who are wealthy, influential, and hold high social status, typically characterized by their ownership of land or history of inherited titles or estates; a subset of the aristocracy or privileged class
55. somatic nar_____st *n.* a person who is excessively self-absorbed, especially regarding their appearance or achievements
56. lo____e broccoli *v.* to feel strong hatred or disgust for someone or something; to be unwilling or reluctant to do something
57. mo_____us behavior *adj.* extremely large or evil, or having a frightening appearance
58. songs of mot_____nd *n.* a term used to refer to one's country of birth or origin, especially in a patriotic or emotional context; the land where one's ancestors or family originated
59. un_____le a problem *v.* to separate or straighten out something that is tangled, confused, or complicated; to clarify or make sense of something difficult to understand or explain
60. g__e club *n.* a feeling of great happiness, joy, or pleasure, often accompanied by laughter or exuberance; a sense of delighted satisfaction from a positive result or accomplishment

ANSWERS: 53. perpetuate, 54. gentry, 55. narcissist, 56. loathe, 57. monstrous, 58. motherland, 59. untangle, 60. glee

61. sh_____ss behavior *adj.* without shame or embarrassment; showing no remorse or guilt for one's actions or behaviors
62. c__p their meal *v.* short for "compensate," meaning to give goods or services to someone without asking for payment
63. b__b wire *n.* a sharp projection or point, often on a plant or animal; a cutting remark or criticism that is meant to hurt or insult; a type of fishing lure that has small hooks and a brightly colored feather or hair
64. qu__r fashion *adj.* strange or odd, typically in an interesting or attractive way
65. Catholic upb_____ng *n.* the conditions and experiences in which a child is cared for and taught, especially in relation to their moral and social development
66. the Ca_____ic Church *adj.* universal and including many different types of things; related to or associated with the part of the Christian Church that has the Pope as its leader
67. political sa____r *n.* a person who rescues a people from harm or danger; (in Christianity) Jesus Christ who is a teacher and prophet born in Bethlehem and active in Nazareth
68. a mo_____us iceberg *adj.* extremely large or evil, or having a frightening appearance
69. feel di__y *adj.* having or causing a whirling sensation and not able to keep balance

ANSWERS: 61. shameless, 62. comp, 63. barb, 64. queer, 65. upbringing, 66. Catholic, 67. savior, 68. monstrous, 69. dizzy

70. co____e fantasy with reality *v.* to mistake one thing for another; to make somebody hard to understand
71. pray to the sa____r *n.* a person who rescues a people from harm or danger; (in Christianity) Jesus Christ who is a teacher and prophet born in Bethlehem and active in Nazareth
72. co____e the listener *v.* to mistake one thing for another; to make somebody hard to understand
73. v____e language *adj.* highly offensive, unpleasant, or objectionable; morally reprehensible or wicked; characterized by cruelty or violence
74. vo____l chart *n.* a speech sound pronounced with an open vocal tract, typically made by vibrating the vocal cords and without any constriction or obstruction of airflow in the lungs or mouth
75. complex in____ay *n.* the way in which two or more things interact or influence each other
76. p____h restaurant *adj.* elegant, fashionable, or luxurious, often to an excessive or ostentatious degree; associated with the upper classes or a high level of social status
77. follow a st____ne *n.* the central narrative or plot of a story, often involving a series of events or conflicts that move the story forward; the overall structure or arc of a story
78. cannot re____s laughter *v.* to restrain or control by force; to suppress feelings or memories

ANSWERS: 70. confuse, 71. savior, 72. confuse, 73. vile, 74. vowel, 75. interplay, 76. posh, 77. storyline, 78. repress

79. sh__e cheese *v.* to remove body hair with a razor; to cut the price of something
80. pa____by in the street *n.* a person who is walking by or happens to be in the vicinity of a particular place or event, often without necessarily being involved in it in any way
81. pi___e a cucumber *n.* vegetables or fruit preserved in salty water or vinegar served cold with meat, salads, etc.; informal terms for a difficult situation
82. en__e within a few years *v.* to happen or follow as a result or consequence of something
83. ru____ck straps *n.* a type of backpack or knapsack that is typically used for hiking, camping, or other outdoor activities, which has shoulder straps and a compartment for storing gear or personal items
84. a sw__h of green grass *n.* a strip of land, especially a long, narrow one; a large amount or quantity of something
85. ove_____ate for mistakes *v.* to take excessive or extreme measures to make up for a perceived deficiency or lack, often resulting in an overcorrection
86. per_____te chronic pain *v.* to make something continue or prevail for a long time
87. in___n civilians *v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

ANSWERS: 79. shave, 80. passerby, 81. pickle, 82. ensue, 83. rucksack, 84. swath, 85. overcompensate, 86. perpetuate, 87. intern

88. up___t my spirit *n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
89. mas_____ty norms *n.* the qualities or attributes traditionally associated with men, such as physical strength, courage, assertiveness, and so on; the state of being male or manly
90. aim a b__b *n.* a sharp projection or point, often on a plant or animal; a cutting remark or criticism that is meant to hurt or insult; a type of fishing lure that has small hooks and a brightly colored feather or hair
91. v__e behavior *adj.* highly offensive, unpleasant, or objectionable; morally reprehensible or wicked; characterized by cruelty or violence
92. hiking ru_____ck *n.* a type of backpack or knapsack that is typically used for hiking, camping, or other outdoor activities, which has shoulder straps and a compartment for storing gear or personal items
93. in_____ay among neurons *n.* the way in which two or more things interact or influence each other
94. lo___e violence *v.* to feel strong hatred or disgust for someone or something; to be unwilling or reluctant to do something
95. c__p the employees with a bonus *v.* short for "compensate," meaning to give goods or services to someone without asking for payment
96. the threats te_____y him *v.* to frighten someone very much

ANSWERS: 88. uplift, 89. masculinity, 90. barb, 91. vile, 92. rucksack, 93. interplay, 94. loathe, 95. comp, 96. terrify

ANSWERS:

Session 3: Fill in the Blanks

1. The guru of that religion thought of himself as a _____.
 - n.* a person who rescues a people from harm or danger; (in Christianity) Jesus Christ who is a teacher and prophet born in Bethlehem and active in Nazareth

2. Research has shown that rigid ideas of _____ can contribute to domestic violence and other forms of abuse.
 - n.* the qualities or attributes traditionally associated with men, such as physical strength, courage, assertiveness, and so on; the state of being male or manly

3. The navy _____ ships of defeated nations.
 - v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

4. The kayakers had to _____ with the strong winds and waves to reach the shore.
 - v.* to engage in boxing or other combat sports with a partner for practice or training purposes; to practice fighting or defending oneself using light blows or drills

5. I need to _____ this knot before using this rope piece.
 - v.* to separate or straighten out something that is tangled, confused, or complicated; to clarify or make sense of something difficult to understand or explain

6. Sociologists are now interested in _____ world peace.
 - adj.* universal and including many different types of things; related to or associated with the part of the Christian Church that has the Pope as its leader

ANSWERS: 1. savior, 2. masculinity, 3. interned, 4. spar, 5. untangle, 6. catholic

7. She picked up a _____ from the beach and put it in her pocket as a souvenir.
n. a small, smooth, rounded rock, especially one worn by the action of water
8. The _____ must have an acidity level high enough to inhibit the growth of bacteria.
n. vegetables or fruit preserved in salty water or vinegar served cold with meat, salads, etc.; informal terms for a difficult situation
9. The rich food and drink were delicious but gave him painful _____ in his toes.
n. a form of arthritis characterized by sudden and severe pain, tenderness, and inflammation in the joints, particularly in the big toe, caused by an accumulation of uric acid in the blood
10. He _____ the memories of his traumatic childhood.
v. to restrain or control by force; to suppress feelings or memories
11. The animal was injured and became _____ attacking anyone who approached.
adj. extremely wild, ferocious, or uncivilized
12. The charity organization has helped to provide education to a vast _____ of the population.
n. a strip of land, especially a long, narrow one; a large amount or quantity of something
13. He always spoke proudly of his _____ during the war.
n. a term used to refer to one's country of birth or origin, especially in a patriotic or emotional context; the land where one's ancestors or family originated
14. His strict _____ instilled in him a strong sense of responsibility.
n. the conditions and experiences in which a child is cared for and taught, especially in relation to their moral and social development

ANSWERS: 7. pebble, 8. pickle, 9. gout, 10. repressed, 11. savage, 12. swath, 13. motherland, 14. upbringing

15. Please pronounce your name slowly and emphasize the _____ sounds.
- n.* a speech sound pronounced with an open vocal tract, typically made by vibrating the vocal cords and without any constriction or obstruction of airflow in the lungs or mouth
16. The police officer questioned the _____ for any information they had about the suspect
- n.* a person who is walking by or happens to be in the vicinity of a particular place or event, often without necessarily being involved in it in any way
17. The CEO's office was decorated in a _____ and elegant style.
- adj.* elegant, fashionable, or luxurious, often to an excessive or ostentatious degree; associated with the upper classes or a high level of social status
18. The mother _____ out at her child for misbehaving in public.
- v.* to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap
19. Professional skaters can spin fast on the ice without getting _____.
- adj.* having or causing a whirling sensation and not able to keep balance
20. The behavior of the clown at the party was quite _____.
- adj.* strange or odd, typically in an interesting or attractive way
21. After missing a deadline, he worked late into the night to _____ for his mistake.
- v.* to take excessive or extreme measures to make up for a perceived deficiency or lack, often resulting in an overcorrection
22. The casino _____ her room and meals for being a high-rolling gambler.
- v.* short for "compensate," meaning to give goods or services to someone without asking for payment

ANSWERS: 15. vowel, 16. passerby, 17. posh, 18. lashed, 19. dizzy, 20. queer, 21. overcompensate, 22. comped

23. The _____ smell coming from the dumpster was unbearable.
adj. highly offensive, unpleasant, or objectionable; morally reprehensible or wicked; characterized by cruelty or violence
24. That supermarket tried to _____ certain costs by saving electricity.
v. to remove body hair with a razor; to cut the price of something
25. The fashion trends of the _____ are making a comeback in today's styles.
n. a colloquialism or nickname for the first decade of the 21st century (2000-2009), often used to describe cultural, political, or social trends of that era
26. The politician's words were full of _____ designed to hurt his opponent.
n. a sharp projection or point, often on a plant or animal; a cutting remark or criticism that is meant to hurt or insult; a type of fishing lure that has small hooks and a brightly colored feather or hair
27. The _____ of light and shadow creates a dramatic effect in the painting.
n. the way in which two or more things interact or influence each other
28. He's utterly _____ with his promotion.
v. to fill the mind of someone continually so that one can't think of anything else
29. I absolutely _____ spiders and can't stand to be near them.
v. to feel strong hatred or disgust for someone or something; to be unwilling or reluctant to do something
30. The prisoners were _____ after the war ended.
v. to set free; to release or rescue from captivity or oppression

ANSWERS: 23. vile, 24. shave, 25. noughties, 26. barbs, 27. interplay, 28. obsessed, 29. loathe, 30. liberated

31. The children's faces were filled with _____ as they ran around the playground.
- n.* a feeling of great happiness, joy, or pleasure, often accompanied by laughter or exuberance; a sense of delighted satisfaction from a positive result or accomplishment
32. 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
33. She knew he would _____ her for her unconventional beliefs, but she shared them anyway.
- v.* to ridicule or mock someone or something, often contemptuously or scornfully; to criticize or attack severely
34. That work _____ his fame.
- v.* to make something continue or prevail for a long time
35. The _____ of the movie was predictable but still entertaining.
- n.* the central narrative or plot of a story, often involving a series of events or conflicts that move the story forward; the overall structure or arc of a story
36. He thinks she is a high _____ because she always talks about herself and her accomplishments.
- n.* a person who is excessively self-absorbed, especially regarding their appearance or achievements
37. Her remarks _____ the debate.
- v.* to mistake one thing for another; to make somebody hard to understand
38. The _____ in the stock market has been a relief to investors.
- n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits

ANSWERS: 31. glee, 32. sham, 33. deride, 34. perpetuates, 35. storyline, 36. narcissist, 37. confused, 38. uplift

39. It would be best not to _____ your associates into doing complex tasks.
v. to frighten someone very much
40. She had to be _____ due to her injuries.
v. to admit someone to a hospital for medical treatment
41. The _____ of the colonial era took pride in their social status and reputation.
n. a class of people who are wealthy, influential, and hold high social status, typically characterized by their ownership of land or history of inherited titles or estates; a subset of the aristocracy or privileged class
42. The _____ internet connection made it difficult to work from home without interruptions.
adj. characterized by irregular or uneven distribution or coverage; of or relating to temporary blemishes or discolorations on the skin; inconsistent or unreliable in quality or performance
43. The company is trying to _____ its business model to stay competitive.
v. to imagine or conceive of something in a new or different way
44. The politician's remarks about same-sex marriage revealed his deep-seated _____.
n. a strong fear, aversion, or hostility towards people who are homosexual or towards homosexuality itself; discrimination or prejudice against lesbian, gay, bisexual, transgender, and questioning (LGBTQ) individuals based on their sexual orientation or gender identity
45. A power outage _____ after the storm knocked out the electricity.
v. to happen or follow as a result or consequence of something

ANSWERS: 39. terrify, 40. hospitalized, 41. gentry, 42. spotty, 43. reimagine, 44. homophobia, 45. ensued

46. I packed my clothes and supplies into my _____ for the camping trip.

n. a type of backpack or knapsack that is typically used for hiking, camping, or other outdoor activities, which has shoulder straps and a compartment for storing gear or personal items

47. He acted in a _____ way, not caring that his actions hurt others.

adj. without shame or embarrassment; showing no remorse or guilt for one's actions or behaviors

48. The giant wave was _____ and destroyed the small boat.

adj. extremely large or evil, or having a frightening appearance

ANSWERS: 46. rucksack, 47. shameless, 48. monstrous