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Vocabulary Builder Reference from...

June Tangney: What's the difference between guilt and shame? | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

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**.

guilt

n. the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong

synonym: regret, remorse, blame

(1) criminal **guilt**, (2) feeling of **guilt**

Shame and **guilt** have significant social influences.

emotion

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

synonym: feeling, sentiment, passion

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

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

interchange

n. an exchange of one thing for another, often involving a replacement or substitution; a meeting or intersection of

two or more roads or routes

synonym : exchange, swap, trade

(1) **interchange** station, (2) **interchange** of ideas

The highway had a dangerous **interchange** where accidents were common.

specific

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

synonym : particular, definite, distinct

(1) **specific** instructions, (2) industry- **specific** regulations

The scientist conducted a study that provided **specific** details about the species' behavior.

subtle

adj. not readily apparent or visible

synonym : slight, nuanced, exquisite

(1) **subtle** changes, (2) a **subtle** poison

A famous artist painted the room in a **subtle** pink hue.

distinction

n. a difference or contrast between similar things or people

synonym : eminence, noteworthiness, excellence

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

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

motivation

n. the reason or enthusiasm for acting or behaving in a particular way

synonym : inspiration, incentive, reason

(1) understand his **motivation**, (2) **motivation** for a change

A significant amount of **motivation** is required to be a teacher.

horrible

adj. extremely unpleasant or bad; causing fear or disgust

synonym : dreadful, terrible, awful

(1) **horrible** accident, (2) **horrible** smell

The experience was **horrible** and left a lasting impression.

shrink

v. to become smaller, or to make something smaller in size or amount

synonym: decrease, diminish, shy away

(1) **shrink** the tumor, (2) **shrink** with fear

This shirt will **shrink** in the wash.

worthless

adj. having no value or usefulness; not worth considering

synonym: valueless, useless, pointless

(1) **worthless** stock, (2) **worthless** coin

The product was found to be **worthless** as it failed to meet the customer's expectations.

powerless

adj. lacking power, strength, or authority; unable to act or affect change

synonym: helpless, impotent, feeble

(1) **powerless** position, (2) **powerless** in the organization

During the hurricane, we felt **powerless** against the winds and rain.

sink

v. to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else

synonym: descend, drop, plummet

(1) **sink** a lot of capital, (2) **sink** a buzzer-beater

The abandoned ship slowly began to **sink** into the murky waters of the harbor.

disappear

v. to cease to exist or be visible

synonym: fade, evaporate, vanish

(1) **disappear** without a trace, (2) **disappear** after a week

They watched the train **disappear** into the distance.

minimize

v. to make something, especially something bad, small or less serious

synonym: diminish, mitigate, belittle

(1) **minimize** a loss, (2) way to **minimize** conflict

I bought a gadget before my trip to help **minimize** stress during the flight.

blame

v. to think or say that someone or something did something wrong or is responsible for something bad

synonym: condemn, rebuke, find fault with

(1) **blame** circumstances for the failure, (2) **blame** the lack of knowledge

We **blamed** our impeded progress on lack of money.

typical

adj. having the usual characteristics or traits of a specific group of things

synonym: characteristic, usual, distinctive

(1) **typical** leader, (2) fairly **typical** symptoms

This artwork is **typical** of her work.

construct

v. to build or create something; to assemble or combine different parts to form something whole

synonym: build, assemble, create

(1) **construct** a 3D image, (2) **construct** a dam

He **constructs** hypotheses that no mathematician has ever imagined before.

inclined

adj. having a tendency or preference for something; likely or disposed to think, feel, or behave in a certain way

synonym: disposed, prone, likely

(1) **inclined** to think, (2) **inclined** angle

I am **inclined** to believe that she is telling the truth.

confess

v. to admit to having done something wrong or to reveal something personal or private

synonym: admit, acknowledge, own up

(1) **confess** sin, (2) **confess** truth

He **confessed** to his crime and turned himself into the police.

apologize

v. to express regret for committing wrongdoing or causing a problem

synonym : excuse, justify, atone

(1) **apologize** for being late, (2) **apologize** ahead of time
I **apologize** for neglecting your email.

responsible

adj. answerable or accountable for something within one's power, control, or management

synonym : accountable, answerable, liable

(1) **responsible** action, (2) **responsible** for a customer service

She's a **responsible** pet owner who ensures her dog gets enough exercise and a healthy diet.

reconnect

v. to connect again after a break or interruption

synonym : reopen, rejoin, link up

(1) **reconnect** a telephone, (2) **reconnect** with family

After a long period of estrangement, they **reconnected** with each other.

unwarranted

adj. without justification or valid reason; not supported by evidence, logic, or authority

synonym : unjustified, baseless, groundless

(1) **unwarranted** fear, (2) **unwarranted** assumption

The media's negative portrayal of the politician was **unwarranted** and biased

unfair

adj. not giving equal treatment or opportunities to people involved; marked by injustice, partiality, or deception

synonym : wrongful, biased, dishonest

(1) **unfair** employment practices, (2) have an **unfair** advantage

In a democracy, it is necessary to monitor the judiciary to see if it is making **unfair** decisions.

guilty

adj. feeling responsible for or having done something wrong or criminal

synonym : culpable, blameworthy, at fault

(1) feel a bit **guilty**, (2) **guilty** verdict

After much contemplation, the suspect decided to plead **guilty** to the theft charge.

problematic

adj. full of difficulties; difficult to deal with or solve

synonym: inappropriate, inconvenient, worrisome

(1) a **problematic** situation, (2) seems to be highly **problematic**

Direct democracy is effective in quickly resolving **problematic** situations within a community.

spot

n. a particular location or place; a small round or roundish area, differing in color or feels from the surface around it

synonym: dot, mark, place

(1) beauty **spot**, (2) a **spot** on his honor

This remote **spot** is rarely visited.

survivor

n. a person who remains alive after an event in which others have died

synonym: subsister

(1) ovarian cancer **survivor**, (2) a single **survivor**

The shipwreck **survivor** was rescued after floating in the ocean for three days.

addiction

n. the inability to stop using or doing something as a habit, especially something harmful

synonym: dependence

(1) alcohol **addiction**, (2) **addiction** to foreign oil

He is now fighting his **addiction** to drugs.

struggle

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

synonym: toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

ongoing

adj. continuing to exist or develop, or currently happening
synonym : continuous, current, proceeding

(1) still **ongoing**, (2) **ongoing** support

The new prime minister has vowed to take measures against the **ongoing** economic crisis.

therapy

n. the act of caring for someone through medication, remedial training, etc.

synonym : antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**

I underwent aversion **therapy** for my addiction to alcohol.

compassionate

adj. feeling or showing sympathy and concern for the suffering or bad luck of others

synonym : empathetic, sympathetic, merciful

(1) a **compassionate** heart, (2) **compassionate** leave

My father has a serious and **compassionate** personality.

realistic

adj. having or showing a sensible and practical idea that is possible to achieve

synonym : practical, pragmatic, down-to-earth

(1) a **realistic** goal, (2) a **realistic** goal

That story was so **realistic**, and it was scary.

dispel

v. to remove something, especially a feeling of fear, doubt, and false idea

synonym : chase away, allay, disperse

(1) **dispel** a painful feeling, (2) **dispel** baseless rumors

This program aims to **dispel** certain misconceptions about the disease.

phobia

n. an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder

synonym : fear, dread, terror

(1) **phobia** treatment, (2) social **phobia**
She has a **phobia** of spiders and always avoids them.

ashamed

adj. feeling guilt, embarrassment, or remorse about something because of something you have done
synonym : regretful, repentant, mortified

(1) feel **ashamed** of him, (2) cast **ashamed** eyes
You don't have to be **ashamed**.

stigmatize

v. to accuse, condemn, or openly or formally consider somebody or something as not deserving respect
synonym : brand, mark, denounce

(1) **stigmatize** the deviant as criminal, (2) **stigmatize** him as a swindler

She was **stigmatized** by society because she had a child out of wedlock.

identity

n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another

synonym : character, personality, individuality

(1) mistaken **identity**, (2) **identity** as an individual

The terrorist's **identity** remains unknown.

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.

strategy

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

synonym : approach, procedure, scenario

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

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

identify

v. to recognize someone or something and say or prove who or what they are

synonym: determine, specify, recognize

(1) **identify** handwriting, (2) **identify** gene sequences

I will introduce you to how to **identify** the leading causes of the malfunction.

temper

n. a person's state of mind, emotions, or attitude; a tendency to become angry or excited easily; the elasticity and hardness of a metal object

synonym: mood, disposition, nature

(1) a hasty **temper**, (2) bridle my **temper**

The **temper** of the steel needs to be just right to ensure the product's durability.

doe

n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit

synonym: rabbit, bunny, hare

(1) **doe** rabbit, (2) buck and **doe**

Hunters use a whistle that makes the **doe** sound to lure stags.

amend

v. to change a text, law, statement, etc., slightly to remove faults or errors or to improve it

synonym: improve, correct, alter

(1) **amend** a law, (2) **amend** his writing

The president agreed to **amend** the ill-defined regulations.

opposed

adj. being completely different from something or disagreeing strongly with something

synonym: anti, averse, hostile

(1) two **opposed** characters, (2) absolutely **opposed** to abortion

I'm strongly **opposed** to that plan.

mire

n. a wet, muddy ground or area that is difficult to walk or move through

synonym : swamp, quagmire, bog

(1) stick in the **mire**, (2) **mire** of debt

The project was bogged down in a **mire** of bureaucracy.

celebrate

v. to acknowledge a memorable or good day or event with a social gathering or enjoyable activity

synonym : praise, glorify, honor

(1) **celebrate** his election, (2) **celebrate** Christmas

He **celebrated** the 10th anniversary of his tenure.

appreciate

v. to value and acknowledge the worth of someone or something; to be grateful for something or someone

synonym : acknowledge, admire, enjoy

(1) **appreciate** her feedback, (2) **appreciate** the value

We would **appreciate** an early reply.

strength

n. the quality or state of being physically, or sometimes mentally, strong

synonym : resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

communal

adj. belonging to or used by a group rather than individuals; for common use

synonym : collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

Communal elections were held in several European countries.

incarcerate

v. to put or keep somebody in prison or in a place from which they cannot escape

synonym : confine, detain, imprison

(1) **incarcerate** the murderer, (2) **incarcerate** her for life

He was **incarcerated** for the duration of the war.

rough

adj. not quite exact or correct; having or caused by an irregular surface

synonym: inelegant, coarse, barbarian

(1) **rough** and tough, (2) **rough** estimation

The vehicle bounced along the **rough** mountain road.

spite

n. feelings of anger and resentment; (in spite of, also despite) a phrase that is used to indicate that something happened or exists even though there is a particular obstacle or difficulty

synonym: malice, ill will, vindictiveness

(1) bear **spite** against him, (2) die in **spite** of intensive care

He did it out of **spite**, to annoy me.

barrier

n. a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective

synonym: border, barricade, fence

(1) cost **barrier**, (2) information **barrier**

The police placed a **barrier** across the street to halt traffic.

stick

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

synonym: pierce, adhere, stay

(1) **stick** a key in a lock, (2) fire **stick**

You **stick** a bill in the change machine, and the coins pop out.

transition

n. the process or period of changing from one state or circumstance to another

synonym: change, growth, shift

(1) **transition** phase, (2) ensure a smooth **transition**

The nation's healthcare system is in **transition** at the moment.

overload

v. to put too much a load in or on something

synonym: overfill, excess, weigh down

(1) **overload** the circulatory system, (2) **overload** a muscle

Be careful not to **overload** the laundry machine.

critic

n. someone who expresses opinions about the quality of books, music, etc.

synonym: pundit, analyst, attacker

(1) art **critic**, (2) severe **critic**

Advocates for legal reform hear less harsh words from their **critics**.

separate

v. to force, take, or pull apart; mark as different

synonym: disunite, isolate, ramify

(1) **separate** video into chapter, (2) **separate** cream from milk

We need to **separate** the aspect of his personality from the part of his competence when making an investment decision.

ultimate

adj. furthest or highest in degree or order

synonym: highest, maximum, foremost

(1) the **ultimate** goal in life, (2) the **ultimate** luxury

Management must take **ultimate** responsibility for the accident.

sensitive

adj. able to notice slight changes, signals, or influences; able to feel or perceive other's feelings; susceptible to the things people say or do

synonym: exposed, susceptible, keen

(1) **sensitive** documents, (2) baby with **sensitive** skin

The teacher is very **sensitive** to children's feelings.

Session 2: Spelling

1. gu___y verdict *adj.* feeling responsible for or having done something wrong or criminal
2. s__k a buzzer-beater *v.* to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else
3. un___r employment practices *adj.* not giving equal treatment or opportunities to people involved; marked by injustice, partiality, or deception
4. on____g support *adj.* continuing to exist or develop, or currently happening
5. a s__t on his honor *n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it
6. mi____ze a loss *v.* to make something, especially something bad, small or less serious
7. di____ar without a trace *v.* to cease to exist or be visible
8. ensure a smooth tra____on *n.* the process or period of changing from one state or circumstance to another
9. wo____ss stock *adj.* having no value or usefulness; not worth considering
10. unw____ed assumption *adj.* without justification or valid reason; not supported by evidence, logic, or authority

ANSWERS: 1. guilty, 2. sink, 3. unfair, 4. ongoing, 5. spot, 6. minimize, 7. disappear, 8. transition, 9. worthless, 10. unwarranted

11. th____y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
12. ro__h and tough *adj.* not quite exact or correct; having or caused by an irregular surface
13. feeling of gu__t *n.* the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong
14. app_____te her feedback *v.* to value and acknowledge the worth of someone or something; to be grateful for something or someone
15. co_____ct a dam *v.* to build or create something; to assemble or combine different parts to form something whole
16. a single su____or *n.* a person who remains alive after an event in which others have died
17. d_e rabbit *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
18. res_____le for a customer service *adj.* answerable or accountable for something within one's power, control, or management
19. the ul____te goal in life *adj.* furthest or highest in degree or order
20. int_____ge station *n.* an exchange of one thing for another, often involving a replacement or substitution; a meeting or intersection of two or more roads or routes
21. ty____l leader *adj.* having the usual characteristics or traits of a specific group of things

ANSWERS: 11. therapy, 12. rough, 13. guilt, 14. appreciate, 15. construct, 16. survivor, 17. doe, 18. responsible, 19. ultimate, 20. interchange, 21. typical

22. die in sp__e of intensive care *n.* feelings of anger and resentment; (in spite of, also despite) a phrase that is used to indicate that something happened or exists even though there is a particular obstacle or difficulty
23. se_____ve documents *adj.* able to notice slight changes, signals, or influences; able to feel or perceive other's feelings; susceptible to the things people say or do
24. app_____te the value *v.* to value and acknowledge the worth of someone or something; to be grateful for something or someone
25. field of gene th_____y *n.* the act of caring for someone through medication, remedial training, etc.
26. po_____ss in the organization *adj.* lacking power, strength, or authority; unable to act or affect change
27. res_____le action *adj.* answerable or accountable for something within one's power, control, or management
28. severe cr____c *n.* someone who expresses opinions about the quality of books, music, etc.
29. po_____ss position *adj.* lacking power, strength, or authority; unable to act or affect change
30. stick in the m__e *n.* a wet, muddy ground or area that is difficult to walk or move through
31. st__k a key in a lock *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

ANSWERS: 22. spite, 23. sensitive, 24. appreciate, 25. therapy, 26. powerless, 27. responsible, 28. critic, 29. powerless, 30. mire, 31. stick

32. social ph___a *n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
33. way to mi_____ze conflict *v.* to make something, especially something bad, small or less serious
34. 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
35. a su___e poison *adj.* not readily apparent or visible
36. ho_____le smell *adj.* extremely unpleasant or bad; causing fear or disgust
37. am__d a law *v.* to change a text, law, statement, etc., slightly to remove faults or errors or to improve it
38. ov_____ad the circulatory system *v.* to put too much a load in or on something
39. bear sp__e against him *n.* feelings of anger and resentment; (in spite of, also despite) a phrase that is used to indicate that something happened or exists even though there is a particular obstacle or difficulty
40. st_____le to get the job *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
41. se_____te cream from milk *v.* to force, take, or pull apart; mark as different

ANSWERS: 32. phobia, 33. minimize, 34. intern, 35. subtle, 36. horrible, 37. amend, 38. overload, 39. spite, 40. struggle, 41. separate

42. co_____s sin v. to admit to having done something wrong or to reveal something personal or private
43. mistaken id_____ty n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
44. 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
45. feel as_____d of him adj. feeling guilt, embarrassment, or remorse about something because of something you have done
46. id_____fy gene sequences v. to recognize someone or something and say or prove who or what they are
47. the ul_____te luxury adj. furthest or highest in degree or order
48. sh____k with fear v. to become smaller, or to make something smaller in size or amount
49. sti_____ze the deviant as criminal v. to accuse, condemn, or openly or formally consider somebody or something as not deserving respect
50. ov_____ad a muscle v. to put too much a load in or on something
51. fairly ty_____l symptoms adj. having the usual characteristics or traits of a specific group of things
52. baby with se_____ve skin adj. able to notice slight changes, signals, or influences; able to feel or perceive other's feelings; susceptible to the things people say or do

ANSWERS: 42. confess, 43. identity, 44. intern, 45. ashamed, 46. identify, 47. ultimate, 48. shrink, 49. stigmatize, 50. overload, 51. typical, 52. sensitive

53. have an un___r advantage *adj.* not giving equal treatment or opportunities to people involved; marked by injustice, partiality, or deception
54. cast as____d eyes *adj.* feeling guilt, embarrassment, or remorse about something because of something you have done
55. understand his mot____on *n.* the reason or enthusiasm for acting or behaving in a particular way
56. bl__e the lack of knowledge *v.* to think or say that someone or something did something wrong or is responsible for something bad
57. int____ge of ideas *n.* an exchange of one thing for another, often involving a replacement or substitution; a meeting or intersection of two or more roads or routes
58. mot____on for a change *n.* the reason or enthusiasm for acting or behaving in a particular way
59. still on____g *adj.* continuing to exist or develop, or currently happening
60. sh___k the tumor *v.* to become smaller, or to make something smaller in size or amount
61. control my em____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
62. s__k a lot of capital *v.* to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else

ANSWERS: 53. unfair, 54. ashamed, 55. motivation, 56. blame, 57. interchange, 58. motivation, 59. ongoing, 60. shrink, 61. emotion, 62. sink

63. ovarian cancer su____or *n.* a person who remains alive after an event in which others have died
64. sti_____ze him as a swindler *v.* to accuse, condemn, or openly or formally consider somebody or something as not deserving respect
65. bridle my te____r *n.* a person's state of mind, emotions, or attitude; a tendency to become angry or excited easily; the elasticity and hardness of a metal object
66. fire st__k *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
67. re_____ct with family *v.* to connect again after a break or interruption
68. feel a bit gu____y *adj.* feeling responsible for or having done something wrong or criminal
69. inc_____te the murderer *v.* to put or keep somebody in prison or in a place from which they cannot escape
70. develop a st____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
71. a re_____ic goal *adj.* having or showing a sensible and practical idea that is possible to achieve
72. draw a dis_____on *n.* a difference or contrast between similar things or people
73. ce_____te his election *v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity

ANSWERS: 63. survivor, 64. stigmatize, 65. temper, 66. stick, 67. reconnect, 68. guilty, 69. incarcerate, 70. strategy, 71. realistic, 72. distinction, 73. celebrate

74. absolutely op_____d to abortion *adj.* being completely different from something or disagreeing strongly with something
75. 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
76. in_____ed to think *adj.* having a tendency or preference for something; likely or disposed to think, feel, or behave in a certain way
77. su___e changes *adj.* not readily apparent or visible
78. afraid to show em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
79. a com_____ate heart *adj.* feeling or showing sympathy and concern for the suffering or bad luck of others
80. ph___a treatment *n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
81. ce_____te Christmas *v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
82. ho_____le accident *adj.* extremely unpleasant or bad; causing fear or disgust
83. in_____ed angle *adj.* having a tendency or preference for something; likely or disposed to think, feel, or behave in a certain way
84. wo_____ss coin *adj.* having no value or usefulness; not worth considering

ANSWERS: 74. opposed, 75. sham, 76. inclined, 77. subtle, 78. emotion, 79. compassionate, 80. phobia, 81. celebrate, 82. horrible, 83. inclined, 84. worthless

85. co_____ct a 3D image *v.* to build or create something; to assemble or combine different parts to form something whole
86. m__e of debt *n.* a wet, muddy ground or area that is difficult to walk or move through
87. bl__e circumstances for the failure *v.* to think or say that someone or something did something wrong or is responsible for something bad
88. st_____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
89. muscular st_____th *n.* the quality or state of being physically, or sometimes mentally, strong
90. inc_____te her for life *v.* to put or keep somebody in prison or in a place from which they cannot escape
91. ad_____on to foreign oil *n.* the inability to stop using or doing something as a habit, especially something harmful
92. beauty s__t *n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it
93. alcohol ad_____on *n.* the inability to stop using or doing something as a habit, especially something harmful
94. ap_____ze ahead of time *v.* to express regret for committing wrongdoing or causing a problem
95. st_____th of the economy *n.* the quality or state of being physically, or sometimes mentally, strong

ANSWERS: 85. construct, 86. mire, 87. blame, 88. struggle, 89. strength, 90. incarcerate, 91. addiction, 92. spot, 93. addiction, 94. apologize, 95. strength

96. co____s truth *v.* to admit to having done something wrong or to reveal something personal or private
97. di___l baseless rumors *v.* to remove something, especially a feeling of fear, doubt, and false idea
98. di___l a painful feeling *v.* to remove something, especially a feeling of fear, doubt, and false idea
99. criminal gu__t *n.* the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong
100. se_____te video into chapter *v.* to force, take, or pull apart; mark as different
101. important dis_____on *n.* a difference or contrast between similar things or people
102. re_____ct a telephone *v.* to connect again after a break or interruption
103. id_____ty as an individual *n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
104. cost ba_____r *n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
105. unw_____ed fear *adj.* without justification or valid reason; not supported by evidence, logic, or authority
106. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use

ANSWERS: 96. confess, 97. dispel, 98. dispel, 99. guilt, 100. separate, 101. distinction, 102. reconnect, 103. identity, 104. barrier, 105. unwarranted, 106. communal

107. tra_____on phase *n.* the process or period of changing from one state or circumstance to another
108. com_____ate leave *adj.* feeling or showing sympathy and concern for the suffering or bad luck of others
109. buck and d_e *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
110. sp_____ic instructions *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
111. art cr____c *n.* someone who expresses opinions about the quality of books, music, etc.
112. military st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
113. a hasty te____r *n.* a person's state of mind, emotions, or attitude; a tendency to become angry or excited easily; the elasticity and hardness of a metal object
114. industry-sp_____ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
115. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
116. a pro_____ic situation *adj.* full of difficulties; difficult to deal with or solve
117. ap_____ze for being late *v.* to express regret for committing wrongdoing or causing a problem
118. two op_____d characters *adj.* being completely different from something or disagreeing strongly with something

ANSWERS: 107. transition, 108. compassionate, 109. doe, 110. specific, 111. critic, 112. strategy, 113. temper, 114. specific, 115. communal, 116. problematic, 117. apologize, 118. opposed

119. information ba____r *n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
120. di____ar after a week *v.* to cease to exist or be visible
121. 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
122. seems to be highly pro____ic *adj.* full of difficulties; difficult to deal with or solve
123. id____fy handwriting *v.* to recognize someone or something and say or prove who or what they are
124. ro__h estimation *adj.* not quite exact or correct; having or caused by an irregular surface
125. am__d his writing *v.* to change a text, law, statement, etc., slightly to remove faults or errors or to improve it

ANSWERS: 119. barrier, 120. disappear, 121. sham, 122. problematic, 123. identify, 124. rough, 125. amend

Session 3: Fill in the Blanks

1. I _____ for neglecting your email.
 - v. to express regret for committing wrongdoing or causing a problem

2. He _____ to his crime and turned himself into the police.
 - v. to admit to having done something wrong or to reveal something personal or private

3. The terrorist's _____ remains unknown.
 - n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another

4. He was _____ for the duration of the war.
 - v. to put or keep somebody in prison or in a place from which they cannot escape

5. You _____ a bill in the change machine, and the coins pop out.
 - v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

6. Our plan includes a comprehensive marketing _____.
 - n. a detailed plan of action designed to achieve a long-term or overall goal.

7. A famous artist painted the room in a _____ pink hue.
 - adj. not readily apparent or visible

8. She has a _____ of spiders and always avoids them.
 - n. an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder

ANSWERS: 1. apologize, 2. confessed, 3. identity, 4. incarcerated, 5. stick, 6. strategy, 7. subtle, 8. phobia

9. The nation's healthcare system is in _____ at the moment.
n. the process or period of changing from one state or circumstance to another
10. He is now fighting his _____ to drugs.
n. the inability to stop using or doing something as a habit, especially something harmful
11. The media's negative portrayal of the politician was _____ and biased
adj. without justification or valid reason; not supported by evidence, logic, or authority
12. After a long period of estrangement, they _____ with each other.
v. to connect again after a break or interruption
13. Health and _____ are, above all, gold.
n. the quality or state of being physically, or sometimes mentally, strong
14. The scientist conducted a study that provided _____ details about the species' behavior.
adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
15. Hunters use a whistle that makes the ____ sound to lure stags.
n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
16. This program aims to _____ certain misconceptions about the disease.
v. to remove something, especially a feeling of fear, doubt, and false idea

ANSWERS: 9. transition, 10. addiction, 11. unwarranted, 12. reconnected, 13. strength, 14. specific, 15. doe, 16. dispel

17. Shame and _____ have significant social influences.

- n.* the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong

18. 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

19. Be careful not to _____ the laundry machine.

- v.* to put too much a load in or on something

20. During the hurricane, we felt _____ against the winds and rain.

- adj.* lacking power, strength, or authority; unable to act or affect change

21. That story was so _____ and it was scary.

- adj.* having or showing a sensible and practical idea that is possible to achieve

22. She's a _____ pet owner who ensures her dog gets enough exercise and a healthy diet.

- adj.* answerable or accountable for something within one's power, control, or management

23. I can't see any _____ between these two concepts.

- n.* a difference or contrast between similar things or people

24. A significant amount of _____ is required to be a teacher.

- n.* the reason or enthusiasm for acting or behaving in a particular way

ANSWERS: 17. guilt, 18. interned, 19. overload, 20. powerless, 21. realistic, 22. responsible, 23. distinction, 24. motivation

25. He _____ the 10th anniversary of his tenure.
- v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
26. I underwent aversion _____ for my addiction to alcohol.
- n.* the act of caring for someone through medication, remedial training, etc.
27. He _____ hypotheses that no mathematician has ever imagined before.
- v.* to build or create something; to assemble or combine different parts to form something whole
28. The product was found to be _____ as it failed to meet the customer's expectations.
- adj.* having no value or usefulness; not worth considering
29. _____ elections were held in several European countries.
- adj.* belonging to or used by a group rather than individuals; for common use
30. Some _____ are common across cultures and backgrounds.
- n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
31. The abandoned ship slowly began to _____ into the murky waters of the harbor.
- v.* to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else
32. My father has a serious and _____ personality.
- adj.* feeling or showing sympathy and concern for the suffering or bad luck of others

ANSWERS: 25. celebrated, 26. therapy, 27. constructs, 28. worthless, 29. Communal, 30. emotions, 31. sink, 32. compassionate

33. I will introduce you to how to _____ the leading causes of the malfunction.
v. to recognize someone or something and say or prove who or what they are
34. I bought a gadget before my trip to help _____ stress during the flight.
v. to make something, especially something bad, small or less serious
35. She was _____ by society because she had a child out of wedlock.
v. to accuse, condemn, or openly or formally consider somebody or something as not deserving respect
36. They watched the train _____ into the distance.
v. to cease to exist or be visible
37. He did it out of _____ to annoy me.
n. feelings of anger and resentment; (in spite of, also despite) a phrase that is used to indicate that something happened or exists even though there is a particular obstacle or difficulty
38. Direct democracy is effective in quickly resolving _____ situations within a community.
adj. full of difficulties; difficult to deal with or solve
39. 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
40. The president agreed to _____ the ill-defined regulations.
v. to change a text, law, statement, etc., slightly to remove faults or errors or to improve it

ANSWERS: 33. identify, 34. minimize, 35. stigmatized, 36. disappear, 37. spite, 38. problematic, 39. sham, 40. amend

41. You don't have to be _____.

adj. feeling guilt, embarrassment, or remorse about something because of something you have done

42. The _____ of the steel needs to be just right to ensure the product's durability.

n. a person's state of mind, emotions, or attitude; a tendency to become angry or excited easily; the elasticity and hardness of a metal object

43. The police placed a _____ across the street to halt traffic.

n. a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective

44. This remote _____ is rarely visited.

n. a particular location or place; a small round or roundish area, differing in color or feels from the surface around it

45. We _____ our impeded progress on lack of money.

v. to think or say that someone or something did something wrong or is responsible for something bad

46. The highway had a dangerous _____ where accidents were common.

n. an exchange of one thing for another, often involving a replacement or substitution; a meeting or intersection of two or more roads or routes

47. He could not _____ against temptation.

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

48. Management must take _____ responsibility for the accident.

adj. furthest or highest in degree or order

ANSWERS: 41. ashamed, 42. temper, 43. barrier, 44. spot, 45. blamed, 46. interchange, 47. struggle, 48. ultimate

49. In a democracy, it is necessary to monitor the judiciary to see if it is making _____ decisions.

adj. not giving equal treatment or opportunities to people involved; marked by injustice, partiality, or deception

50. I am _____ to believe that she is telling the truth.

adj. having a tendency or preference for something; likely or disposed to think, feel, or behave in a certain way

51. We would _____ an early reply.

v. to value and acknowledge the worth of someone or something; to be grateful for something or someone

52. We need to _____ the aspect of his personality from the part of his competence when making an investment decision.

v. to force, take, or pull apart; mark as different

53. This artwork is _____ of her work.

adj. having the usual characteristics or traits of a specific group of things

54. After much contemplation, the suspect decided to plead _____ to the theft charge.

adj. feeling responsible for or having done something wrong or criminal

55. The teacher is very _____ to children's feelings.

adj. able to notice slight changes, signals, or influences; able to feel or perceive other's feelings; susceptible to the things people say or do

56. Advocates for legal reform hear less harsh words from their _____.

n. someone who expresses opinions about the quality of books, music, etc.

ANSWERS: 49. unfair, 50. inclined, 51. appreciate, 52. separate, 53. typical, 54. guilty, 55. sensitive, 56. critics

57. The experience was _____ and left a lasting impression.

adj. extremely unpleasant or bad; causing fear or disgust

58. This shirt will _____ in the wash.

v. to become smaller, or to make something smaller in size or amount

59. The new prime minister has vowed to take measures against the _____ economic crisis.

adj. continuing to exist or develop, or currently happening

60. The project was bogged down in a _____ of bureaucracy.

n. a wet, muddy ground or area that is difficult to walk or move through

61. I'm strongly _____ to that plan.

adj. being completely different from something or disagreeing strongly with something

62. The vehicle bounced along the _____ mountain road.

adj. not quite exact or correct; having or caused by an irregular surface

63. The shipwreck _____ was rescued after floating in the ocean for three days.

n. a person who remains alive after an event in which others have died

ANSWERS: 57. horrible, 58. shrink, 59. ongoing, 60. mire, 61. opposed, 62. rough, 63. survivor