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Vocabulary Builder Reference from...

Jessica Garza: How to avoid catching prickly emotions from other people | TED Talk

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

Advanced Words Only

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Session 1: Word List

outpost

n. a small military camp at some distance from the main army, used mainly to observe an enemy's movements, etc.

synonym : frontier, settlement

(1) **outpost** area, (2) military **outpost**

With the war's end, they have begun a gradual retreat from their **outposts**.

hostility

n. aggressive or unfriendly feelings or behavior

synonym : antagonism, antipathy, estrangement

(1) an act of **hostility**, (2) bitter **hostility**

Her unconcealed **hostility** made us unpleasant.

debrief

v. to question, investigate, or discuss with someone after an event or task to share information and evaluate the performance

synonym : brief, summarize, rehash

(1) **debrief** their business trip, (2) **debrief** the result

After the mission, the team gathered to **debrief** and discuss their success and areas for improvement.

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.

flare

v. to burn brightly with a sudden, intense burst of flame or light; (noun) a sudden and brief burst of bright flame or light; a sudden and intense burst of radiation from the Sun's surface

synonym : blaze, ignite, light up

(1) **flare** up into a major crisis, (2) the **flare** of a match

The Sun **flared** and caused a sudden brightening in the sky.

contagion

n. the spread of a disease or harmful influence from one person or thing to another

synonym : infection, disease, transmission

(1) a **contagion** of fear, (2) **contagion** effect

The government has implemented measures to prevent the **contagion** of COVID-19, such as social distancing and mandatory mask-wearing.

shrub

n. a woody plant that is smaller than a tree and has several main stems emerging from the soil

synonym : bush, hedge, fern

(1) tree and **shrubs**, (2) small **shrub**

These are **shrubs** with no trunks that rarely grow taller than 3 meters.

prick

v. to make a small hole or puncture or to cause a slight, sharp pain; to stimulate or provoke a reaction or response; to use needles to administer a vaccine or medication

synonym : poke, jab, sting

(1) **prick** a balloon, (2) **prick** up her ears

He accidentally **pricked** his finger with the needle.

burrow

v. to excavate a hole or make a tunnel in the ground by digging, typically for use as a dwelling of an animal

synonym: tunnel, dig, excavate

(1) **burrow** through the forest, (2) **burrow** into a mystery

You can't **burrow** through solid metal.

cholla

n. a type of cactus with cylindrical stem segments covered in clusters of sharp spines native to arid regions of North and South America

synonym: cactus, prickly pear

(1) jumping **cholla**, (2) **cholla** wood

The **cholla** skeleton is a popular decorative item in southwestern homes.

figurative

adj. using figures of speech, especially metaphors, to create a special effect; not literal

synonym: metaphorical, symbolic, allegorical

(1) in a **figurative** sense, (2) **figurative** painting

When he said he was starving to death, it was a **figurative** way of saying he was very hungry.

annoy

v. to make someone angry, anxious, or irritating slightly

synonym: aggravate, irritate, unsettle

(1) **annoy** at the time, (2) **annoy** everyone else

Her constant chatter was starting to **annoy** the neighbors.

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.

subconsciously

adv. in a way that is not fully conscious or aware of

synonym: unconsciously, without thinking

(1) **subconsciously** influenced, (2) controlled

subconsciously

He **subconsciously** picked at his cuticles while he was on the phone.

limbic

adj. of or relating to the system of the brain that supports a variety of functions, including emotion, behavior, long-term memory, and olfaction

(1) **limbic** cortex, (2) **limbic** epilepsy

The **limbic** brain region responded readily to negative or sad sounds.

excite

v. to make someone feel suddenly enthusiastic or eager
synonym: thrill, exhilarate, animate

(1) **excite** the crowd, (2) **excite** rebellion

The news of her promotion **excited** her.

hardwired

adj. built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics

synonym: innate, ingrained, automatic

(1) **hardwired** behavior, (2) **hardwired** connection

The instinct to protect one's offspring is **hardwired** into many animal species.

jealousy

n. a feeling of resentment or bitterness towards someone because they have something that you desire

synonym: envy, covetousness, resentment

(1) **jealousy** feeling towards another person, (2) burn with **jealousy**

His **jealousy** of his brother's success caused a rift in their relationship.

envy

v. to experience a feeling of jealousy or resentment towards someone because of their possessions, qualities, or achievements; to desire to have something that someone else has; (noun) a feeling of resentment or jealousy towards someone else's perceived

advantage or success

synonym : covet, resent, grudge

(1) **envy** his success, (2) feeling **envy** toward him

I can't help but **envy** my friend's ability to stay calm in stressful situations.

cohesive

adj. causing cohesion; bringing people or things together

synonym : sticky, close-knit, well-integrated

(1) **cohesive** ability, (2) highly **cohesive** group

He skillfully combines these fragments into a **cohesive** whole.

prickle

v. to cause a tingling or stinging sensation, often from a sharp or pointed object; to provoke or irritate someone, causing them to feel uncomfortable or annoyed; (noun) a small, pointed, and often sharp spine or thorn that grows on a plant or animal

synonym : stab, poke, jab

(1) **prickle** cell layer, (2) **prickle** with excitement

The thorns on the cactus can **prickle** your skin if you touch them.

cringe

v. to move back or away from someone or something because you are afraid or shocked; to shrink as in fear, disgust, or embarrassment

synonym : shrink, cower, quiver

(1) **cringe** with fear, (2) **cringe** at the thought of an accident

The dog **cringed** at its master voice.

improvisation

n. the act of making something up on the spot or creating or performing something without preparation

synonym : spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

reframe

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

synonym: redefine, restructure, reposition

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

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

interrogate

v. to examine someone with questions over a lengthy period, especially in an aggressive manner

synonym: question, examine, probe

(1) **interrogate** an enemy soldier, (2) **interrogated** by police

The lawyer spent considerable time to adequately **interrogate** the witness.

instruct

v. to teach someone practical skills or knowledge; to formally order or tell someone to do something

synonym: train, coach, guide

(1) **instruct** a student, (2) **instruct** a computer

The facility manager **instructed** the security guards to be on high alert.

detach

v. to separate or disjoin something from something else; to disengage

synonym: separate, disengage, disconnect

(1) **detach** a ticket from its stub, (2) **detach** you from the matter

She **detached** the trailer from the truck before driving away.

consciously

adv. with awareness; in a deliberate manner

synonym: intentionally, deliberately, knowingly

(1) **consciously** aware of a problem, (2) act **consciously**

He **consciously** criticizes her in the publicity.

Session 2: Spelling

1. feeling e__y toward him
v. to experience a feeling of jealousy or resentment towards someone because of their possessions, qualities, or achievements; to desire to have something that someone else has; (noun) a feeling of resentment or jealousy towards someone else's perceived advantage or success
2. 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
3. tree and sh__bs
n. a woody plant that is smaller than a tree and has several main stems emerging from the soil
4. a co_____on of fear
n. the spread of a disease or harmful influence from one person or thing to another
5. an__y at the time
v. to make someone angry, anxious, or irritating slightly
6. pr__k up her ears
v. to make a small hole or puncture or to cause a slight, sharp pain; to stimulate or provoke a reaction or response; to use needles to administer a vaccine or medication
7. bitter ho_____ty
n. aggressive or unfriendly feelings or behavior
8. cr___e at the thought of an accident
v. to move back or away from someone or something because you are afraid or shocked; to shrink as in fear, disgust, or embarrassment

ANSWERS: 1. envy, 2. doe, 3. shrub, 4. contagion, 5. annoy, 6. prick, 7. hostility, 8. cringe

9. ha_____ed connection *adj.* built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics
10. in_____ct a student *v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something
11. in a fig_____ve sense *adj.* using figures of speech, especially metaphors, to create a special effect; not literal
12. ha_____ed behavior *adj.* built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics
13. cr___e with fear *v.* to move back or away from someone or something because you are afraid or shocked; to shrink as in fear, disgust, or embarrassment
14. int_____te an enemy soldier *v.* to examine someone with questions over a lengthy period, especially in an aggressive manner
15. an act of ho_____ty *n.* aggressive or unfriendly feelings or behavior
16. an__y everyone else *v.* to make someone angry, anxious, or irritating slightly
17. de___h you from the matter *v.* to separate or disjoin something from something else; to disengage
18. act con_____ly *adv.* with awareness; in a deliberate manner
19. in_____ct a computer *v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something

ANSWERS: 9. hardwired, 10. instruct, 11. figurative, 12. hardwired, 13. cringe, 14. interrogate, 15. hostility, 16. annoy, 17. detach, 18. consciously, 19. instruct

20. co_____on effect *n.* the spread of a disease or harmful influence from one person or thing to another
21. int_____ted by police *v.* to examine someone with questions over a lengthy period, especially in an aggressive manner
22. ex___e the crowd *v.* to make someone feel suddenly enthusiastic or eager
23. highly co_____ve group *adj.* causing cohesion; bringing people or things together
24. pr__k a balloon *v.* to make a small hole or puncture or to cause a slight, sharp pain; to stimulate or provoke a reaction or response; to use needles to administer a vaccine or medication
25. 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
26. small sh__b *n.* a woody plant that is smaller than a tree and has several main stems emerging from the soil
27. li____c cortex *adj.* of or relating to the system of the brain that supports a variety of functions, including emotion, behavior, long-term memory, and olfaction
28. 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

ANSWERS: 20. contagion, 21. interrogate, 22. excite, 23. cohesive, 24. prick, 25. temper, 26. shrub, 27. limbic, 28. temper

29. fig_____ve painting *adj.* using figures of speech, especially metaphors, to create a special effect; not literal
30. je_____sy feeling towards another person *n.* a feeling of resentment or bitterness towards someone because they have something that you desire
31. ou_____t area *n.* a small military camp at some distance from the main army, used mainly to observe an enemy's movements, etc.
32. burn with je_____sy *n.* a feeling of resentment or bitterness towards someone because they have something that you desire
33. d_e rabbit *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
34. fl__e up into a major crisis *v.* to burn brightly with a sudden, intense burst of flame or light; (noun) a sudden and brief burst of bright flame or light; a sudden and intense burst of radiation from the Sun's surface
35. bu___w into a mystery *v.* to excavate a hole or make a tunnel in the ground by digging, typically for use as a dwelling of an animal
36. li___c epilepsy *adj.* of or relating to the system of the brain that supports a variety of functions, including emotion, behavior, long-term memory, and olfaction
37. pr_____e cell layer *v.* to cause a tingling or stinging sensation, often from a sharp or pointed object; to provoke or irritate someone, causing them to feel uncomfortable or annoyed; (noun) a small, pointed, and often sharp spine or thorn that grows on a plant or animal

ANSWERS: 29. figurative, 30. jealousy, 31. outpost, 32. jealousy, 33. doe, 34. flare, 35. burrow, 36. limbic, 37. prickle

38. the fl__e of a match
v. to burn brightly with a sudden, intense burst of flame or light; (noun) a sudden and brief burst of bright flame or light; a sudden and intense burst of radiation from the Sun's surface
39. controlled sub_____sly
adv. in a way that is not fully conscious or aware of
40. imp_____ion on stage
n. the act of making something up on the spot or creating or performing something without preparation
41. de___h a ticket from its stub
v. to separate or disjoin something from something else; to disengage
42. jazz imp_____ion
n. the act of making something up on the spot or creating or performing something without preparation
43. re_____e problem
v. to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
44. de_____f their business trip
v. to question, investigate, or discuss with someone after an event or task to share information and evaluate the performance
45. e__y his success
v. to experience a feeling of jealousy or resentment towards someone because of their possessions, qualities, or achievements; to desire to have something that someone else has; (noun) a feeling of resentment or jealousy towards someone else's perceived advantage or success

ANSWERS: 38. flare, 39. subconsciously, 40. improvisation, 41. detach, 42. improvisation, 43. reframe, 44. debrief, 45. envy

46. pr____e with excitement *v.* to cause a tingling or stinging sensation, often from a sharp or pointed object; to provoke or irritate someone, causing them to feel uncomfortable or annoyed; (noun) a small, pointed, and often sharp spine or thorn that grows on a plant or animal
47. con_____ly aware of a problem *adv.* with awareness; in a deliberate manner
48. ex___e rebellion *v.* to make someone feel suddenly enthusiastic or eager
49. bu___w through the forest *v.* to excavate a hole or make a tunnel in the ground by digging, typically for use as a dwelling of an animal
50. military ou____t *n.* a small military camp at some distance from the main army, used mainly to observe an enemy's movements, etc.
51. re____e resource allocation *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
52. co____ve ability *adj.* causing cohesion; bringing people or things together
53. de____f the result *v.* to question, investigate, or discuss with someone after an event or task to share information and evaluate the performance
54. ch___a wood *n.* a type of cactus with cylindrical stem segments covered in clusters of sharp spines native to arid regions of North and South America

ANSWERS: 46. prickle, 47. consciously, 48. excite, 49. burrow, 50. outpost, 51. reframe, 52. cohesive, 53. debrief, 54. cholla

55. jumping ch___a

n. a type of cactus with cylindrical stem segments covered in clusters of sharp spines native to arid regions of North and South America

56. sub_____sly influenced

adv. in a way that is not fully conscious or aware of

ANSWERS: 55. cholla, 56. subconsciously

Session 3: Fill in the Blanks

1. The thorns on the cactus can _____ your skin if you touch them.
 - v. to cause a tingling or stinging sensation, often from a sharp or pointed object; to provoke or irritate someone, causing them to feel uncomfortable or annoyed; (noun) a small, pointed, and often sharp spine or thorn that grows on a plant or animal

2. After the mission, the team gathered to _____ and discuss their success and areas for improvement.
 - v. to question, investigate, or discuss with someone after an event or task to share information and evaluate the performance

3. 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

4. The lawyer spent considerable time to adequately _____ the witness.
 - v. to examine someone with questions over a lengthy period, especially in an aggressive manner

5. The instinct to protect one's offspring is _____ into many animal species.
 - adj. built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics

6. The therapist tried to _____ his negative thoughts.
 - v. to reinterpret, rephrase, or redefine an issue, situation, or question in a different way

7. He _____ criticizes her in the publicity.
 - adv. with awareness; in a deliberate manner

ANSWERS: 1. prickle, 2. debrief, 3. doe, 4. interrogate, 5. hardwired, 6. reframe, 7. consciously

8. His _____ of his brother's success caused a rift in their relationship.
n. a feeling of resentment or bitterness towards someone because they have something that you desire
9. When he said he was starving to death, it was a _____ way of saying he was very hungry.
adj. using figures of speech, especially metaphors, to create a special effect; not literal
10. The Sun _____ and caused a sudden brightening in the sky.
v. to burn brightly with a sudden, intense burst of flame or light; (noun) a sudden and brief burst of bright flame or light; a sudden and intense burst of radiation from the Sun's surface
11. He _____ picked at his cuticles while he was on the phone.
adv. in a way that is not fully conscious or aware of
12. She _____ the trailer from the truck before driving away.
v. to separate or disjoin something from something else; to disengage
13. The facility manager _____ the security guards to be on high alert.
v. to teach someone practical skills or knowledge; to formally order or tell someone to do something
14. The dog _____ at its master voice.
v. to move back or away from someone or something because you are afraid or shocked; to shrink as in fear, disgust, or embarrassment
15. Her unconcealed _____ made us unpleasant.
n. aggressive or unfriendly feelings or behavior

ANSWERS: 8. jealousy, 9. figurative, 10. flared, 11. subconsciously, 12. detached, 13. instructed, 14. cringed, 15. hostility

16. The _____ skeleton is a popular decorative item in southwestern homes.
n. a type of cactus with cylindrical stem segments covered in clusters of sharp spines native to arid regions of North and South America
17. The news of her promotion _____ her.
v. to make someone feel suddenly enthusiastic or eager
18. These are _____ with no trunks that rarely grow taller than 3 meters.
n. a woody plant that is smaller than a tree and has several main stems emerging from the soil
19. I can't help but _____ my friend's ability to stay calm in stressful situations.
v. to experience a feeling of jealousy or resentment towards someone because of their possessions, qualities, or achievements; to desire to have something that someone else has; (noun) a feeling of resentment or jealousy towards someone else's perceived advantage or success
20. Her constant chatter was starting to _____ the neighbors.
v. to make someone angry, anxious, or irritating slightly
21. With the war's end, they have begun a gradual retreat from their _____.
n. a small military camp at some distance from the main army, used mainly to observe an enemy's movements, etc.
22. 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
23. The _____ brain region responded readily to negative or sad sounds.
adj. of or relating to the system of the brain that supports a variety of functions, including emotion, behavior, long-term memory, and olfaction

ANSWERS: 16. cholla, 17. excited, 18. shrubs, 19. envy, 20. annoy, 21. outposts, 22. temper, 23. limbic

24. The government has implemented measures to prevent the _____ of COVID-19, such as social distancing and mandatory mask-wearing.

n. the spread of a disease or harmful influence from one person or thing to another

25. He skillfully combines these fragments into a _____ whole.

adj. causing cohesion; bringing people or things together

26. You can't _____ through solid metal.

v. to excavate a hole or make a tunnel in the ground by digging, typically for use as a dwelling of an animal

27. He accidentally _____ his finger with the needle.

v. to make a small hole or puncture or to cause a slight, sharp pain; to stimulate or provoke a reaction or response; to use needles to administer a vaccine or medication

28. He created a beautiful piece of music using only _____.

n. the act of making something up on the spot or creating or performing something without preparation

ANSWERS: 24. contagion, 25. cohesive, 26. burrow, 27. pricked, 28. improvisation