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Vocabulary Builder Reference from...

Anne Marie Albano: How to raise kids who can overcome anxiety | TED Talk

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Advanced Words Only

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Session 1: Word List

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.

slap

v. to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly

synonym: smack, hit, whack

(1) **slap** on the back, (2) **slap** a heavy fine

The politician tried to **slap** down the rumors about his personal life.

stun

v. to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly

synonym: shock, amaze, astound

(1) **stun** fish, (2) **stun** an audience

This sprinter **stunned** the world with his speed.

parochial

adj. related to or characteristic of a small or narrow-minded community, often referring to a geographic location or

mindset; having limited or narrow knowledge or experience of the world outside one's immediate surroundings

synonym : narrow-minded, insular, provincial

(1) **parochial** views, (2) **parochial** community

The **parochial** attitude of the small town made it difficult for outsiders to feel welcome.

humiliate

v. to cause someone to feel ashamed, embarrassed, or degraded, especially in public or through revealing personal information

synonym : shame, embarrass, degrade

(1) **humiliate** him publicly, (2) **humiliate** the heckler in the audience

The boss **humiliated** her employee by belittling her in front of her colleagues.

sob

v. to cry or weep with short, sudden sounds

synonym : cry, weep, wail

(1) **sob** out a story, (2) **sob** quietly

She **sobbed** uncontrollably after hearing the news.

distraught

adj. deeply upset, agitated, or emotionally troubled

synonym : upset, troubled, distressed

(1) **distraught** with grief, (2) **distraught** emotions

After receiving the bad news, he was so **distraught** that he couldn't concentrate on anything else for the rest of the day.

nunnery

n. a convent or house of nuns; a community of women who have dedicated themselves to religious life and live together under vows

synonym : abbey, convent, monastery

(1) **nunnery** life, (2) Catholic **nunnery**

The young woman decided to enter the **nunnery** to pursue a life of religious devotion.

Monsignor

n. a Roman Catholic priest who holds a specific honorary title conferred by the Pope, indicating a certain level of honor or distinction within the church

synonym : archbishop, prelate, bishop

(1) **Monsignor's** guidance, (2) **Monsignor's** duties

The **Monsignor's** robes were adorned with intricate embroidery and gold accents.

cardinal

n. a high-ranking official in the Roman Catholic Church, appointed by the Pope; a deep or bright red color; a bird of the finch family with a distinctive crest on its head; (adjective) of or relating to the highest or most important things

synonym : bishop, archbishop, carmine

(1) **cardinal** rule, (2) **cardinal** red

The **cardinal's** robes were made of rich red silk.

papal

adj. relating to the pope (= the head of the Roman Catholic Church) or the Roman Catholic Church

synonym : pontifical, papistic, apostolical

(1) **papal** authority, (2) **papal** visit

The **papal** palace was a grand and imposing structure.

impair

v. to damage something or make it weaker or worse

synonym : degrade, mar, deface

(1) **impair** my health, (2) **impair** insulin sensitivity

The accident made his vision **impaired**.

frightening

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

synonym : scary, terrifying, alarming

(1) cast **frightening** eyes, (2) **frightening** experience

The news of the pandemic was a **frightening** reminder of the fragility of human health.

embarrass

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

synonym : disconcert, unsettle, agitate

(1) **embarrass** political enemy, (2) **embarrass** my project

He looked for an opportunity to **embarrass** that actor in public.

vaccinate

v. to treat with a vaccine, usually by injection, to produce immunity against a disease

synonym: immunize, inject, inoculate

(1) **vaccinate** against scarlet fever, (2) **vaccinate** every year

The nurse **vaccinated** the children in the school.

inoculate

v. to introduce a vaccine into the body to produce immunity to a specific disease

synonym: vaccinate, immunize, protect

(1) **inoculate** against disease, (2) **inoculate** with a virus

The doctor **inoculated** the child with a vaccine.

measles

n. a highly infectious viral disease that causes fever, red spots on the skin, and other flu-like symptoms, typically affects children

synonym: rash, red measles, rubella

(1) **measles** outbreak, (2) **measles** vaccine

The school sent a notice of a **measles** case in one of the classrooms.

superbug

n. a strain of bacteria that is resistant to multiple types of antibiotics, making it difficult or impossible to treat with traditional medications

synonym: super bacteria, antibiotic-resistant bacteria

(1) **superbug** outbreak, (2) **superbug** infection

The hospital is battling a **superbug** that is resistant to antibiotics.

untreated

adj. not given medical care or treatment; not subjected to chemical or physical treatment

synonym: raw, unprocessed, coarse

(1) an **untreated** disease, (2) dispose of **untreated** formalin solution

Heat stroke is the result of **untreated** heat exhaustion.

homegrown

adj. grown or produced locally rather than imported from another area

synonym: indigenous, local, native

(1) **homegrown** talent, (2) **homegrown** produce

The restaurant prides itself on its **homegrown** ingredients sourced from local farms.

serotonin

n. a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory

(1) **serotonin** drug, (2) **serotonin** levels

The medicine works by boosting **serotonin** levels in the brain.

relapse

n. the fact of becoming ill or starting to misbehave again after making an improvement

synonym: degeneration, deterioration, retrogression

(1) biochemical **relapse**, (2) **relapse** prevention

He had a **relapse** because he was working through the night.

hypothesize

v. to form or present a theory or explanation without sufficient evidence; to speculate

synonym: speculate, theorize, conjecture

(1) **hypothesize** as to outcomes, (2) **hypothesize** what could have happened

Scientists **hypothesize** that the new fish species evolved to survive in deep-sea environments.

inadvertently

adv. unintentionally; accidentally; without purpose or deliberate intent

synonym: unknowingly, unintentionally, accidentally

(1) **inadvertently** deleted, (2) **inadvertently** omitted

I **inadvertently** left my phone at home this morning and felt lost.

instinct

n. an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true

synonym : intuition, aptitude, feeling

(1) **instinct** for self-preservation, (2) aggressive **instinct**

When faced with a dangerous situation, his initial **instinct** was to flee.

soothe

v. to calm or comfort someone or something; to make something less painful or uncomfortable

synonym : calm, relax, comfort

(1) **soothe** anxiety, (2) **soothe** a baby to sleep

She applied aloe vera to **soothe** her sunburn.

playdate

n. a scheduled meeting between two or more children to play together, typically arranged by the parents or caregivers of the children

synonym : kids' get-together, child's appointment

(1) **playdate** activities, (2) arrange a **playdate**

My toddler is having a **playdate** with her friend from preschool.

invariably

adv. in every case or on every occasion; without exception

synonym : consistently, always, uniformly

(1) **invariably** polite, (2) **invariably** correct

She **invariably** arrived at the office early each day.

sleepover

n. a social gathering in which one or more people stay overnight at another person's home, often as a means of casually spending time together, particularly among children or teenagers

synonym : slumber party, overnighter, pajama party

(1) **sleepover** party, (2) girls' **sleepover**

My daughter is having a **sleepover** with her friends tonight.

gratification

n. the feeling of being pleased or satisfied as a result of achieving something or having something you want

synonym : satisfaction, pleasure, contentment

(1) instant **gratification**, (2) aesthetic **gratification**

The **gratification** of completing a difficult task is a great feeling.

incapable

adj. unable to do, control, or achieve something

synonym : unable, incompetent, unskilled

(1) drunk and **incapable**, (2) **incapable** of being resisted

He seems **incapable** of understanding what she says.

reassure

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

synonym : comfort, soothe, bolster

(1) **reassure** anxious patients, (2) **reassure** market

The pilot tried to **reassure** the customers that the planes were safe.

psychiatry

n. the branch of medicine concerned with the study, treatment, and prevention of mental illness

synonym : mental health, psychology, psychoanalysis

(1) **psychiatry** therapy, (2) biological **psychiatry**

The field of **psychiatry** is constantly evolving, with new treatments and approaches being developed all the time.

beck

n. a gesture or signal made with the hand or head, especially one indicating someone to approach or follow; a small stream or brook, especially in Northern England or Scotland

synonym : nod, signal, gesture

(1) **beck** and call, (2) throw a **beck**

The king summoned his subjects with a wave and a **beck** of his hand.

flourish

v. to grow or develop vigorously or successfully

synonym : boom, advance, succeed

(1) **flourish** economically, (2) **flourish** worldwide

The Ottoman Empire **flourished** for over five centuries.

resentment

n. bitterness or indignation at being treated unfairly
synonym: bitterness, enmity, animosity

(1) abiding **resentment**, (2) bitter **resentment**

She felt **resentment** towards her boss for not giving her a promotion.

bully

n. a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
synonym: tormentor, intimidator, aggressor

(1) **bully** bystander, (2) **bully** the weak

The schoolyard **bully** terrorized the other children and made their lives miserable.

heartbreak

n. a feeling of great sadness or disappointment
synonym: grief, sorrow, bitterness

(1) ease her **heartbreak**, (2) go through **heartbreak**

They had experienced the **heartbreak** of losing two children due to premature births.

swoop

v. to rapidly or forcefully descend upon something or someone from a great height or distance; to rush or pounce upon
synonym: dart, pounce

(1) **swoop** down the water slide, (2) **swoop** up the escalator

The eagle **swooped** down from the sky to catch its prey.

overestimate

v. to estimate something to be greater in amount or importance than it really is
synonym: overrate, overvalue, embellish

(1) **overestimate** the value, (2) **overestimate** the amount of time spent

He tends to **overestimate** his abilities.

underestimate

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

synonym: underrate, misjudge, miscalculate

(1) **underestimate** an enemy, (2) **underestimate** the probability

They frequently **underestimated** their abilities and felt inferior.

resilient

adj. able to withstand or recover quickly from difficult conditions

synonym: robust, sturdy, tough

(1) a hard and **resilient** steel, (2) **resilient** population

She is a **resilient** person and has always bounced back from setbacks.

Session 2: Spelling

1. ina_____tly deleted *adv.* unintentionally; accidentally; without purpose or deliberate intent
2. bu__y bystander *n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
3. s__p a heavy fine *v.* to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly
4. se_____in levels *n.* a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory
5. Mo_____or's guidance *n.* a Roman Catholic priest who holds a specific honorary title conferred by the Pope, indicating a certain level of honor or distinction within the church
6. b__k and call *n.* a gesture or signal made with the hand or head, especially one indicating someone to approach or follow; a small stream or brook, especially in Northern England or Scotland
7. so___e a baby to sleep *v.* to calm or comfort someone or something; to make something less painful or uncomfortable

ANSWERS: 1. inadvertently, 2. bully, 3. slap, 4. serotonin, 5. Monsignor, 6. beck, 7. soothe

8. s_b quietly *v.* to cry or weep with short, sudden sounds
9. pl_____te activities *n.* a scheduled meeting between two or more children to play together, typically arranged by the parents or caregivers of the children
10. ho_____wn talent *adj.* grown or produced locally rather than imported from another area
11. ph___a treatment *n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
12. an un_____ed disease *adj.* not given medical care or treatment; not subjected to chemical or physical treatment
13. bu__y the weak *n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
14. ove_____ate the amount of time spent *v.* to estimate something to be greater in amount or importance than it really is
15. sw__p down the water slide *v.* to rapidly or forcefully descend upon something or someone from a great height or distance; to rush or pounce upon
16. va_____te against scarlet fever *v.* to treat with a vaccine, usually by injection, to produce immunity against a disease
17. throw a b__k *n.* a gesture or signal made with the hand or head, especially one indicating someone to approach or follow; a small stream or brook, especially in Northern England or Scotland

ANSWERS: 8. sob, 9. playdate, 10. homegrown, 11. phobia, 12. untreated, 13. bully, 14. overestimate, 15. swoop, 16. vaccinate, 17. beck

18. pa__l authority *adj.* relating to the pope (= the head of the Roman Catholic Church) or the Roman Catholic Church
19. social ph__a *n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
20. instant gra_____ion *n.* the feeling of being pleased or satisfied as a result of achieving something or having something you want
21. cast fri_____ng eyes *adj.* causing fear or alarm, or very surprising and alarming
22. me_____s vaccine *n.* a highly infectious viral disease that causes fever, red spots on the skin, and other flu-like symptoms, typically affects children
23. ease her hea_____ak *n.* a feeling of great sadness or disappointment
24. hu_____te the heckler in the audience *v.* to cause someone to feel ashamed, embarrassed, or degraded, especially in public or through revealing personal information
25. inv_____ly correct *adv.* in every case or on every occasion; without exception
26. fri_____ng experience *adj.* causing fear or alarm, or very surprising and alarming
27. dis_____ht emotions *adj.* deeply upset, agitated, or emotionally troubled
28. se_____in drug *n.* a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory

ANSWERS: 18. papal, 19. phobia, 20. gratification, 21. frightening, 22. measles, 23. heartbreak, 24. humiliate, 25. invariably, 26. frightening, 27. distraught, 28. serotonin

29. su____ug outbreak *n.* a strain of bacteria that is resistant to multiple types of antibiotics, making it difficult or impossible to treat with traditional medications
30. ho_____wn produce *adj.* grown or produced locally rather than imported from another area
31. hyp_____ze as to outcomes *v.* to form or present a theory or explanation without sufficient evidence; to speculate
32. fl_____sh worldwide *v.* to grow or develop vigorously or successfully
33. Mo_____or's duties *n.* a Roman Catholic priest who holds a specific honorary title conferred by the Pope, indicating a certain level of honor or distinction within the church
34. ca_____al rule *n.* a high-ranking official in the Roman Catholic Church, appointed by the Pope; a deep or bright red color; a bird of the finch family with a distinctive crest on its head; (adjective) of or relating to the highest or most important things
35. und_____ate the probability *v.* to think or suppose that a quantity, price, or size is smaller than it is
36. s__p on the back *v.* to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly
37. s__n fish *v.* to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly

ANSWERS: 29. superbug, 30. homegrown, 31. hypothesize, 32. flourish, 33. Monsignor, 34. cardinal, 35. underestimate, 36. slap, 37. stun

38. em_____ss political enemy *v.* to cause someone to feel awkward, worried, or ashamed
39. nu_____y life *n.* a convent or house of nuns; a community of women who have dedicated themselves to religious life and live together under vows
40. dis_____ht with grief *adj.* deeply upset, agitated, or emotionally troubled
41. em_____ss my project *v.* to cause someone to feel awkward, worried, or ashamed
42. bitter res_____nt *n.* bitterness or indignation at being treated unfairly
43. biochemical re_____e *n.* the fact of becoming ill or starting to misbehave again after making an improvement
44. in_____le of being resisted *adj.* unable to do, control, or achieve something
45. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions
46. va_____te every year *v.* to treat with a vaccine, usually by injection, to produce immunity against a disease
47. re_____nt population *adj.* able to withstand or recover quickly from difficult conditions
48. in_____te against disease *v.* to introduce a vaccine into the body to produce immunity to a specific disease
49. aggressive in_____ct *n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true

ANSWERS: 38. embarrass, 39. nunnery, 40. distraught, 41. embarrass, 42. resentment, 43. relapse, 44. incapable, 45. resilient, 46. vaccinate, 47. resilient, 48. inoculate, 49. instinct

50. arrange a pl_____te
n. a scheduled meeting between two or more children to play together, typically arranged by the parents or caregivers of the children
51. re_____e prevention
n. the fact of becoming ill or starting to misbehave again after making an improvement
52. girls' sl_____er
n. a social gathering in which one or more people stay overnight at another person's home, often as a means of casually spending time together, particularly among children or teenagers
53. hyp_____ze what could have happened
v. to form or present a theory or explanation without sufficient evidence; to speculate
54. me_____s outbreak
n. a highly infectious viral disease that causes fever, red spots on the skin, and other flu-like symptoms, typically affects children
55. dispose of un_____ed formalin solution
adj. not given medical care or treatment; not subjected to chemical or physical treatment
56. Catholic nu_____y
n. a convent or house of nuns; a community of women who have dedicated themselves to religious life and live together under vows
57. go through hea_____ak
n. a feeling of great sadness or disappointment
58. hu_____te him publicly
v. to cause someone to feel ashamed, embarrassed, or degraded, especially in public or through revealing personal information

ANSWERS: 50. playdate, 51. relapse, 52. sleepover, 53. hypothesize, 54. measles, 55. untreated, 56. nunnery, 57. heartbreak, 58. humiliate

59. in_____te with a virus *v.* to introduce a vaccine into the body to produce immunity to a specific disease
60. sl_____er party *n.* a social gathering in which one or more people stay overnight at another person's home, often as a means of casually spending time together, particularly among children or teenagers
61. aesthetic gra_____ion *n.* the feeling of being pleased or satisfied as a result of achieving something or having something you want
62. pa__l visit *adj.* relating to the pope (= the head of the Roman Catholic Church) or the Roman Catholic Church
63. abiding res_____nt *n.* bitterness or indignation at being treated unfairly
64. so___e anxiety *v.* to calm or comfort someone or something; to make something less painful or uncomfortable
65. drunk and in_____le *adj.* unable to do, control, or achieve something
66. re_____re market *v.* to cause someone to feel sure; to give or restore confidence
67. im___r insulin sensitivity *v.* to damage something or make it weaker or worse
68. im___r my health *v.* to damage something or make it weaker or worse
69. und_____ate an enemy *v.* to think or suppose that a quantity, price, or size is smaller than it is

ANSWERS: 59. inoculate, 60. sleepover, 61. gratification, 62. papal, 63. resentment, 64. soothe, 65. incapable, 66. reassure, 67. impair, 68. impair, 69. underestimate

70. fl____sh economically *v.* to grow or develop vigorously or successfully
71. in____ct for self-preservation *n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
72. biological psy_____ry *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
73. psy_____ry therapy *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
74. ca____al red *n.* a high-ranking official in the Roman Catholic Church, appointed by the Pope; a deep or bright red color; a bird of the finch family with a distinctive crest on its head; (adjective) of or relating to the highest or most important things
75. re____re anxious patients *v.* to cause someone to feel sure; to give or restore confidence
76. s__n an audience *v.* to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly
77. s_b out a story *v.* to cry or weep with short, sudden sounds
78. pa_____al views *adj.* related to or characteristic of a small or narrow-minded community, often referring to a geographic location or mindset; having limited or narrow knowledge or experience of the world outside one's immediate surroundings

ANSWERS: 70. flourish, 71. instinct, 72. psychiatry, 73. psychiatry, 74. cardinal, 75. reassure, 76. stun, 77. sob, 78. parochial

79. inv_____ly polite *adv.* in every case or on every occasion; without exception
80. sw__p up the escalator *v.* to rapidly or forcefully descend upon something or someone from a great height or distance; to rush or pounce upon
81. pa_____al community *adj.* related to or characteristic of a small or narrow-minded community, often referring to a geographic location or mindset; having limited or narrow knowledge or experience of the world outside one's immediate surroundings
82. ove_____ate the value *v.* to estimate something to be greater in amount or importance than it really is
83. ina_____tly omitted *adv.* unintentionally; accidentally; without purpose or deliberate intent
84. su_____ug infection *n.* a strain of bacteria that is resistant to multiple types of antibiotics, making it difficult or impossible to treat with traditional medications

ANSWERS: 79. invariably, 80. swoop, 81. parochial, 82. overestimate, 83. inadvertently, 84. superbug

Session 3: Fill in the Blanks

1. The schoolyard _____ terrorized the other children and made their lives miserable.
n. a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
2. The accident made his vision _____.
v. to damage something or make it weaker or worse
3. The _____ robes were made of rich red silk.
n. a high-ranking official in the Roman Catholic Church, appointed by the Pope; a deep or bright red color; a bird of the finch family with a distinctive crest on its head; (adjective) of or relating to the highest or most important things
4. The Ottoman Empire _____ for over five centuries.
v. to grow or develop vigorously or successfully
5. The _____ attitude of the small town made it difficult for outsiders to feel welcome.
adj. related to or characteristic of a small or narrow-minded community, often referring to a geographic location or mindset; having limited or narrow knowledge or experience of the world outside one's immediate surroundings
6. He tends to _____ his abilities.
v. to estimate something to be greater in amount or importance than it really is
7. The school sent a notice of a _____ case in one of the classrooms.
n. a highly infectious viral disease that causes fever, red spots on the skin, and other flu-like symptoms, typically affects children

ANSWERS: 1. bully, 2. impaired, 3. cardinal's, 4. flourished, 5. parochial, 6. overestimate, 7. measles

8. He looked for an opportunity to _____ that actor in public.
v. to cause someone to feel awkward, worried, or ashamed
9. After receiving the bad news, he was so _____ that he couldn't concentrate on anything else for the rest of the day.
adj. deeply upset, agitated, or emotionally troubled
10. The nurse _____ the children in the school.
v. to treat with a vaccine, usually by injection, to produce immunity against a disease
11. The _____ palace was a grand and imposing structure.
adj. relating to the pope (= the head of the Roman Catholic Church) or the Roman Catholic Church
12. My daughter is having a _____ with her friends tonight.
n. a social gathering in which one or more people stay overnight at another person's home, often as a means of casually spending time together, particularly among children or teenagers
13. The _____ robes were adorned with intricate embroidery and gold accents.
n. a Roman Catholic priest who holds a specific honorary title conferred by the Pope, indicating a certain level of honor or distinction within the church
14. He seems _____ of understanding what she says.
adj. unable to do, control, or achieve something
15. The _____ of completing a difficult task is a great feeling.
n. the feeling of being pleased or satisfied as a result of achieving something or having something you want

ANSWERS: 8. embarrass, 9. distraught, 10. vaccinated, 11. papal, 12. sleepover, 13. Monsignor's, 14. incapable, 15. gratification

16. She is a _____ person and has always bounced back from setbacks.

adj. able to withstand or recover quickly from difficult conditions

17. This sprinter _____ the world with his speed.

v. to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly

18. She _____ uncontrollably after hearing the news.

v. to cry or weep with short, sudden sounds

19. The restaurant prides itself on its _____ ingredients sourced from local farms.

adj. grown or produced locally rather than imported from another area

20. The doctor _____ the child with a vaccine.

v. to introduce a vaccine into the body to produce immunity to a specific disease

21. The young woman decided to enter the _____ to pursue a life of religious devotion.

n. a convent or house of nuns; a community of women who have dedicated themselves to religious life and live together under vows

22. She _____ arrived at the office early each day.

adv. in every case or on every occasion; without exception

23. The boss _____ her employee by belittling her in front of her colleagues.

v. to cause someone to feel ashamed, embarrassed, or degraded, especially in public or through revealing personal information

ANSWERS: 16. resilient, 17. stunned, 18. sobbed, 19. homegrown, 20. inoculated, 21. nunnery, 22. invariably, 23. humiliated

24. When faced with a dangerous situation, his initial _____ was to flee.
n. an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
25. I _____ left my phone at home this morning and felt lost.
adv. unintentionally; accidentally; without purpose or deliberate intent
26. She felt _____ towards her boss for not giving her a promotion.
n. bitterness or indignation at being treated unfairly
27. He had a _____ because he was working through the night.
n. the fact of becoming ill or starting to misbehave again after making an improvement
28. Heat stroke is the result of _____ heat exhaustion.
adj. not given medical care or treatment; not subjected to chemical or physical treatment
29. They frequently _____ their abilities and felt inferior.
v. to think or suppose that a quantity, price, or size is smaller than it is
30. The king summoned his subjects with a wave and a _____ of his hand.
n. a gesture or signal made with the hand or head, especially one indicating someone to approach or follow; a small stream or brook, especially in Northern England or Scotland
31. 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: 24. instinct, 25. inadvertently, 26. resentment, 27. relapse, 28. untreated, 29. underestimated, 30. beck, 31. phobia

32. The field of _____ is constantly evolving, with new treatments and approaches being developed all the time.
- n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
33. The eagle _____ down from the sky to catch its prey.
- v.* to rapidly or forcefully descend upon something or someone from a great height or distance; to rush or pounce upon
34. My toddler is having a _____ with her friend from preschool.
- n.* a scheduled meeting between two or more children to play together, typically arranged by the parents or caregivers of the children
35. She applied aloe vera to _____ her sunburn.
- v.* to calm or comfort someone or something; to make something less painful or uncomfortable
36. The pilot tried to _____ the customers that the planes were safe.
- v.* to cause someone to feel sure; to give or restore confidence
37. The politician tried to _____ down the rumors about his personal life.
- v.* to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly
38. Scientists _____ that the new fish species evolved to survive in deep-sea environments.
- v.* to form or present a theory or explanation without sufficient evidence; to speculate
39. The medicine works by boosting _____ levels in the brain.
- n.* a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory

ANSWERS: 32. psychiatry, 33. swooped, 34. playdate, 35. soothe, 36. reassure, 37. slap, 38. hypothesize, 39. serotonin

40. The hospital is battling a _____ that is resistant to antibiotics.
- n.* a strain of bacteria that is resistant to multiple types of antibiotics, making it difficult or impossible to treat with traditional medications
41. The news of the pandemic was a _____ reminder of the fragility of human health.
- adj.* causing fear or alarm, or very surprising and alarming
42. They had experienced the _____ of losing two children due to premature births.
- n.* a feeling of great sadness or disappointment

ANSWERS: 40. superbug, 41. frightening, 42. heartbreak