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Arturs Miksons: The benefits of expressing your emotions (constructively) | TED Talk

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

Advanced Words Only

IMPORTANT

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Session 1: Word List

aisle

n. a passage between rows of seats in a theater, airplane, or other public building, typically one of two or more running parallel with the main body of the structure

synonym: corridor, passageway, gangway

(1) **aisle** seat, (2) the center **aisle** of a church

She walked down the **aisle** to the front of the church.

armpit

n. the hollow under the arm where it joins the shoulder

synonym: underarm, axilla

(1) hair of the **armpits**, (2) **armpit** area

This stick will deodorize your **armpits**.

victorious

adj. being the winner in a game, competition, election, war, etc.

synonym: triumphant, winning

(1) the **victorious** entry, (2) the **victorious** army

The **victorious** troops marched back to their homeland.

thunderstorm

n. a storm with lightning and thunder, typically with heavy rain and strong gusts of wind

synonym: tempest, lightning storm, deluge

(1) severe **thunderstorms**, (2) **thunderstorm** advisory

The forecast called for a chance of **thunderstorms** in the

afternoon.

yell *v.* to shout in a sudden and loud way
synonym: shout, scream, cry
(1) **yell** for help, (2) **yell** as loud as we can
When I asked my father for more money, he became furious and **yelled** at me.

fuss *n.* a state of agitation or excitement; an angry disturbance
synonym: commotion, agitation, disturbance
(1) make a **fuss**, (2) get into a **fuss**
There was a **fuss** about the broken vase, but it was quickly forgotten.

psychotherapy *n.* the treatment of mental or emotional problems by talking with a therapist
(1) field of **psychotherapy**, (2) **psychotherapy** for depression
He took **psychotherapy** to help him deal with his accident trauma.

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.

illogical *adj.* not making sense or not based on sound reasoning
synonym: irrational, senseless, nonsensical
(1) **illogical** argument, (2) **illogical** reasoning
His argument made no sense and was completely **illogical**.

babysitter *n.* a person hired to look after a child or children while the parents are away or occupied; someone who provides temporary care and supervision for children in the absence of their parents or guardians

synonym : childcare provider, nanny, nurse

(1) need a trustworthy **babysitter**, (2) experienced **babysitter**

Our regular **babysitter** was sick, so we had to find a replacement at the last minute.

heteroblasty

n. a phenomenon in biology where different parts of an organism develop at different rates or times, resulting in distinct variations in form or structure, which can be observed in plants, where changes in growth patterns can produce different leaf shapes or stem structures

synonym : differential growth, heterauxesis, heterosis

(1) mechanical **heteroblasty**, (2) the **heteroblasty** of certain shrubs

Botanists have discovered fascinating examples of **heteroblasty** in many eucalyptus species, with leaves drastically changing shape and size as the plant matures.

caress

v. to touch or stroke gently and affectionately; to express love or tenderness with physical contact

synonym : stroke, fondle, pet

(1) **caress** her hair, (2) **caress** his cheek

The mother gently **caressed** her child's forehead to soothe their fever.

Christ

n. the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity

synonym : Savior, Jesus Christ, Jesus

(1) teaching of **Christ**, (2) before **Christ**

Christmas is the day to celebrate the birth of Christ.

doorway

n. an opening in a wall for a door to fit into

synonym : entrance, portal, gateway

(1) a wide **doorway**, (2) **doorway** to success

He leaned against the **doorway**, waiting for her to come

home.

neurobiology

n. a field of biology that studies the structure, function, and development of the nervous system, including the brain, spinal cord, and peripheral nerves encompassing a wide range of research topics, including the molecular and cellular processes involved in neural signaling, the organization of neural circuits, and the neural basis of behavior, cognition, and emotion

synonym : brain science, neural science, neurology

(1) **neurobiology** research, (2) cellular **neurobiology**

The professor's research in **neurobiology** has led to groundbreaking discoveries in the field of brain science.

helpless

adj. unable to take care of oneself or to do things without help

synonym : defenseless, powerless, susceptible

(1) **helpless** baby, (2) **helpless** victims

I feel so **helpless** without you.

bastardize

v. to alter, modify, or degrade something in a way that undermines or violates its original integrity or quality; to create a less authentic or less desirable version of something

synonym : corrupt, debase, pervert

(1) **bastardize** a recipe, (2) **bastardize** culture

We do not want to **bastardize** the text's original meaning through poor translations.

hopeless

adj. having no hope; despairing; having no chance of success

synonym : despairing, helpless, futile

(1) **hopeless** situation, (2) **hopeless** at everything

After months of job searching, he felt **hopeless** and unsure of his future.

stereotype

n. a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense

(1) avoid **stereotype**, (2) negative **stereotypes**

Changing **stereotypes** about LGBTQ requires considerable effort.

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.

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**.

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.

hysteria

n. a state of extreme excitement, fear, or anger that cannot be controlled

synonym: panic, fury, agitation

(1) global warming **hysteria**, (2) anxiety **hysteria**

There was mass **hysteria** when the team won a championship.

eradicate

v. to get rid of or destroy something completely, especially something bad

synonym: destroy, eliminate, exterminate

(1) **eradicate** the deficit, (2) **eradicate** racial discrimination

We are trying to **eradicate** this disease from the world.

cherish

v. to hold someone or something dear; to feel or show affection for someone or something

synonym: treasure, value, hold dear

(1) **cherish** a stuffed animal, (2) **cherish** relationships

She **cherished** the memories of her childhood.

devalue

v. to reduce the value or worth of something

synonym: diminish, depreciate, reduce

(1) **devalue** the pound, (2) **devalue** a brand

Her negative comments about the project only **devalued** the team's efforts.

condemn

v. to express strong disapproval or criticism of something

synonym: criticize, denounce, censure

(1) **condemn** violence, (2) **condemn** crime

The government was **condemned** for its handling of the crisis.

psychotic

adj. relating to or characterized by a loss of touch with reality; exhibiting or suffering from a severe mental disorder characterized by delusions, hallucinations, or disordered thinking

synonym: deranged, unstable, certifiable

(1) **psychotic** medication, (2) **psychotic** episode

Her husband's death caused her to experience a **psychotic** break.

Session 2: Spelling

- | | |
|------------------------------------|--|
| 1. field of psy_____apy | <i>n.</i> the treatment of mental or emotional problems by talking with a therapist |
| 2. er_____te racial discrimination | <i>v.</i> to get rid of or destroy something completely, especially something bad |
| 3. before Ch____t | <i>n.</i> the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity |
| 4. co_____n crime | <i>v.</i> to express strong disapproval or criticism of something |
| 5. er_____te the deficit | <i>v.</i> to get rid of or destroy something completely, especially something bad |
| 6. bas_____ze a recipe | <i>v.</i> to alter, modify, or degrade something in a way that undermines or violates its original integrity or quality; to create a less authentic or less desirable version of something |
| 7. co_____n violence | <i>v.</i> to express strong disapproval or criticism of something |
| 8. burn with je_____sy | <i>n.</i> a feeling of resentment or bitterness towards someone because they have something that you desire |
| 9. teaching of Ch____t | <i>n.</i> the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity |

ANSWERS: 1. psychotherapy, 2. eradicate, 3. Christ, 4. condemn, 5. eradicate, 6. bastardize, 7. condemn, 8. jealousy, 9. Christ

10. ch____h a stuffed animal *v.* to hold someone or something dear; to feel or show affection for someone or something
11. ho____ss at everything *adj.* having no hope; despairing; having no chance of success
12. psy______apy for depression *n.* the treatment of mental or emotional problems by talking with a therapist
13. he____ss baby *adj.* unable to take care of oneself or to do things without help
14. ho____ss situation *adj.* having no hope; despairing; having no chance of success
15. thu______orm advisory *n.* a storm with lightning and thunder, typically with heavy rain and strong gusts of wind
16. bas____ze culture *v.* to alter, modify, or degrade something in a way that undermines or violates its original integrity or quality; to create a less authentic or less desirable version of something
17. a wide do____y *n.* an opening in a wall for a door to fit into
18. de____e a brand *v.* to reduce the value or worth of something
19. avoid ste____pe *n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
20. ai__e seat *n.* a passage between rows of seats in a theater, airplane, or other public building, typically one of two or more running parallel with the main body of the structure

ANSWERS: 10. cherish, 11. hopeless, 12. psychotherapy, 13. helpless, 14. hopeless, 15. thunderstorm, 16. bastardize, 17. doorway, 18. devalue, 19. stereotype, 20. aisle

21. the center ai__e of a church *n.* a passage between rows of seats in a theater, airplane, or other public building, typically one of two or more running parallel with the main body of the structure
22. ch____h relationships *v.* to hold someone or something dear; to feel or show affection for someone or something
23. neu______ogy research *n.* a field of biology that studies the structure, function, and development of the nervous system, including the brain, spinal cord, and peripheral nerves encompassing a wide range of research topics, including the molecular and cellular processes involved in neural signaling, the organization of neural circuits, and the neural basis of behavior, cognition, and emotion
24. em____ss my project *v.* to cause someone to feel awkward, worried, or ashamed
25. y__l as loud as we can *v.* to shout in a sudden and loud way
26. 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
27. hair of the ar____ts *n.* the hollow under the arm where it joins the shoulder
28. ca____s her hair *v.* to touch or stroke gently and affectionately; to express love or tenderness with physical contact

ANSWERS: 21. aisle, 22. cherish, 23. neurobiology, 24. embarrass, 25. yell, 26. sham, 27. armpit, 28. caress

29. il_____al reasoning *adj.* not making sense or not based on sound reasoning
30. 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
31. negative ste_____pes *n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
32. the vic_____us army *adj.* being the winner in a game, competition, election, war, etc.
33. mechanical het_____sty *n.* a phenomenon in biology where different parts of an organism develop at different rates or times, resulting in distinct variations in form or structure, which can be observed in plants, where changes in growth patterns can produce different leaf shapes or stem structures
34. ca___s his cheek *v.* to touch or stroke gently and affectionately; to express love or tenderness with physical contact
35. do_____y to success *n.* an opening in a wall for a door to fit into
36. je_____sy feeling towards another person *n.* a feeling of resentment or bitterness towards someone because they have something that you desire
37. 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

ANSWERS: 29. illogical, 30. limbic, 31. stereotype, 32. victorious, 33. heteroblasty, 34. caress, 35. doorway, 36. jealousy, 37. limbic

38. ps_____ic medication *adj.* relating to or characterized by a loss of touch with reality; exhibiting or suffering from a severe mental disorder characterized by delusions, hallucinations, or disordered thinking
39. global warming hy_____ia *n.* a state of extreme excitement, fear, or anger that cannot be controlled
40. the het_____sty of certain shrubs *n.* a phenomenon in biology where different parts of an organism develop at different rates or times, resulting in distinct variations in form or structure, which can be observed in plants, where changes in growth patterns can produce different leaf shapes or stem structures
41. cellular neu_____ogy *n.* a field of biology that studies the structure, function, and development of the nervous system, including the brain, spinal cord, and peripheral nerves encompassing a wide range of research topics, including the molecular and cellular processes involved in neural signaling, the organization of neural circuits, and the neural basis of behavior, cognition, and emotion
42. il_____al argument *adj.* not making sense or not based on sound reasoning
43. y__l for help *v.* to shout in a sudden and loud way
44. ar___t area *n.* the hollow under the arm where it joins the shoulder
45. severe thu_____orms *n.* a storm with lightning and thunder, typically with heavy rain and strong gusts of wind

ANSWERS: 38. psychotic, 39. hysteria, 40. heteroblasty, 41. neurobiology, 42. illogical, 43. yell, 44. armpit, 45. thunderstorm

46. 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
47. de_____e the pound *v.* to reduce the value or worth of something
48. anxiety hy_____ia *n.* a state of extreme excitement, fear, or anger that cannot be controlled
49. need a trustworthy bab_____er *n.* a person hired to look after a child or children while the parents are away or occupied; someone who provides temporary care and supervision for children in the absence of their parents or guardians
50. get into a f__s *n.* a state of agitation or excitement; an angry disturbance
51. experienced bab_____er *n.* a person hired to look after a child or children while the parents are away or occupied; someone who provides temporary care and supervision for children in the absence of their parents or guardians
52. em_____ss political enemy *v.* to cause someone to feel awkward, worried, or ashamed
53. the vic_____us entry *adj.* being the winner in a game, competition, election, war, etc.
54. make a f__s *n.* a state of agitation or excitement; an angry disturbance
55. ps_____ic episode *adj.* relating to or characterized by a loss of touch with reality; exhibiting or suffering from a severe mental disorder characterized by delusions, hallucinations, or disordered thinking

ANSWERS: 46. sham, 47. devalue, 48. hysteria, 49. babysitter, 50. fuss, 51. babysitter, 52. embarrass, 53. victorious, 54. fuss, 55. psychotic

56. he____ss victims

adj. unable to take care of oneself or to do things without help

ANSWERS: 56. helpless

Session 3: Fill in the Blanks

1. _____ is the day to celebrate the birth of Christ.
n. the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity
2. There was a _____ about the broken vase, but it was quickly forgotten.
n. a state of agitation or excitement; an angry disturbance
3. This stick will deodorize your _____.
n. the hollow under the arm where it joins the shoulder
4. She walked down the _____ to the front of the church.
n. a passage between rows of seats in a theater, airplane, or other public building, typically one of two or more running parallel with the main body of the structure
5. The mother gently _____ her child's forehead to soothe their fever.
v. to touch or stroke gently and affectionately; to express love or tenderness with physical contact
6. The forecast called for a chance of _____ in the afternoon.
n. a storm with lightning and thunder, typically with heavy rain and strong gusts of wind
7. Her husband's death caused her to experience a _____ break.
adj. relating to or characterized by a loss of touch with reality; exhibiting or suffering from a severe mental disorder characterized by delusions, hallucinations, or disordered thinking

ANSWERS: 1. Christmas, 2. fuss, 3. armpits, 4. aisle, 5. caressed, 6. thunderstorms, 7. psychotic

8. His argument made no sense and was completely _____.
adj. not making sense or not based on sound reasoning
9. After months of job searching, he felt _____ and unsure of his future.
adj. having no hope; despairing; having no chance of success
10. 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
11. The government was _____ for its handling of the crisis.
v. to express strong disapproval or criticism of something
12. Her negative comments about the project only _____ the team's efforts.
v. to reduce the value or worth of something
13. 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
14. I feel so _____ without you.
adj. unable to take care of oneself or to do things without help
15. The professor's research in _____ has led to groundbreaking discoveries in the field of brain science.
n. a field of biology that studies the structure, function, and development of the nervous system, including the brain, spinal cord, and peripheral nerves encompassing a wide range of research topics, including the molecular and cellular processes involved in neural signaling, the organization of neural circuits, and the neural basis of behavior, cognition, and emotion

ANSWERS: 8. illogical, 9. hopeless, 10. limbic, 11. condemned, 12. devalued, 13. jealousy, 14. helpless, 15. neurobiology

16. The _____ troops marched back to their homeland.
adj. being the winner in a game, competition, election, war, etc.
17. There was mass _____ when the team won a championship.
n. a state of extreme excitement, fear, or anger that cannot be controlled
18. We are trying to _____ this disease from the world.
v. to get rid of or destroy something completely, especially something bad
19. Botanists have discovered fascinating examples of _____ in many eucalyptus species, with leaves drastically changing shape and size as the plant matures.
n. a phenomenon in biology where different parts of an organism develop at different rates or times, resulting in distinct variations in form or structure, which can be observed in plants, where changes in growth patterns can produce different leaf shapes or stem structures
20. He looked for an opportunity to _____ that actor in public.
v. to cause someone to feel awkward, worried, or ashamed
21. Changing _____ about LGBTQ requires considerable effort.
n. a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
22. Our regular _____ was sick, so we had to find a replacement at the last minute.
n. a person hired to look after a child or children while the parents are away or occupied; someone who provides temporary care and supervision for children in the absence of their parents or guardians

ANSWERS: 16. victorious, 17. hysteria, 18. eradicate, 19. heteroblasty, 20. embarrass, 21. stereotypes, 22. babysitter

23. He took _____ to help him deal with his accident trauma.
n. the treatment of mental or emotional problems by talking with a therapist
24. She _____ the memories of her childhood.
v. to hold someone or something dear; to feel or show affection for someone or something
25. When I asked my father for more money, he became furious and _____ at me.
v. to shout in a sudden and loud way
26. 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
27. He leaned against the _____ waiting for her to come home.
n. an opening in a wall for a door to fit into
28. We do not want to _____ the text's original meaning through poor translations.
v. to alter, modify, or degrade something in a way that undermines or violates its original integrity or quality; to create a less authentic or less desirable version of something

ANSWERS: 23. psychotherapy, 24. cherished, 25. yelled, 26. sham, 27. doorway, 28. bastardize