

Englist.me



Vocabulary Builder Reference from...

Bhakti Sharma: What open water swimming taught me about resilience | TED Talk

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

Advanced Words Only

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

conquer

v. to bring under control by force or authority

synonym: defeat, overpower, subdue

(1) **conquer** fatal disease, (2) **conquer** the world

You must **conquer** your anxiety about driving.

irresistible

adj. impossible to resist or refuse; very attractive, appealing, or compelling

synonym: resistless, overpowering, compelling

(1) **irresistible** charm, (2) **irresistible** force

The aroma of freshly baked cookies was **irresistible** to her.

fearless

adj. having no fear; brave

synonym: brave, courageous, daring

(1) **fearless** attitude, (2) **fearless** bravery

The **fearless** firefighter rushed into the burning building to save a trapped child.

scorch

v. to burn the surface of something, usually accidentally, with a hot iron or flame

synonym: char, burn, singe

(1) **scorch** your clothes, (2) careful not to **scorch**

The sun **scorched** the desert, making it uninhabitable.

submerge

v. to put something under water or to go under water; to bury or hide something deeply or completely

synonym: deluge, drench, dunk

(1) **submerge** in a liquid, (2) **submerge** my head completely

The ship was **submerged** in the ocean for many years before it was finally discovered.

gulp

v. to swallow quickly and forcefully; to take in a large amount of air or liquid quickly and audibly because of surprise, fear, or excitement

synonym: swallow, chug, gulp down

(1) **gulp** water, (2) **gulp** air

He had to **gulp** down his coffee before rushing to work.

mettle

n. a person's ability to cope with difficult situations or face adversity with courage, resilience, and determination; one's character or temperament

synonym: courage, spirit, fortitude

(1) demonstrate your **mettle**, (2) **mettle** for challenges

Despite her injury, the athlete's true **mettle** was revealed when she won the gold medal.

imaginative

adj. having or showing new and creative ideas

synonym: creative, innovative, inventive

(1) capable of **imaginative** creation, (2) **imaginative** as a child

She is a hard worker but not very **imaginative**.

dedicate

v. to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

synonym: consecrate, devote, commit

(1) **dedicate** a few hours, (2) **dedicate** a chapter to the subject

He **dedicated** his life to helping others.

disappoint

v. to fail to meet someone or their hopes or expectations; to make someone feel sad

synonym: sadden, dismay, frustrate

(1) **disappoint** the audience, (2) don't **disappoint** me
She worked very hard not to **disappoint** her boss's expectations.

swimsuit

n. a piece of clothing worn for swimming

synonym: bathing suit, swimwear, bathers

(1) **swimsuit** model, (2) **swimsuit** designer
She wore a bright red **swimsuit** for the beach trip.

goggle

v. to look at someone or something with amazement; to look stupidly; (noun, plural) tight-fitting spectacles that are worn to prevent particulates, water, or chemicals from striking the eyes

synonym: gaze, gawk, gape

(1) **goggle** his eyes, (2) infrared **goggles**
The software company bought the VR **goggles** manufacturer.

unwavering

adj. not changing or becoming weaker in any way; remaining steadily fixed or resolute in purpose or commitment

synonym: steadfast, resolute, firm

(1) **unwavering** commitment, (2) **unwavering** confidence
She showed **unwavering** loyalty to her friend through thick and thin.

paralyze

v. to cause a person or part of the body to become unable to move or feel

synonym: immobilize, disable, numb

(1) **paralyze** a city, (2) **paralyze** a person
The venom from the snake bite **paralyzed** his arm.

penguin

n. a flightless sea bird that is found in the Southern Hemisphere and is known for its distinctive black and white coloring and its upright, waddling gait

(1) Adelie **penguin**, (2) **penguin** habitat

We took a boat tour to witness the magnificent **penguin** colony along the rugged coastline.

jellyfish

n. a marine creature with a soft, jelly-like body and tentacles for stinging

synonym: medusa, sea nettle, moon jelly

(1) spineless **jellyfish**, (2) **jellyfish** sting

The beach was filled with hundreds of **jellyfish**, so swimming was not recommended.

distract

v. to draw someone's attention away from what they are trying to do

synonym: divert, preoccupy, confuse

(1) **distract** attention from the real issue, (2) **distract** public opinion

Please don't **distract** me while I'm studying.

chafe

v. to rub or graze against something, causing irritation, soreness, or annoyance; to become irritated or annoyed due to frustration or impatience

synonym: irritate, rub, abrade

(1) **chafed** against my shoulders, (2) **chafe** under pressure
The new shoes are starting to **chafe** my feet after walking for hours.

quitter

n. a person who gives up easily or does not have the determination to finish what they have started

synonym: coward, deserter, surrender

(1) easy **quitter**, (2) serial **quitter**

He was labeled as a **quitter** after he abandoned the project halfway.

unmotivated

adj. lacking in drive or ambition; not motivated; lacking enthusiasm or interest in something

synonym: uninspired, lazy, lethargic

(1) **unmotivated** to learn, (2) feel **unmotivated**

The company's **unmotivated** employee was let go due to a lack of productivity.

depress

v. to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
synonym: sadden, discourage, deflate

(1) **depress** their spirits, (2) **depress** crop prices

The economic recession **depressed** the housing market.

chore

n. a routine or tedious task, often related to household or manual labor

synonym: task, duty, job

(1) **chore** list, (2) household **chores**

Cleaning the house is a **chore** that only some enjoy.

pun

n. a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay

synonym: joke, quip, wordplay

(1) witty **pun**, (2) silly **pun**

The comedian's **pun** had the audience laughing out loud.

shiver

v. to shake or quiver with cold, fear, or excitement; to tremble or vibrate rapidly

synonym: quiver, tremble, shake

(1) **shiver** with delight, (2) **shiver** in fear

I **shiver** in the cold winter air as I wait for the train.

posit

v. to suggest or accept something as fact or as a basis for argument or consideration

synonym: assert, declare, assume

(1) **posit** the existence of life after death, (2) **posit** the premise

We should **posit** several hypotheses to discuss the matter.

orca

n. a species of large marine mammal, also known as the killer whale, found in Arctic and temperate waters worldwide, known for their intelligence, social behavior, and hunting prowess

synonym : killer whale, sea wolf

(1) **orca** habitat, (2) a huge pod of **orcas**

The **orca** whale is also known as the killer whale.

Session 2: Spelling

1. sw____it designer *n.* a piece of clothing worn for swimming
2. household ch__es *n.* a routine or tedious task, often related to household or manual labor
3. a huge pod of o__as *n.* a species of large marine mammal, also known as the killer whale, found in Arctic and temperate waters worldwide, known for their intelligence, social behavior, and hunting prowess
4. pa____ze a city *v.* to cause a person or part of the body to become unable to move or feel
5. de____te a few hours *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
6. de____s crop prices *v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
7. serial qu____r *n.* a person who gives up easily or does not have the determination to finish what they have started
8. g__p air *v.* to swallow quickly and forcefully; to take in a large amount of air or liquid quickly and audibly because of surprise, fear, or excitement
9. silly p_n *n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay

ANSWERS: 1. swimsuit, 2. chore, 3. orca, 4. paralyze, 5. dedicate, 6. depress, 7. quitter, 8. gulp, 9. pun

10. unw_____ng commitment *adj.* not changing or becoming weaker in any way; remaining steadily fixed or resolute in purpose or commitment
11. sh____r with delight *v.* to shake or quiver with cold, fear, or excitement; to tremble or vibrate rapidly
12. unm_____ed to learn *adj.* lacking in drive or ambition; not motivated; lacking enthusiasm or interest in something
13. dis_____nt the audience *v.* to fail to meet someone or their hopes or expectations; to make someone feel sad
14. co_____r the world *v.* to bring under control by force or authority
15. easy qu_____r *n.* a person who gives up easily or does not have the determination to finish what they have started
16. sc____h your clothes *v.* to burn the surface of something, usually accidentally, with a hot iron or flame
17. sw_____it model *n.* a piece of clothing worn for swimming
18. su_____ge in a liquid *v.* to put something under water or to go under water; to bury or hide something deeply or completely
19. pa_____ze a person *v.* to cause a person or part of the body to become unable to move or feel
20. su_____ge my head completely *v.* to put something under water or to go under water; to bury or hide something deeply or completely

ANSWERS: 10. unwavering, 11. shiver, 12. unmotivated, 13. disappoint, 14. conquer, 15. quitter, 16. scorch, 17. swimsuit, 18. submerge, 19. paralyze, 20. submerge

21. demonstrate your me___e *n.* a person's ability to cope with difficult situations or face adversity with courage, resilience, and determination; one's character or temperament
22. g__p water *v.* to swallow quickly and forcefully; to take in a large amount of air or liquid quickly and audibly because of surprise, fear, or excitement
23. de____te a chapter to the subject *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
24. witty p_n *n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
25. spineless je_____sh *n.* a marine creature with a soft, jelly-like body and tentacles for stinging
26. ima_____ve as a child *adj.* having or showing new and creative ideas
27. ch__ed against my shoulders *v.* to rub or graze against something, causing irritation, soreness, or annoyance; to become irritated or annoyed due to frustration or impatience
28. me___e for challenges *n.* a person's ability to cope with difficult situations or face adversity with courage, resilience, and determination; one's character or temperament
29. careful not to sc___h *v.* to burn the surface of something, usually accidentally, with a hot iron or flame

ANSWERS: 21. mettle, 22. gulp, 23. dedicate, 24. pun, 25. jellyfish, 26. imaginative, 27. chafe, 28. mettle, 29. scorch

30. di____ct attention from the real issue
v. to draw someone's attention away from what they are trying to do
31. fe____ss attitude
adj. having no fear; brave
32. di____ct public opinion
v. to draw someone's attention away from what they are trying to do
33. je_____sh sting
n. a marine creature with a soft, jelly-like body and tentacles for stinging
34. ch__e under pressure
v. to rub or graze against something, causing irritation, soreness, or annoyance; to become irritated or annoyed due to frustration or impatience
35. infrared go___es
v. to look at someone or something with amazement; to look stupidly; (noun, plural) tight-fitting spectacles that are worn to prevent particulates, water, or chemicals from striking the eyes
36. sh___r in fear
v. to shake or quiver with cold, fear, or excitement; to tremble or vibrate rapidly
37. don't dis_____nt me
v. to fail to meet someone or their hopes or expectations; to make someone feel sad
38. co____r fatal disease
v. to bring under control by force or authority
39. pe____n habitat
n. a flightless sea bird that is found in the Southern Hemisphere and is known for its distinctive black and white coloring and its upright, waddling gait

ANSWERS: 30. distract, 31. fearless, 32. distract, 33. jellyfish, 34. chafe, 35. goggle, 36. shiver, 37. disappoint, 38. conquer, 39. penguin

40. irr_____ble force *adj.* impossible to resist or refuse; very attractive, appealing, or compelling
41. capable of ima_____ve creation *adj.* having or showing new and creative ideas
42. Adelie pe_____n *n.* a flightless sea bird that is found in the Southern Hemisphere and is known for its distinctive black and white coloring and its upright, waddling gait
43. po__t the existence of life after death *v.* to suggest or accept something as fact or as a basis for argument or consideration
44. irr_____ble charm *adj.* impossible to resist or refuse; very attractive, appealing, or compelling
45. feel unm_____ed *adj.* lacking in drive or ambition; not motivated; lacking enthusiasm or interest in something
46. unw_____ng confidence *adj.* not changing or becoming weaker in any way; remaining steadily fixed or resolute in purpose or commitment
47. o__a habitat *n.* a species of large marine mammal, also known as the killer whale, found in Arctic and temperate waters worldwide, known for their intelligence, social behavior, and hunting prowess
48. po__t the premise *v.* to suggest or accept something as fact or as a basis for argument or consideration
49. go___e his eyes *v.* to look at someone or something with amazement; to look stupidly; (noun, plural) tight-fitting spectacles that are worn to prevent particulates, water, or chemicals from striking the eyes

ANSWERS: 40. irresistible, 41. imaginative, 42. penguin, 43. posit, 44. irresistible, 45. unmotivated, 46. unwavering, 47. orca, 48. posit, 49. goggle

50. de____s their spirits

v. to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active

51. ch__e list

n. a routine or tedious task, often related to household or manual labor

52. fe____ss bravery

adj. having no fear; brave

ANSWERS: 50. depress, 51. chore, 52. fearless

Session 3: Fill in the Blanks

1. Please don't _____ me while I'm studying.
v. to draw someone's attention away from what they are trying to do
2. He had to _____ down his coffee before rushing to work.
v. to swallow quickly and forcefully; to take in a large amount of air or liquid quickly and audibly because of surprise, fear, or excitement
3. He _____ his life to helping others.
v. to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
4. The company's _____ employee was let go due to a lack of productivity.
adj. lacking in drive or ambition; not motivated; lacking enthusiasm or interest in something
5. The comedian's _____ had the audience laughing out loud.
n. a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
6. We took a boat tour to witness the magnificent _____ colony along the rugged coastline.
n. a flightless sea bird that is found in the Southern Hemisphere and is known for its distinctive black and white coloring and its upright, waddling gait
7. The economic recession _____ the housing market.
v. to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active

ANSWERS: 1. distract, 2. gulp, 3. dedicated, 4. unmotivated, 5. pun, 6. penguin, 7. depressed

8. She worked very hard not to _____ her boss's expectations.
v. to fail to meet someone or their hopes or expectations; to make someone feel sad
9. The aroma of freshly baked cookies was _____ to her.
adj. impossible to resist or refuse; very attractive, appealing, or compelling
10. Cleaning the house is a _____ that only some enjoy.
n. a routine or tedious task, often related to household or manual labor
11. The ship was _____ in the ocean for many years before it was finally discovered.
v. to put something under water or to go under water; to bury or hide something deeply or completely
12. The sun _____ the desert, making it uninhabitable.
v. to burn the surface of something, usually accidentally, with a hot iron or flame
13. You must _____ your anxiety about driving.
v. to bring under control by force or authority
14. The _____ firefighter rushed into the burning building to save a trapped child.
adj. having no fear; brave
15. Despite her injury, the athlete's true _____ was revealed when she won the gold medal.
n. a person's ability to cope with difficult situations or face adversity with courage, resilience, and determination; one's character or temperament

ANSWERS: 8. disappoint, 9. irresistible, 10. chore, 11. submerged, 12. scorched, 13. conquer, 14. fearless, 15. mettle

16. The _____ whale is also known as the killer whale.
- n.* a species of large marine mammal, also known as the killer whale, found in Arctic and temperate waters worldwide, known for their intelligence, social behavior, and hunting prowess
17. The venom from the snake bite _____ his arm.
- v.* to cause a person or part of the body to become unable to move or feel
18. The beach was filled with hundreds of _____ so swimming was not recommended.
- n.* a marine creature with a soft, jelly-like body and tentacles for stinging
19. She wore a bright red _____ for the beach trip.
- n.* a piece of clothing worn for swimming
20. She is a hard worker but not very _____.
- adj.* having or showing new and creative ideas
21. The new shoes are starting to _____ my feet after walking for hours.
- v.* to rub or graze against something, causing irritation, soreness, or annoyance; to become irritated or annoyed due to frustration or impatience
22. He was labeled as a _____ after he abandoned the project halfway.
- n.* a person who gives up easily or does not have the determination to finish what they have started
23. She showed _____ loyalty to her friend through thick and thin.
- adj.* not changing or becoming weaker in any way; remaining steadily fixed or resolute in purpose or commitment

ANSWERS: 16. orca, 17. paralyzed, 18. jellyfish, 19. swimsuit, 20. imaginative, 21. chafe, 22. quitter, 23. unwavering

24. We should _____ several hypotheses to discuss the matter.

- v. to suggest or accept something as fact or as a basis for argument or consideration

25. I _____ in the cold winter air as I wait for the train.

- v. to shake or quiver with cold, fear, or excitement; to tremble or vibrate rapidly

26. The software company bought the VR _____ manufacturer.

- v. to look at someone or something with amazement; to look stupidly; (noun, plural) tight-fitting spectacles that are worn to prevent particulates, water, or chemicals from striking the eyes

ANSWERS: 24. posit, 25. shiver, 26. goggles