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Emily Nagoski: How couples can sustain a strong sexual connection for a lifetime | TED Talk

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

All Words

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Session 1: Word List

academic

adj. associated with schools, colleges, and universities, especially studying and thinking, not with practical skills

synonym : educational, scholarly, theoretical

(1) **academic** probation, (2) an **academic** discussion

An excellent historian must possess an **academic** mentality.

degree

n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

synonym : level, qualification, diploma

(1) bachelor's **degree**, (2) **degree** centigrade

She received her **degree** in psychology from the university.

nerd

n. a person who is very interested in and knowledgeable about a particular subject such as computers, mathematics, chess, etc.

synonym : geek, techie, wonk

(1) a computer **nerd**, (2) **nerd** neck

He was, by nature, a cyber **nerd**.

deprive

v. to take away something from someone

synonym : deny, take away, divest

(1) **deprive** others of profit, (2) **deprive** him of his status
He was **deprived** of his freedom when sentenced to life in prison.

sustain

v. to supply enough of what somebody or something needs to survive or exist; to accept as valid

synonym: maintain, nurture, support

(1) **sustain** a good relationship with him, (2) **sustain** a wellness lifestyle

She struggled to **sustain** the children's reading habits.

educator

n. a person who teaches or educates people

synonym: teacher, instructor, lecturer

(1) business **educator**, (2) duty as an **educator**

She is an **educator** with progressive ideas.

solid

adj. hard or firm; characterized by good substantial quality

synonym: stable, reliable, hard

(1) **solid** ally, (2) **solid** employment measures

The **solid-state** of water is called ice.

necessarily

adv. in an essential manner; in such a way as could not be otherwise

synonym: inevitable, certainly, automatically

(1) not **necessarily** a problem, (2) **necessarily** true

This accident was something that happened **necessarily**.

adventurous

adj. willing to take risks and try new or difficult things

synonym: daring, risk-taking, bold

(1) lead an **adventurous** life, (2) **adventurous** pioneers

He has an **adventurous** spirit and is unafraid of risks.

predict

v. to state beforehand that something will happen in the future, mainly based on knowledge or experience

synonym: forecast, anticipate, foresee

(1) **predict** the future, (2) **predict** when she will arrive

It's notoriously challenging to **predict** birth rates.

relation

n. the way two persons or groups of people feel and act toward one another

synonym: association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

satisfaction

n. a pleasant feeling you have when you have fulfilled a desire, need, or expectation or have achieved something

synonym: delight, pleasure, content

(1) a sense of **satisfaction**, (2) customer **satisfaction**

The mediated settlement brought **satisfaction** to both sides.

cuddle

v. to hold close and lovingly in one's arms, often for comfort or affection; to snuggle or nestle against someone or something

synonym: embrace, snuggle, hug

(1) **cuddle** buddy, (2) **cuddle** up with a book

I love to **cuddle** with my dog on the couch after a long day.

constantly

adv. all the time

synonym: continuously, always, frequently

(1) a **constantly** innovative enterprise, (2) a **constantly** varying mind

The mobile application industry is **constantly** changing.

spontaneous

adj. happening or being done naturally, often unexpected way, without being made to happen

synonym: willing, impulsive, intuitive

(1) a **spontaneous** behavior, (2) **spontaneous** labor

The crowd broke out into **spontaneous** laughter.

desire

n. a strong feeling of wanting to have or do something
synonym: ambition, appetite, greed

(1) unsatisfied **desire**, (2) fleshly **desire**

Low sexual **desire** typically correlates with low testosterone levels.

cartoon

n. a simple drawing depicting a humorous or critical situation, often accompanied by a caption

synonym: illustration, drawing, caricature

(1) **cartoon** character, (2) **cartoon** industry

He spent his afternoon watching **cartoon** movies on TV.

illustrate

v. to provide pictures, photographs, diagrams, etc. in a book or something for explanation

synonym: demonstrate, explain, exemplify

(1) **illustrate** a key point, (2) **illustrate** a story

The company's financial records **illustrate** how successful it has been.

lightning

n. a flash, or several flashes, of light that accompanies an electric discharge in the atmosphere, or something resembling such a flash

synonym: bolt, electrical discharge

(1) streaks of **lightning**, (2) **lightning** air strike

The human eye is **lightning-fast** in recognizing objects.

bolt

n. a metal bar that slides across to lock a door or window closed; a discharge of lightning accompanied by thunder; (verb) to move or jump suddenly

synonym: lock, fastener, thunderbolt

(1) **bolt** diameter, (2) **bolt** from my bed

The lightning **bolt** twiggged in several directions.

genital

adj. of or relating to the external and internal reproductive organs

synonym: reproductive, genetic, sexual

(1) **genital** bleeding, (2) pain in the **genital** area

The **genital** organs of the human body are necessary for reproduction.

boom

n. a sudden increase in economic activity, or a sudden happening that brings good fortune; a deep, loud, and prolonged sound

synonym: roaring, prosperity, boost

(1) **boom** in sales, (2) a sonic **boom**

The high-technology industry is enjoying a **boom**.

absolutely

adv. without restriction or limitation; completely or utterly

synonym: completely, utterly, definitely

(1) **absolutely** against, (2) **absolutely** obsessed with the girl

I am **absolutely** opposed to his idea because of morality.

norm

n. something that is regarded as usual, typical, or standard

synonym: criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

emerge

v. to move out of or away from something and become visible

synonym: arise, occur, appear

(1) **emerge** as a butterfly, (2) **emerge** from poverty

During colonial eras, new migratory patterns **emerged**.

anticipation

n. the action of expecting that something might happen in the future and perhaps doing something about it now

synonym: expectation, prediction, prospect

(1) **anticipation** of her arrival, (2) hazard **anticipation**

She waited in eager **anticipation** for his arrival.

therapy

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

synonym: antidote, medicine, treatment

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

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

jersey

n. a knitted garment typically made of wool or cotton, worn as a shirt or pullover

synonym : shirt, sweater, top

(1) **jersey** material, (2) fabric of the **jersey**

I always wear my favorite basketball player's **jersey** to the games.

metaphor

n. a figure of speech in which an expression is used to refer to something that it does not denote to suggest a similarity

synonym : conceit, analogy, symbol

(1) **metaphor** for death, (2) visual **metaphor**

She expressed her thought in an artful choice of **metaphors**.

invite

v. to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place

synonym : ask, request, summon

(1) **invite** guests, (2) **invite** criticism

We want to **invite** you to our annual charity event.

traffic

n. the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time

synonym : congestion, jam, flow

(1) **traffic** jam, (2) heavy **traffic**

We decided to take a detour to avoid the construction **traffic** on the main road.

characteristic

n. a typical feature or quality that can identify, tell apart, or describe something or somebody

synonym : feature, quality, attribute

(1) stripes **characteristic** of the zebra, (2) my friend's **characteristic** laugh

Bananas have their **characteristic** taste and odor.

specifically

adv. only associated with or meant for one thing

synonym: especially, particularly, notably

(1) designed **specifically** for men, (2) for **specifically** American customers

This ad campaign is aimed **specifically** at young women.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym: evolve, progress, advance

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

We must **develop** a new system to streamline our workflow and increase efficiency.

emotional

adj. relating to people's feelings

synonym: affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

sue

v. to claim a person or organization, especially by filing a legal claim for money or redress

synonym: accuse, plead, file

(1) **sue** a company for damages, (2) **sue** my boss for harassment

He planned to **sue** the organization for negligence.

prioritize

v. to assign a higher level of importance to something compared to other things

synonym: rank, order, arrange

(1) **prioritize** tasks, (2) **prioritize** people over cars

The organization **prioritized** the needs of the community in

its decision-making.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

forbid

v. to order somebody not to do something, especially officially; to keep something from happening or arising

synonym: prohibit, ban, outlaw

(1) **forbid** smoking in public areas, (2) **forbid** the use of chemical weapons

God **forbid** you should regret your marriage.

difficulty

n. a condition or state that causes problems

synonym: hardship, complication, problem

(1) the degree of **difficulty**, (2) **difficulty** in breathing

He has **difficulty** exercising because of a back injury sustained in an accident.

dread

v. to be very afraid of or worried about something that is going to happen or that might happen

synonym: fear, cringe, apprehend

(1) **dread** failure, (2) **dread** getting old

We all **dread** to think about what will happen if the company goes bankrupt.

distance

n. the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance

synonym: space, gap, span

(1) driving **distance**, (2) social **distance**

The marathon runner covered a long **distance** in a short

amount of time.

criticism

n. the act of analyzing, evaluating, or judging something, especially literary or artistic work, to find fault with it or to offer suggestions for improvement; the expression of disapproval or censure

synonym : critique, commentary, review

(1) **criticism** from the public, (2) harsh **criticism**

Constructive **criticism** is always helpful to help improving one's work.

hedgehog

n. a small, spiny mammal that rolls itself into a ball for protection when threatened; a person who is solitary, introverted, and lacks social skills, often displaying sharp or prickly behavior

synonym : porcupine, spine-fellow

(1) wild **hedgehog**, (2) **hedgehog** habitat

The **hedgehog's** spines provide an effective defense mechanism against predators.

foster

v. to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents

synonym : nurture, nourish, cultivate

(1) **foster** a better relationship, (2) **foster** two kids

The pastor contributed to **fostering** the sense of a community embracing all classes.

compassion

n. a strong feeling of sympathy and sadness for another's suffering or bad luck

synonym : pity, empathy, understanding

(1) feel **compassion** for the poor, (2) have **compassion** toward the accident

His infinite love and **compassion** for everyone never weary.

struggle

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

break away from restraint or constriction

synonym : toil, strive, compete

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

He could not **struggle** against temptation.

maintain

v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

synonym : preserve, uphold, sustain

(1) **maintain** order, (2) **maintain** good health

I need to **maintain** my car regularly to prevent any major mechanical issues.

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.

well-being

n. the state of being happy and healthy and prosperous

synonym : health, welfare, happiness

(1) the **well-being** of a nation, (2) a sense of **well-being**

We are responsible for the care and **well-being** of all our employees.

exhausted

adj. extremely tired

synonym : drowsy, depleted, fatigued

(1) the **exhausted** food sources, (2) **exhausted** parents

The **exhausted** runner fell to the ground and gasped.

overwhelm

v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

synonym: conquer, crush, dominate

(1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

Too much variety may **overwhelm** and confuse viewers.

asleep

adj. in a state of sleep

synonym: sleeping, fallen, at rest

(1) **asleep** at the wheel, (2) dead **asleep**

He lay down and fell **asleep** immediately.

isolation

n. the condition of being alone or lonely; the act or state of separation between persons or groups

synonym: aloneness, seclusion, separateness

(1) **isolation** booth, (2) the country's **isolation**

That incident led to his **isolation**.

frustration

n. the feeling of being upset or annoyed as a result of being unable to change or achieve something

synonym: disappointment, discouragement, dissatisfaction

(1) **frustration** level, (2) express **frustration**

He felt a deep **frustration** as he realized the project would not be completed on time.

admire

v. to have regard for or respect for someone's qualities or the actions they have performed

synonym: esteem, respect, marvel

(1) **admire** the subtlety of the distinctions, (2) **admire** kids with attitude

We all **admire** him because he is a nobleman.

introductory

adj. intended as an introduction or preliminary; serving as a base or starting point

synonym: beginning, preliminary, initial

(1) **introductory** biology text, (2) product **introductory** sale

The **introductory** class was designed to give students a basic understanding of the subject.

romantic

adj. of or relating to love or a sexual relationship

synonym: idealistic, unrealistic, amatory

(1) **romantic** movies, (2) **romantic** breakup

It was his first **romantic** love.

priority

n. something that is more important than other things and should be dealt with first

synonym: importance, precedence, primacy

(1) **priority** call, (2) **priority** seating for elderly

Her **priority** is to be a mother.

Session 2: Spelling

- | | |
|---------------------------------------|--|
| 1. n__m of action | <i>n.</i> something that is regarded as usual, typical, or standard |
| 2. a con_____ly innovative enterprise | <i>adv.</i> all the time |
| 3. unsatisfied de___e | <i>n.</i> a strong feeling of wanting to have or do something |
| 4. su_____n a wellness lifestyle | <i>v.</i> to supply enough of what somebody or something needs to survive or exist; to accept as valid |
| 5. de_____p a skill | <i>v.</i> to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created |
| 6. bachelor's de___e | <i>n.</i> a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment |
| 7. an ac_____ic discussion | <i>adj.</i> associated with schools, colleges, and universities, especially studying and thinking, not with practical skills |
| 8. ill_____te a key point | <i>v.</i> to provide pictures, photographs, diagrams, etc. in a book or something for explanation |
| 9. ro_____ic breakup | <i>adj.</i> of or relating to love or a sexual relationship |

ANSWERS: 1. norm, 2. constantly, 3. desire, 4. sustain, 5. develop, 6. degree, 7. academic, 8. illustrate, 9. romantic

10. a sense of wel_____ng *n.* the state of being happy and healthy and prosperous
11. pr_____t the future *v.* to state beforehand that something will happen in the future, mainly based on knowledge or experience
12. customer sat_____ion *n.* a pleasant feeling you have when you have fulfilled a desire, need, or expectation or have achieved something
13. ex_____ed parents *adj.* extremely tired
14. ov_____lm opponents by numbers *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
15. pr_____t when she will arrive *v.* to state beforehand that something will happen in the future, mainly based on knowledge or experience
16. lead an adv_____us life *adj.* willing to take risks and try new or difficult things
17. su_____n a good relationship with him *v.* to supply enough of what somebody or something needs to survive or exist; to accept as valid
18. s_e my boss for harassment *v.* to claim a person or organization, especially by filing a legal claim for money or redress
19. ant_____ion of her arrival *n.* the action of expecting that something might happen in the future and perhaps doing something about it now
20. a sonic b__m *n.* a sudden increase in economic activity, or a sudden happening that brings good fortune; a deep, loud, and prolonged sound

ANSWERS: 10. well-being, 11. predict, 12. satisfaction, 13. exhausted, 14. overwhelm, 15. predict, 16. adventurous, 17. sustain, 18. sue, 19. anticipation, 20. boom

21. a spo_____us behavior *adj.* happening or being done naturally, often unexpected way, without being made to happen
22. cr_____sm from the public *n.* the act of analyzing, evaluating, or judging something, especially literary or artistic work, to find fault with it or to offer suggestions for improvement; the expression of disapproval or censure
23. dr__d getting old *v.* to be very afraid of or worried about something that is going to happen or that might happen
24. nec_____ly true *adv.* in an essential manner; in such a way as could not be otherwise
25. dif_____ty in breathing *n.* a condition or state that causes problems
26. abs_____ly against *adv.* without restriction or limitation; completely or utterly
27. streaks of li_____ng *n.* a flash, or several flashes, of light that accompanies an electric discharge in the atmosphere, or something resembling such a flash
28. the ex_____ed food sources *adj.* extremely tired
29. adv_____us pioneers *adj.* willing to take risks and try new or difficult things
30. he_____og habitat *n.* a small, spiny mammal that rolls itself into a ball for protection when threatened; a person who is solitary, introverted, and lacks social skills, often displaying sharp or prickly behavior

ANSWERS: 21. spontaneous, 22. criticism, 23. dread, 24. necessarily, 25. difficulty, 26. absolutely, 27. lightning, 28. exhausted, 29. adventurous, 30. hedgehog

31. re____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
32. je___y material *n.* a knitted garment typically made of wool or cotton, worn as a shirt or pullover
33. fo___d the use of chemical weapons *v.* to order somebody not to do something, especially officially; to keep something from happening or arising
34. th____y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
35. have com_____on toward the accident *n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
36. feel com_____on for the poor *n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
37. spo_____us labor *adj.* happening or being done naturally, often unexpected way, without being made to happen
38. heavy tr____c *n.* the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time
39. fo___r a better relationship *v.* to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents
40. ad___e the subtlety of the distinctions *v.* to have regard for or respect for someone's qualities or the actions they have performed

ANSWERS: 31. relation, 32. jersey, 33. forbid, 34. therapy, 35. compassion, 36. compassion, 37. spontaneous, 38. traffic, 39. foster, 40. admire

41. cu___e buddy *v.* to hold close and lovingly in one's arms, often for comfort or affection; to snuggle or nestle against someone or something
42. st_____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
43. s_e a company for damages *v.* to claim a person or organization, especially by filing a legal claim for money or redress
44. abs_____ly obsessed with the girl *adv.* without restriction or limitation; completely or utterly
45. pr_____ty call *n.* something that is more important than other things and should be dealt with first
46. hazard ant_____ion *n.* the action of expecting that something might happen in the future and perhaps doing something about it now
47. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
48. fo___d smoking in public areas *v.* to order somebody not to do something, especially officially; to keep something from happening or arising
49. in___e guests *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
50. de_____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

ANSWERS: 41. cuddle, 42. struggle, 43. sue, 44. absolutely, 45. priority, 46. anticipation, 47. decide, 48. forbid, 49. invite, 50. develop

51. driving di____ce *n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance
52. ad___e kids with attitude *v.* to have regard for or respect for someone's qualities or the actions they have performed
53. fo___r two kids *v.* to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents
54. cu___e up with a book *v.* to hold close and lovingly in one's arms, often for comfort or affection; to snuggle or nestle against someone or something
55. em___e from poverty *v.* to move out of or away from something and become visible
56. not nec_____ly a problem *adv.* in an essential manner; in such a way as could not be otherwise
57. em_____al health *adj.* relating to people's feelings
58. a con_____ly varying mind *adv.* all the time
59. st_____le to get the job *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
60. field of gene th_____y *n.* the act of caring for someone through medication, remedial training, etc.
61. b__t diameter *n.* a metal bar that slides across to lock a door or window closed; a discharge of lightning accompanied by thunder; (verb) to move or jump suddenly

ANSWERS: 51. distance, 52. admire, 53. foster, 54. cuddle, 55. emerge, 56. necessarily, 57. emotional, 58. constantly, 59. struggle, 60. therapy, 61. bolt

62. stripes cha_____tic of the zebra *n.* a typical feature or quality that can identify, tell apart, or describe something or somebody
63. ca_____n character *n.* a simple drawing depicting a humorous or critical situation, often accompanied by a caption
64. li_____ng air strike *n.* a flash, or several flashes, of light that accompanies an electric discharge in the atmosphere, or something resembling such a flash
65. ill_____te a story *v.* to provide pictures, photographs, diagrams, etc. in a book or something for explanation
66. fru_____on level *n.* the feeling of being upset or annoyed as a result of being unable to change or achieve something
67. the degree of dif_____ty *n.* a condition or state that causes problems
68. a sense of sat_____ion *n.* a pleasant feeling you have when you have fulfilled a desire, need, or expectation or have achieved something
69. b__t from my bed *n.* a metal bar that slides across to lock a door or window closed; a discharge of lightning accompanied by thunder; (verb) to move or jump suddenly
70. de_____e others of profit *v.* to take away something from someone
71. dr__d failure *v.* to be very afraid of or worried about something that is going to happen or that might happen

ANSWERS: 62. characteristic, 63. cartoon, 64. lightning, 65. illustrate, 66. frustration, 67. difficulty, 68. satisfaction, 69. bolt, 70. deprive, 71. dread

72. dead as ___p *adj.* in a state of sleep
73. int_____ory biology text *adj.* intended as an introduction or preliminary; serving as a base or starting point
74. me_____or for death *n.* a figure of speech in which an expression is used to refer to something that it does not denote to suggest a similarity
75. 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
76. ca_____n industry *n.* a simple drawing depicting a humorous or critical situation, often accompanied by a caption
77. ro_____ic movies *adj.* of or relating to love or a sexual relationship
78. the wel_____ng of a nation *n.* the state of being happy and healthy and prosperous
79. ma_____in good health *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
80. pain in the ge_____l area *adj.* of or relating to the external and internal reproductive organs
81. ge_____l bleeding *adj.* of or relating to the external and internal reproductive organs

ANSWERS: 72. asleep, 73. introductory, 74. metaphor, 75. prickle, 76. cartoon, 77. romantic, 78. well-being, 79. maintain, 80. genital, 81. genital

82. social di____ce *n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance
83. wild he____og *n.* a small, spiny mammal that rolls itself into a ball for protection when threatened; a person who is solitary, introverted, and lacks social skills, often displaying sharp or prickly behavior
84. ac____ic probation *adj.* associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
85. re____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
86. as____p at the wheel *adj.* in a state of sleep
87. is____on booth *n.* the condition of being alone or lonely; the act or state of separation between persons or groups
88. in____e criticism *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
89. cultural n____m *n.* something that is regarded as usual, typical, or standard
90. 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: 82. distance, 83. hedgehog, 84. academic, 85. relation, 86. asleep, 87. isolation, 88. invite, 89. norm, 90. prickle

91. visual me____or *n.* a figure of speech in which an expression is used to refer to something that it does not denote to suggest a similarity
92. em___e as a butterfly *v.* to move out of or away from something and become visible
93. express fru_____on *n.* the feeling of being upset or annoyed as a result of being unable to change or achieve something
94. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
95. harsh cr_____sm *n.* the act of analyzing, evaluating, or judging something, especially literary or artistic work, to find fault with it or to offer suggestions for improvement; the expression of disapproval or censure
96. so__d employment measures *adj.* hard or firm; characterized by good substantial quality
97. duty as an ed____or *n.* a person who teaches or educates people
98. pr____ty seating for elderly *n.* something that is more important than other things and should be dealt with first
99. business ed____or *n.* a person who teaches or educates people
100. fabric of the je___y *n.* a knitted garment typically made of wool or cotton, worn as a shirt or pullover
101. de_____e him of his status *v.* to take away something from someone

ANSWERS: 91. metaphor, 92. emerge, 93. frustration, 94. decide, 95. criticism, 96. solid, 97. educator, 98. priority, 99. educator, 100. jersey, 101. deprive

102. product int_____ory sale *adj.* intended as an introduction or preliminary; serving as a base or starting point
103. n__d neck *n.* a person who is very interested in and knowledgeable about a particular subject such as computers, mathematics, chess, etc.
104. ma_____in order *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
105. a computer n__d *n.* a person who is very interested in and knowledgeable about a particular subject such as computers, mathematics, chess, etc.
106. pri_____ze tasks *v.* to assign a higher level of importance to something compared to other things
107. so__d ally *adj.* hard or firm; characterized by good substantial quality
108. fleshly de____e *n.* a strong feeling of wanting to have or do something
109. pri_____ze people over cars *v.* to assign a higher level of importance to something compared to other things
110. designed spe_____lly for men *adv.* only associated with or meant for one thing
111. for spe_____lly American customers *adv.* only associated with or meant for one thing
112. de____e centigrade *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

ANSWERS: 102. introductory, 103. nerd, 104. maintain, 105. nerd, 106. prioritize, 107. solid, 108. desire, 109. prioritize, 110. specifically, 111. specifically, 112. degree

113. my friend's cha_____tic laugh *n.* a typical feature or quality that can identify, tell apart, or describe something or somebody
114. em_____al distress *adj.* relating to people's feelings
115. the country's is_____on *n.* the condition of being alone or lonely; the act or state of separation between persons or groups
116. he was ov_____lmed with gratitude *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
117. tr_____c jam *n.* the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time
118. b__m in sales *n.* a sudden increase in economic activity, or a sudden happening that brings good fortune; a deep, loud, and prolonged sound

ANSWERS: 113. characteristic, 114. emotional, 115. isolation, 116. overwhelm, 117. traffic, 118. boom

Session 3: Fill in the Blanks

1. Her _____ is to be a mother.
n. something that is more important than other things and should be dealt with first
2. I am _____ opposed to his idea because of morality.
adv. without restriction or limitation; completely or utterly
3. We all _____ him because he is a nobleman.
v. to have regard for or respect for someone's qualities or the actions they have performed
4. The _____ runner fell to the ground and gasped.
adj. extremely tired
5. I love to _____ with my dog on the couch after a long day.
v. to hold close and lovingly in one's arms, often for comfort or affection; to snuggle or nestle against someone or something
6. He has _____ exercising because of a back injury sustained in an accident.
n. a condition or state that causes problems
7. She couldn't _____ whether to order the pizza or the pasta for dinner.
v. to make up someone's mind about something; to come to a conclusion or judgment after considering options
8. She struggled to _____ the children's reading habits.
v. to supply enough of what somebody or something needs to survive or exist; to accept as valid

ANSWERS: 1. priority, 2. absolutely, 3. admire, 4. exhausted, 5. cuddle, 6. difficulty, 7. decide, 8. sustain

9. He was, by nature, a cyber _____.

n. a person who is very interested in and knowledgeable about a particular subject such as computers, mathematics, chess, etc.

10. The _____ of water is called ice.

adj. hard or firm; characterized by good substantial quality

11. The human eye is _____ in recognizing objects.

n. a flash, or several flashes, of light that accompanies an electric discharge in the atmosphere, or something resembling such a flash

12. Low sexual _____ typically correlates with low testosterone levels.

n. a strong feeling of wanting to have or do something

13. The _____ organs of the human body are necessary for reproduction.

adj. of or relating to the external and internal reproductive organs

14. The mediated settlement brought _____ to both sides.

n. a pleasant feeling you have when you have fulfilled a desire, need, or expectation or have achieved something

15. She received her _____ in psychology from the university.

n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

16. We must _____ a new system to streamline our workflow and increase efficiency.

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

ANSWERS: 9. nerd, 10. solid-state, 11. lightning-fast, 12. desire, 13. genital, 14. satisfaction, 15. degree, 16. develop

17. The _____ spines provide an effective defense mechanism against predators.
- n.* a small, spiny mammal that rolls itself into a ball for protection when threatened; a person who is solitary, introverted, and lacks social skills, often displaying sharp or prickly behavior
18. The systems we have developed has accepted as industry _____.
- n.* something that is regarded as usual, typical, or standard
19. During colonial eras, new migratory patterns _____.
- v.* to move out of or away from something and become visible
20. The organization _____ the needs of the community in its decision-making.
- v.* to assign a higher level of importance to something compared to other things
21. The lightning _____ twiggged in several directions.
- n.* a metal bar that slides across to lock a door or window closed; a discharge of lightning accompanied by thunder; (verb) to move or jump suddenly
22. We want to _____ you to our annual charity event.
- v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
23. He was _____ of his freedom when sentenced to life in prison.
- v.* to take away something from someone
24. I underwent aversion _____ for my addiction to alcohol.
- n.* the act of caring for someone through medication, remedial training, etc.

ANSWERS: 17. hedgehog's, 18. norms, 19. emerged, 20. prioritized, 21. bolt, 22. invite, 23. deprived, 24. therapy

25. The company's financial records _____ how successful it has been.

- v.* to provide pictures, photographs, diagrams, etc. in a book or something for explanation

26. Bananas have their _____ taste and odor.

- n.* a typical feature or quality that can identify, tell apart, or describe something or somebody

27. This ad campaign is aimed _____ at young women.

- adv.* only associated with or meant for one thing

28. The mobile application industry is _____ changing.

- adv.* all the time

29. He could not _____ against temptation.

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

30. The crowd broke out into _____ laughter.

- adj.* happening or being done naturally, often unexpected way, without being made to happen

31. The pastor contributed to _____ the sense of a community embracing all classes.

- v.* to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents

32. She expressed her thought in an artful choice of _____.

- n.* a figure of speech in which an expression is used to refer to something that it does not denote to suggest a similarity

ANSWERS: 25. illustrate, 26. characteristic, 27. specifically, 28. constantly, 29. struggle, 30. spontaneous, 31. fostering, 32. metaphors

33. His infinite love and _____ for everyone never weary.
- n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
34. The high-technology industry is enjoying a _____.
- n.* a sudden increase in economic activity, or a sudden happening that brings good fortune; a deep, loud, and prolonged sound
35. He planned to _____ the organization for negligence.
- v.* to claim a person or organization, especially by filing a legal claim for money or redress
36. We all _____ to think about what will happen if the company goes bankrupt.
- v.* to be very afraid of or worried about something that is going to happen or that might happen
37. He lay down and fell _____ immediately.
- adj.* in a state of sleep
38. Human _____ responses vary widely depending on the society to which they belong.
- adj.* relating to people's feelings
39. She is an _____ with progressive ideas.
- n.* a person who teaches or educates people
40. Constructive _____ is always helpful to help improving one's work.
- n.* the act of analyzing, evaluating, or judging something, especially literary or artistic work, to find fault with it or to offer suggestions for improvement; the expression of disapproval or censure

ANSWERS: 33. compassion, 34. boom, 35. sue, 36. dread, 37. asleep, 38. emotional, 39. educator, 40. criticism

41. This accident was something that happened _____.

adv. in an essential manner; in such a way as could not be otherwise

42. It's notoriously challenging to _____ birth rates.

v. to state beforehand that something will happen in the future, mainly based on knowledge or experience

43. God _____ you should regret your marriage.

v. to order somebody not to do something, especially officially; to keep something from happening or arising

44. We are responsible for the care and _____ of all our employees.

n. the state of being happy and healthy and prosperous

45. We decided to take a detour to avoid the construction _____ on the main road.

n. the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time

46. Too much variety may _____ and confuse viewers.

v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

47. The _____ class was designed to give students a basic understanding of the subject.

adj. intended as an introduction or preliminary; serving as a base or starting point

48. He has an _____ spirit and is unafraid of risks.

adj. willing to take risks and try new or difficult things

ANSWERS: 41. necessarily, 42. predict, 43. forbid, 44. well-being, 45. traffic, 46. overwhelm, 47. introductory, 48. adventurous

49. He spent his afternoon watching _____ movies on TV.

n. a simple drawing depicting a humorous or critical situation, often accompanied by a caption

50. I always wear my favorite basketball player's _____ to the games.

n. a knitted garment typically made of wool or cotton, worn as a shirt or pullover

51. He felt a deep _____ as he realized the project would not be completed on time.

n. the feeling of being upset or annoyed as a result of being unable to change or achieve something

52. An excellent historian must possess an _____ mentality.

adj. associated with schools, colleges, and universities, especially studying and thinking, not with practical skills

53. That incident led to his _____.

n. the condition of being alone or lonely; the act or state of separation between persons or groups

54. The industrial _____ laws were passed with little to no alteration.

n. the way two persons or groups of people feel and act toward one another

55. I need to _____ my car regularly to prevent any major mechanical issues.

v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

56. It was his first _____ love.

adj. of or relating to love or a sexual relationship

ANSWERS: 49. cartoon, 50. jersey, 51. frustration, 52. academic, 53. isolation, 54. relations, 55. maintain, 56. romantic

57. She waited in eager _____ for his arrival.

- n.* the action of expecting that something might happen in the future and perhaps doing something about it now

58. The marathon runner covered a long _____ in a short amount of time.

- n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance

59. 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

ANSWERS: 57. anticipation, 58. distance, 59. prickle