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Vocabulary Builder Reference from...

Jonny Sun: You are not alone in your loneliness | TED Talk

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

Advanced Words Only

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Session 1: Word List

intimidate

v. to make someone fearful or uneasy so that they will do something that you want them to do

synonym: frighten, threaten, terrify

(1) **intimidate** an opponent, (2) effectively **intimidate** a thief
The boss tried to **intimidate** his subordinate with threats.

lifeline

n. a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help

synonym: savior, support, safety net

(1) **lifeline** support, (2) emotional **lifeline**

My best friend has been my **lifeline** throughout all of my hardships.

expansive

adj. large or wide in extent or scope; friendly and open and willing to talk

synonym: large, extensive, vast

(1) with an **expansive** spirit, (2) **expansive** ocean views

The company has an **expansive** network of offices and locations around the world.

expanse

n. a substance, such as water or oil, that flows freely and is neither a solid nor a gas

synonym : stretch, field, spread

(1) vast **expanse**, (2) large **expanses**

She looked over the immense **expanse** of the sea.

confession

n. a formal statement in which one admits that they have done something wrong or illegal

synonym : admission, avowal, acknowledgment

(1) a **confession** of guilt, (2) a **confession** of faith

The prisoner made a full **confession** and admitted to his crime.

stigma

n. a mark of shame or disgrace associated with a particular circumstance, quality, or person

synonym : mark, blemish, disgrace

(1) social **stigma**, (2) **stigma** against obesity

The mental health **stigma** often prevents people from seeking treatment.

imperfectly

adv. in a faulty or incomplete way

synonym : amiss, insufficiently, clumsily

(1) **imperfectly** developed, (2) **imperfectly** known disease

He created an **imperfectly** shaped torso.

insecure

adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety

synonym : uncertain, unsure, unconfident

(1) an **insecure** future, (2) **insecure** attachment

Children in an unstructured environment often feel **insecure**.

excite

v. to make someone feel suddenly enthusiastic or eager

synonym : thrill, exhilarate, animate

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

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

externalize

v. to give external form, expression, or material existence to something that was previously internal or subjective;

to make explicit or apparent something that was previously unconscious or repressed

synonym : express, manifest, materialize

(1) **externalize** responsibilities, (2) **externalize** costs

It's important to **externalize** your feelings and not keep them bottled up.

app

n. (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC

synonym : application, software

(1) killer **app**, (2) cannot log in to the **app**

The discovery of a critical bug caused the company to delay the **app's** release.

disburse

v. to pay out money, usually from a fund or account; to distribute or give out resources or benefits

synonym : spend, payout, distribute

(1) **disburse** money, (2) **disburse** dividends

The company will **disburse** funds to the employees once the paperwork is processed.

muck

n. dense, wet, and dirty matter or waste, often found in soil or on the ground; animal waste

synonym : dirt, mud, droppings

(1) construction **muck**, (2) **muck** on clothes

The horses waded through the **muck** in the field after the rainstorm.

kindred

n. a group of people related by blood or family ties; a close affinity or similarity between two or more things or people

synonym : kin, family, clan

(1) **kindred** feeling, (2) **kindred** souls

The **kindred** spirits bonded over their shared love of art and music.

sect

n. a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

synonym : group, faction, cult

(1) **sect** beliefs, (2) secret **sect**

The minority **sect** believed in a set of unconventional religious practices.

insightful

adj. having or showing a deep understanding and perception of a situation or subject

synonym : perceptive, astute, perspicacious

(1) acutely **insightful**, (2) **insightful** analysis

His **insightful** comments added a new perspective to the discussion.

misunderstand

v. to interpret or understand something in the wrong way

synonym : misinterpret, misperceive, misapprehend

(1) **misunderstand** each other, (2) **misunderstand** entirely about her

You should not **misunderstand** the meaning of freedom.

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.

inhabit

v. to live in a specific location; to reside

synonym : settle, occupy, populate

(1) **inhabit** a cave, (2) **inhabit** the stomach

I have no idea what sort of folks **inhabit** the neighborhood.

propagate

v. to spread or promote something widely, particularly beliefs, ideas, or plants and animals through reproduction

synonym : propagate, multiply, reproduce

(1) **propagate** a rumor, (2) **propagate** plants
The company is working hard to **propagate** their brand message to as many people as possible

misinformation

n. information that is false or inaccurate, or the act of giving wrong information, especially deliberately
synonym: falsity, misreport, misstatement

(1) **misinformation** about a vaccine, (2) combat **misinformation** on social media

The government called for caution against pseudoscientific **misinformation** about vaccines.

superfluous

adj. unnecessary; more than what is needed or required
synonym: extra, unnecessary, redundant

(1) **superfluous** information, (2) **superfluous** words

The recipe called for a **superfluous** amount of salt and made the dish too salty.

inflate

v. to fill something with air or gas so that it becomes bigger and rounder

synonym: blow up, expand, puff up

(1) **inflate** a tire, (2) **inflate** expense reports

She **inflated** the balloons for the party.

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.

sliver

n. a small, thin, narrow piece or fragment of something, often characterized by its length or its sharpness or thinness; a small portion or amount of something, often used in a metaphorical sense to describe a trace or a hint of something

synonym: splinter, shard, fragment

(1) **sliver** of wood, (2) **sliver** of metal

I had to be careful not to step on a **sliver** of glass on the floor.

Session 2: Spelling

- | | |
|---------------------------------------|---|
| 1. in____re attachment | <i>adj.</i> not firm or firmly fixed; likely to fail or give way, or not assured of safety |
| 2. sl____r of metal | <i>n.</i> a small, thin, narrow piece or fragment of something, often characterized by its length or its sharpness or thinness; a small portion or amount of something, often used in a metaphorical sense to describe a trace or a hint of something |
| 3. killer a_p | <i>n.</i> (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC |
| 4. s__t beliefs | <i>n.</i> a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream |
| 5. imp_____ly developed | <i>adv.</i> in a faulty or incomplete way |
| 6. in____t a cave | <i>v.</i> to live in a specific location; to reside |
| 7. combat mis_____ion on social media | <i>n.</i> information that is false or inaccurate, or the act of giving wrong information, especially deliberately |
| 8. in____e a tire | <i>v.</i> to fill something with air or gas so that it becomes bigger and rounder |
| 9. sup_____us words | <i>adj.</i> unnecessary; more than what is needed or required |

ANSWERS: 1. insecure, 2. sliver, 3. app, 4. sect, 5. imperfectly, 6. inhabit, 7. misinformation, 8. inflate, 9. superfluous

10. with an ex_____ve spirit *adj.* large or wide in extent or scope; friendly and open and willing to talk
11. pr_____te a rumor *v.* to spread or promote something widely, particularly beliefs, ideas, or plants and animals through reproduction
12. sup_____us information *adj.* unnecessary; more than what is needed or required
13. mis_____ion about a vaccine *n.* information that is false or inaccurate, or the act of giving wrong information, especially deliberately
14. effectively int_____te a thief *v.* to make someone fearful or uneasy so that they will do something that you want them to do
15. sl____r of wood *n.* a small, thin, narrow piece or fragment of something, often characterized by its length or its sharpness or thinness; a small portion or amount of something, often used in a metaphorical sense to describe a trace or a hint of something
16. pr_____te plants *v.* to spread or promote something widely, particularly beliefs, ideas, or plants and animals through reproduction
17. emotional li_____ne *n.* a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help
18. st____a against obesity *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person

ANSWERS: 10. expansive, 11. propagate, 12. superfluous, 13. misinformation, 14. intimidate, 15. sliver, 16. propagate, 17. lifeline, 18. stigma

19. secret s__t *n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream
20. li_____ne support *n.* a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help
21. cannot log in to the a_p *n.* (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC
22. large ex_____es *n.* a substance, such as water or oil, that flows freely and is neither a solid nor a gas
23. y__l as loud as we can *v.* to shout in a sudden and loud way
24. ex___e the crowd *v.* to make someone feel suddenly enthusiastic or eager
25. construction m__k *n.* dense, wet, and dirty matter or waste, often found in soil or on the ground; animal waste
26. ins_____ul analysis *adj.* having or showing a deep understanding and perception of a situation or subject
27. ex_____ve ocean views *adj.* large or wide in extent or scope; friendly and open and willing to talk
28. ki_____d feeling *n.* a group of people related by blood or family ties; a close affinity or similarity between two or more things or people

ANSWERS: 19. sect, 20. lifeline, 21. app, 22. expanse, 23. yell, 24. excite, 25. muck, 26. insightful, 27. expansive, 28. kindred

29. acutely ins_____ul *adj.* having or showing a deep understanding and perception of a situation or subject
30. vast ex_____e *n.* a substance, such as water or oil, that flows freely and is neither a solid nor a gas
31. ho_____ss situation *adj.* having no hope; despairing; having no chance of success
32. mis_____and each other *v.* to interpret or understand something in the wrong way
33. mis_____and entirely about her *v.* to interpret or understand something in the wrong way
34. ki_____d souls *n.* a group of people related by blood or family ties; a close affinity or similarity between two or more things or people
35. ext_____ze responsibilities *v.* to give external form, expression, or material existence to something that was previously internal or subjective; to make explicit or apparent something that was previously unconscious or repressed
36. ext_____ze costs *v.* to give external form, expression, or material existence to something that was previously internal or subjective; to make explicit or apparent something that was previously unconscious or repressed
37. a con_____on of guilt *n.* a formal statement in which one admits that they have done something wrong or illegal

ANSWERS: 29. insightful, 30. expanse, 31. hopeless, 32. misunderstand, 33. misunderstand, 34. kindred, 35. externalize, 36. externalize, 37. confession

38. imp_____ly known disease *adv.* in a faulty or incomplete way
39. di_____se money *v.* to pay out money, usually from a fund or account; to distribute or give out resources or benefits
40. ex_____e rebellion *v.* to make someone feel suddenly enthusiastic or eager
41. social st_____a *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
42. a con_____on of faith *n.* a formal statement in which one admits that they have done something wrong or illegal
43. y___l for help *v.* to shout in a sudden and loud way
44. an in_____re future *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
45. in_____t the stomach *v.* to live in a specific location; to reside
46. int_____te an opponent *v.* to make someone fearful or uneasy so that they will do something that you want them to do
47. m___k on clothes *n.* dense, wet, and dirty matter or waste, often found in soil or on the ground; animal waste
48. di_____se dividends *v.* to pay out money, usually from a fund or account; to distribute or give out resources or benefits
49. in_____e expense reports *v.* to fill something with air or gas so that it becomes bigger and rounder

ANSWERS: 38. imperfectly, 39. disburse, 40. excite, 41. stigma, 42. confession, 43. yell, 44. insecure, 45. inhabit, 46. intimidate, 47. muck, 48. disburse, 49. inflate

50. ho____ss at everything

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

ANSWERS: 50. hopeless

Session 3: Fill in the Blanks

1. It's important to _____ your feelings and not keep them bottled up.
v. to give external form, expression, or material existence to something that was previously internal or subjective; to make explicit or apparent something that was previously unconscious or repressed
2. The boss tried to _____ his subordinate with threats.
v. to make someone fearful or uneasy so that they will do something that you want them to do
3. He created an _____ shaped torso.
adv. in a faulty or incomplete way
4. When I asked my father for more money, he became furious and _____ at me.
v. to shout in a sudden and loud way
5. The recipe called for a _____ amount of salt and made the dish too salty.
adj. unnecessary; more than what is needed or required
6. The prisoner made a full _____ and admitted to his crime.
n. a formal statement in which one admits that they have done something wrong or illegal
7. The horses waded through the _____ in the field after the rainstorm.
n. dense, wet, and dirty matter or waste, often found in soil or on the ground; animal waste
8. Children in an unstructured environment often feel _____.
adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety

ANSWERS: 1. externalize, 2. intimidate, 3. imperfectly, 4. yelled, 5. superfluous, 6. confession, 7. muck, 8. insecure

9. You should not _____ the meaning of freedom.
v. to interpret or understand something in the wrong way
10. The company is working hard to _____ their brand message to as many people as possible
v. to spread or promote something widely, particularly beliefs, ideas, or plants and animals through reproduction
11. After months of job searching, he felt _____ and unsure of his future.
adj. having no hope; despairing; having no chance of success
12. She _____ the balloons for the party.
v. to fill something with air or gas so that it becomes bigger and rounder
13. I have no idea what sort of folks _____ the neighborhood.
v. to live in a specific location; to reside
14. The _____ spirits bonded over their shared love of art and music.
n. a group of people related by blood or family ties; a close affinity or similarity between two or more things or people
15. The minority _____ believed in a set of unconventional religious practices.
n. a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream
16. I had to be careful not to step on a _____ of glass on the floor.
n. a small, thin, narrow piece or fragment of something, often characterized by its length or its sharpness or thinness; a small portion or amount of something, often used in a metaphorical sense to describe a trace or a hint of something

ANSWERS: 9. misunderstand, 10. propagate, 11. hopeless, 12. inflated, 13. inhabit, 14. kindred, 15. sect, 16. sliver

17. The discovery of a critical bug caused the company to delay the _____ release.
n. (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC
18. The government called for caution against pseudoscientific _____ about vaccines.
n. information that is false or inaccurate, or the act of giving wrong information, especially deliberately
19. The mental health _____ often prevents people from seeking treatment.
n. a mark of shame or disgrace associated with a particular circumstance, quality, or person
20. The company will _____ funds to the employees once the paperwork is processed.
v. to pay out money, usually from a fund or account; to distribute or give out resources or benefits
21. She looked over the immense _____ of the sea.
n. a substance, such as water or oil, that flows freely and is neither a solid nor a gas
22. His _____ comments added a new perspective to the discussion.
adj. having or showing a deep understanding and perception of a situation or subject
23. My best friend has been my _____ throughout all of my hardships.
n. a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help

ANSWERS: 17. app's, 18. misinformation, 19. stigma, 20. disburse, 21. expanse, 22. insightful, 23. lifeline

24. The company has an _____ network of offices and locations around the world.

adj. large or wide in extent or scope; friendly and open and willing to talk

25. The news of her promotion _____ her.

v. to make someone feel suddenly enthusiastic or eager

ANSWERS: 24. expansive, 25. excited