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Vocabulary Builder Reference from...

Esha Alwani: What it's like to have Tourette's -- and how music gives me back control | TED Talk

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

Advanced Words Only

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Session 1: Word List

clench

v. to close tightly or grip firmly; to contract or stiffen, especially as in response to stress or pain; to tighten or compress

synonym : grasp, clasp, tighten

(1) **clench** teeth, (2) **clench** muscles

He **clenched** his fist in anger when he heard the bad news.

screech

v. to make a loud, high-pitched, piercing sound, often indicating pain or fear

synonym : shriek, scream, yelp

(1) **screech** out a slogan, (2) **screech** with laughter

The brakes on the car began to **screech** as the driver suddenly stopped at the intersection.

tic

n. a sudden, involuntary muscular contraction or movement, often repetitive in nature; a habitual and often unconscious behavior or mannerism

synonym : twitch, spasm, jerk

(1) developmental **tic**, (2) facial **tic**

My nervous **tic** makes it hard for me to concentrate during important events.

pediatrics

n. the branch of medicine that deals with the care and treatment of children

synonym : pedology, child health

(1) **pediatrics** department, (2) **pediatrics** clinic

I am studying **pediatrics** in medical school because I love working with children.

neuropsychology

n. the branch of psychology that deals with the relationships between brain function and behavior

(1) **neuropsychology** research, (2) **neuropsychology** field

The study of **neuropsychology** is essential in understanding the relationship between the brain and behavior.

incurable

adj. not able to be cured, healed, or remedied; beyond recovery or redemption

synonym : unrecoverable, irreparable, hopeless

(1) **incurable** patient, (2) **incurable** romantic

The patient was diagnosed with an **incurable** disease and given only a few months to live.

neurological

adj. of or relating to the science of neurology or the nervous system

synonym : nervous, neural, brain-related

(1) fever with **neurological** signs, (2) **neurological** symptoms

The patient was diagnosed with a **neurological** disorder affecting their motor skills.

numb

adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity

synonym : dazed, insensitive, emotionless

(1) **numb** with cold, (2) a **numb** mind

My left arm became **numb**.

hallucinate

v. to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use

(1) start to **hallucinate**, (2) **hallucinate** with drug
Sleep-deprived people gradually lose their concentration and may **hallucinate**.

involuntary

adj. acting or done without or against one's will

synonym: coerced, forced, automatic

(1) **involuntary** manslaughter, (2) **involuntary** muscles

The drug's side effects can include **involuntary** loss of urine.

hiccup

n. an involuntary movement of the muscles of the diaphragm and chest that causes a sudden intake of breath with a sound similar to a "hiccup"

synonym: hiccough

(1) stop my **hiccup**, (2) the cause of **hiccups**

The **hiccups** lasted for hours and were driving him crazy.

soothe

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

synonym: calm, relax, comfort

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

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

ache

v. to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain

synonym: hurt, throb, smart

(1) **ache** abominably, (2) **ache** all the time

I **ache** all over after running a marathon yesterday.

uplift

n. the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits

synonym: upthrust, upheaval, (verb) raise

(1) **uplift** mountains, (2) **uplift** my spirit

The **uplift** in the stock market has been a relief to investors.

unfold

v. to open up or spread out something that is folded or rolled up; to reveal or disclose something that was

previously hidden or unknown

synonym: open, spread out, expose

(1) **unfold** the story, (2) **unfold** the stroller

The mystery **unfolded** as the detectives gathered more clues.

rejuvenate

v. to make someone or something look or feel younger, fresher, or more lively

synonym: revitalize, renew, refresh

(1) **rejuvenate** a downtown area, (2) **rejuvenate** energy

The spa treatment promised to **rejuvenate** her skin and leave her feeling refreshed.

addict

n. a person who cannot stop using or doing something as a habit, especially something harmful

synonym: devotee, buff, freak

(1) a drug **addict**, (2) Internet **addict**

We have become TV **addicts** due to video streaming services.

newfound

adj. newly discovered or acquired

synonym: afresh, new, recently discovered

(1) a **newfound** mine, (2) **newfound** freedom

With his **newfound** wealth, he could travel the world and indulge in his passions.

intensify

v. to increase or make something increase in extent or strength

synonym: amplify, boost, strengthen

(1) **intensify** diplomatic efforts, (2) **intensify** a good relationship

Rebels have pledged to **intensify** the armed struggle against the dictatorship.

medicinal

adj. of or relating to the treatment or cure of disease

synonym: curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to help with various ailments.

congressperson

n. a person who belongs to a congress, especially a member of the US House of Representatives; congressman (congressperson is used to avoid gender discrimination)

synonym: lawmaker, politician, representative

(1) hawkish **congressperson**, (2) former **congressperson**

The term of a **congressperson** is two years.

incapable

adj. unable to do, control, or achieve something

synonym: unable, incompetent, unskilled

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

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

painkiller

n. medicine used to relieve physical pain

synonym: anesthetic, anodyne, analgesic

(1) a strong **painkiller**, (2) take a **painkiller** beforehand

Over-the-counter **painkillers** are less effective for patients who have taken many in the past.

oxytocin

n. a hormone secreted by the pituitary which stimulates contractions of the uterus during labor (= the process of pushing out a baby) and the ejection of milk

(1) **oxytocin-degrading** enzyme, (2) **oxytocin** receptor

Women may increase **oxytocin** production through romantic love.

dopamine

n. a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension

(1) **dopamine-inhibiting** agent, (2) antagonism of **dopamine**

The drug controls the level of **dopamine** in the brain.

stimming

n. a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation

synonym: self-stimulation, repetitive behaviors

(1) autistic **stimming**, (2) **stimming** therapy

Autistic children may engage in **stimming** behaviors, such as rocking or hand flapping, to self-regulate.

cortisol

n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

synonym: stress hormone, hydrocortisone

(1) **cortisol** stress, (2) excessive **cortisol**

Cortisol levels in the body are often elevated during times of stress.

stimulant

n. a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration

synonym: upper, energizer, booster

(1) memory **stimulant**, (2) prescription **stimulant**

Many athletes use **stimulants** like caffeine to boost their energy before a competition.

coworker

n. a person who works with another in the same company or organization

synonym: colleague, peer, associate

(1) **coworker** relationship, (2) argue with a **coworker**

My ex- **coworker** and I had different working styles but managed to get along.

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.

wink

v. to close one eye briefly as a way of showing agreement, understanding, or flirtation; to emit a flashing light

synonym: blink, flutter, twinkle

(1) **wink** at abuses, (2) **wink** away my tears

He couldn't help but **wink** at his wife during the boring meeting to make her laugh.

flirt

v. to talk or behave as if sexually attracted to someone, without serious intentions; (noun) a seductive woman who uses her sex appeal to exploit men

synonym: tease

(1) **flirt** with him, (2) **flirt** like a schoolgirl

My husband never **flirts** with other women.

onstage

adv. onto or on a stage in a theater; in front of an audience

(1) appeared **onstage**, (2) walk **onstage**

He performed his magic trick **onstage**, leaving the audience in awe.

singe

v. to burn something slightly or superficially, usually by mistake

synonym: sear, char, burn

(1) **singe** off the hair over the flames, (2) **singe** the edges of a fabric

I didn't realize the iron was still hot and **singed** my dress.

unprepared

adj. not properly or adequately prepared; lacking preparation; not ready

synonym: inexperienced, caught off-guard, ill-equipped

(1) **unprepared** speech, (2) **unprepared** for the exam

The **unprepared** student struggled on the test and received a low grade.

Session 2: Spelling

1. a drug ad___t
n. a person who cannot stop using or doing something as a habit, especially something harmful
2. neu_____cal symptoms
adj. of or relating to the science of neurology or the nervous system
3. in_____le romantic
adj. not able to be cured, healed, or remedied; beyond recovery or redemption
4. walk on_____e
adv. onto or on a stage in a theater; in front of an audience
5. ox_____in receptor
n. a hormone secreted by the pituitary which stimulates contractions of the uterus during labor (= the process of pushing out a baby) and the ejection of milk
6. the cause of hi___ps
n. an involuntary movement of the muscles of the diaphragm and chest that causes a sudden intake of breath with a sound similar to a "hiccup"
7. prescription st_____nt
n. a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration
8. developmental t_c
n. a sudden, involuntary muscular contraction or movement, often repetitive in nature; a habitual and often unconscious behavior or mannerism

ANSWERS: 1. addict, 2. neurological, 3. incurable, 4. onstage, 5. oxytocin, 6. hiccup, 7. stimulant, 8. tic

9. so___e a baby to sleep *v.* to calm or comfort someone or something; to make something less painful or uncomfortable
10. do_____ne-inhibiting agent *n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension
11. rej_____te a downtown area *v.* to make someone or something look or feel younger, fresher, or more lively
12. hal_____te with drug *v.* to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use
13. hawkish con_____son *n.* a person who belongs to a congress, especially a member of the US House of Representatives; congressman (congressperson is used to avoid gender discrimination)
14. fever with neu_____cal signs *adj.* of or relating to the science of neurology or the nervous system
15. appeared on_____e *adv.* onto or on a stage in a theater; in front of an audience
16. ox_____in-degrading enzyme *n.* a hormone secreted by the pituitary which stimulates contractions of the uterus during labor (= the process of pushing out a baby) and the ejection of milk
17. ne_____nd freedom *adj.* newly discovered or acquired
18. a ne_____nd mine *adj.* newly discovered or acquired

ANSWERS: 9. soothe, 10. dopamine, 11. rejuvenate, 12. hallucinate, 13. congressperson, 14. neurological, 15. onstage, 16. oxytocin, 17. newfound, 18. newfound

19. a n__b mind *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
20. si__e off the hair over the flames *v.* to burn something slightly or superficially, usually by mistake
21. me_____al chemistry *adj.* of or relating to the treatment or cure of disease
22. take a pai_____er beforehand *n.* medicine used to relieve physical pain
23. in_____le of being resisted *adj.* unable to do, control, or achieve something
24. di_____ct attention from the real issue *v.* to draw someone's attention away from what they are trying to do
25. sc_____h out a slogan *v.* to make a loud, high-pitched, piercing sound, often indicating pain or fear
26. co_____er relationship *n.* a person who works with another in the same company or organization
27. ped_____cs clinic *n.* the branch of medicine that deals with the care and treatment of children
28. neu_____ogy field *n.* the branch of psychology that deals with the relationships between brain function and behavior
29. fl__t like a schoolgirl *v.* to talk or behave as if sexually attracted to someone, without serious intentions; (noun) a seductive woman who uses her sex appeal to exploit men
30. cl___h muscles *v.* to close tightly or grip firmly; to contract or stiffen, especially as in response to stress or pain; to tighten or compress

ANSWERS: 19. numb, 20. singe, 21. medicinal, 22. painkiller, 23. incapable, 24. distract, 25. screech, 26. coworker, 27. pediatrics, 28. neuropsychology, 29. flirt, 30. clench

31. former con_____son *n.* a person who belongs to a congress, especially a member of the US House of Representatives; congressman (congressperson is used to avoid gender discrimination)
32. argue with a co_____er *n.* a person who works with another in the same company or organization
33. co_____ol stress *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
34. memory st_____nt *n.* a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration
35. drunk and in_____le *adj.* unable to do, control, or achieve something
36. autistic st_____ng *n.* a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation
37. unp_____ed for the exam *adj.* not properly or adequately prepared; lacking preparation; not ready
38. di_____ct public opinion *v.* to draw someone's attention away from what they are trying to do
39. in_____le patient *adj.* not able to be cured, healed, or remedied; beyond recovery or redemption

ANSWERS: 31. congressperson, 32. coworker, 33. cortisol, 34. stimulant, 35. incapable, 36. stimming, 37. unprepared, 38. distract, 39. incurable

40. neu_____ogy research *n.* the branch of psychology that deals with the relationships between brain function and behavior
41. antagonism of do_____ne *n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension
42. up____t mountains *n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
43. si__e the edges of a fabric *v.* to burn something slightly or superficially, usually by mistake
44. in_____fy diplomatic efforts *v.* to increase or make something increase in extent or strength
45. stop my hi____p *n.* an involuntary movement of the muscles of the diaphragm and chest that causes a sudden intake of breath with a sound similar to a "hiccup"
46. traditional me_____al *adj.* of or relating to the treatment or cure of disease
47. start to hal_____te *v.* to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use
48. in_____fy a good relationship *v.* to increase or make something increase in extent or strength
49. facial t_c *n.* a sudden, involuntary muscular contraction or movement, often repetitive in nature; a habitual and often unconscious behavior or mannerism

ANSWERS: 40. neuropsychology, 41. dopamine, 42. uplift, 43. singe, 44. intensify, 45. hiccup, 46. medicinal, 47. hallucinate, 48. intensify, 49. tic

50. w__k away my tears *v.* to close one eye briefly as a way of showing agreement, understanding, or flirtation; to emit a flashing light
51. ped_____cs department *n.* the branch of medicine that deals with the care and treatment of children
52. w__k at abuses *v.* to close one eye briefly as a way of showing agreement, understanding, or flirtation; to emit a flashing light
53. inv_____ry muscles *adj.* acting or done without or against one's will
54. unpre_____ed speech *adj.* not properly or adequately prepared; lacking preparation; not ready
55. a strong pai_____er *n.* medicine used to relieve physical pain
56. rej_____te energy *v.* to make someone or something look or feel younger, fresher, or more lively
57. cl___h teeth *v.* to close tightly or grip firmly; to contract or stiffen, especially as in response to stress or pain; to tighten or compress
58. so___e anxiety *v.* to calm or comfort someone or something; to make something less painful or uncomfortable
59. st_____ng therapy *n.* a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation
60. a___e all the time *v.* to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain

ANSWERS: 50. wink, 51. pediatrics, 52. wink, 53. involuntary, 54. unprepared, 55. painkiller, 56. rejuvenate, 57. clench, 58. soothe, 59. stimming, 60. ache

61. n__b with cold *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
62. fl__t with him *v.* to talk or behave as if sexually attracted to someone, without serious intentions; (noun) a seductive woman who uses her sex appeal to exploit men
63. un___d the story *v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
64. up___t my spirit *n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
65. excessive co_____ol *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
66. sc_____h with laughter *v.* to make a loud, high-pitched, piercing sound, often indicating pain or fear
67. inv_____ry manslaughter *adj.* acting or done without or against one's will
68. a__e abominably *v.* to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain
69. Internet ad___t *n.* a person who cannot stop using or doing something as a habit, especially something harmful
70. un___d the stroller *v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown

ANSWERS: 61. numb, 62. flirt, 63. unfold, 64. uplift, 65. cortisol, 66. screech, 67. involuntary, 68. ache, 69. addict, 70. unfold

ANSWERS:

Session 3: Fill in the Blanks

1. The patient was diagnosed with a _____ disorder affecting their motor skills.

adj. of or relating to the science of neurology or the nervous system

2. The spa treatment promised to _____ her skin and leave her feeling refreshed.

v. to make someone or something look or feel younger, fresher, or more lively

3. He performed his magic trick _____ leaving the audience in awe.

adv. onto or on a stage in a theater; in front of an audience

4. The term of a _____ is two years.

n. a person who belongs to a congress, especially a member of the US House of Representatives; congressman (congressperson is used to avoid gender discrimination)

5. The drug's side effects can include _____ loss of urine.

adj. acting or done without or against one's will

6. I am studying _____ in medical school because I love working with children.

n. the branch of medicine that deals with the care and treatment of children

7. My left arm became _____.

adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity

ANSWERS: 1. neurological, 2. rejuvenate, 3. onstage, 4. congressperson, 5. involuntary, 6. pediatrics, 7. numb

8. With his _____ wealth, he could travel the world and indulge in his passions.

adj. newly discovered or acquired

9. The patient was diagnosed with an _____ disease and given only a few months to live.

adj. not able to be cured, healed, or remedied; beyond recovery or redemption

10. The _____ properties of this herb have been known to help with various ailments.

adj. of or relating to the treatment or cure of disease

11. She applied aloe vera to _____ her sunburn.

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

12. Autistic children may engage in _____ behaviors, such as rocking or hand flapping, to self-regulate.

n. a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation

13. He _____ his fist in anger when he heard the bad news.

v. to close tightly or grip firmly; to contract or stiffen, especially as in response to stress or pain; to tighten or compress

14. Rebels have pledged to _____ the armed struggle against the dictatorship.

v. to increase or make something increase in extent or strength

15. I _____ all over after running a marathon yesterday.

v. to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain

ANSWERS: 8. newfound, 9. incurable, 10. medicinal, 11. soothe, 12. stimming, 13. clenched, 14. intensify, 15. ache

16. He seems _____ of understanding what she says.

adj. unable to do, control, or achieve something

17. He couldn't help but _____ at his wife during the boring meeting to make her laugh.

v. to close one eye briefly as a way of showing agreement, understanding, or flirtation; to emit a flashing light

18. The drug controls the level of _____ in the brain.

n. a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension

19. Please don't _____ me while I'm studying.

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

20. Sleep-deprived people gradually lose their concentration and may _____.

v. to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use

21. The _____ lasted for hours and were driving him crazy.

n. an involuntary movement of the muscles of the diaphragm and chest that causes a sudden intake of breath with a sound similar to a "hiccup"

22. My nervous _____ makes it hard for me to concentrate during important events.

n. a sudden, involuntary muscular contraction or movement, often repetitive in nature; a habitual and often unconscious behavior or mannerism

23. Women may increase _____ production through romantic love.

n. a hormone secreted by the pituitary which stimulates contractions of the uterus during labor (= the process of pushing out a baby) and the ejection of milk

ANSWERS: 16. incapable, 17. wink, 18. dopamine, 19. distract, 20. hallucinate, 21. hiccups, 22. tic, 23. oxytocin

24. The study of _____ is essential in understanding the relationship between the brain and behavior.
- n.* the branch of psychology that deals with the relationships between brain function and behavior
25. I didn't realize the iron was still hot and _____ my dress.
- v.* to burn something slightly or superficially, usually by mistake
26. The _____ in the stock market has been a relief to investors.
- n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
27. _____ levels in the body are often elevated during times of stress.
- n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
28. Many athletes use _____ like caffeine to boost their energy before a competition.
- n.* a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration
29. The brakes on the car began to _____ as the driver suddenly stopped at the intersection.
- v.* to make a loud, high-pitched, piercing sound, often indicating pain or fear
30. My husband never _____ with other women.
- v.* to talk or behave as if sexually attracted to someone, without serious intentions; (noun) a seductive woman who uses her sex appeal to exploit men
31. The _____ student struggled on the test and received a low grade.
- adj.* not properly or adequately prepared; lacking preparation; not ready

ANSWERS: 24. neuropsychology, 25. singed, 26. uplift, 27. Cortisol, 28. stimulants, 29. screech, 30. flirts, 31. unprepared

32. The mystery _____ as the detectives gathered more clues.

- v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown

33. We have become TV _____ due to video streaming services.

- n.* a person who cannot stop using or doing something as a habit, especially something harmful

34. Over-the-counter _____ are less effective for patients who have taken many in the past.

- n.* medicine used to relieve physical pain

35. My ex-_____ and I had different working styles but managed to get along.

- n.* a person who works with another in the same company or organization

ANSWERS: 32. unfolded, 33. addicts, 34. painkillers, 35. coworker