

# Englist.me



## Vocabulary Builder Reference from...

*Olivia Remes: How to cope with anxiety | TED Talk*  
[https://www.ted.com/talks/olivia\\_remes\\_how\\_to\\_cope\\_with\\_anxiety](https://www.ted.com/talks/olivia_remes_how_to_cope_with_anxiety)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### 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.

### heartbeat

*n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force

*synonym*: beat, pulse, force

(1) **heartbeat** abnormality, (2) a pounding **heartbeat**

New York is the commercial **heartbeat** of America.

### dissociation

*n.* the separation of ideas, emotions, or memories from a person's consciousness; a process by which molecules or compounds separate into smaller units or individual atoms

*synonym*: separation, detachment, disconnection

(1) trauma-related **dissociation**, (2) **dissociation** reaction

His **dissociation** from his emotions made him distant and unresponsive.

### nauseous

*adj.* causing a feeling of nausea or sickness, often due to an unpleasant taste or smell; affected by a feeling of nausea or discomfort

*synonym*:

sickening, queasy, abhorrent

(1) become **nauseous**, (2) **nauseous** stomach

The smell of the fish made me feel **nauseous**.

## uneasy

*adj.* causing or feeling anxiety or discomfort

*synonym*: anxious, troubled, nervous

(1) have **uneasy** eyes, (2) **uneasy** relationship

He was **uneasy** about the situation and didn't know what to do.

## dropout

*n.* a person who leaves school, college, or a training program before completing it

*synonym*: noncompleter, quitter, school leaver

(1) the **dropout** rate, (2) **dropout** student

The high school **dropout** rate has decreased significantly in recent years thanks to educational initiatives and support programs.

## hightail

*v.* to move, run, or flee at high speed or with great urgency; to depart quickly or suddenly from a place or situation

*synonym*: flee, scamper, bolt

(1) **hightail** out of the park, (2) **hightail** back to our campsite

We'll miss our flight if we don't **hightail** it to the airport right now.

## outrun

*v.* to run faster or farther than someone or something else, often to escape from danger or capture; to outpace or outmaneuver someone or something in a competition or pursuit

*synonym*: outpace, outrank, outdistance

(1) **outrun** competitors, (2) **outrun** the cops

I'll need to **outrun** the rainstorm to make it home without getting soaked.

## restless

*adj.* unwilling or unable to stay still or relax because you are worried and uneasy

*synonym* : agitated, anxious, disturbed

(1) a **restless** person, (2) **restless** waves

He felt **restless** and constantly changed his postures.

## tweak

*v.* to pinch or squeeze something sharply; to adjust something finely

*synonym* : nip, pinch, fine-tune

(1) **tweak** his cheek, (2) **tweak** the economy

He didn't **tweak** the plan, even though he had time.

## adversity

*n.* difficulties or hardships that someone faces

*synonym* : hardship, difficulty, trial

(1) environmental **adversity**, (2) struggling with **adversity**

The team demonstrated great resilience in the face of **adversity** and won the game.

## empower

*v.* to give someone the power or authority to do something

*synonym* : authorize, endow, entitle

(1) **empower** my life, (2) **empower** the secretary to do the same

The company **empowered** employees to buy low-price items without approval to achieve efficient purchasing.

## indecision

*n.* the inability to make a decision; a state of uncertainty or hesitation

*synonym* : hesitation, vacillation, ambivalence

(1) **indecision** syndrome, (2) career **indecision**

The manager's **indecision** caused delays in the project.

## quote

*v.* to repeat or reproduce the words or statement of someone else, often acknowledging the source; to give an estimated cost or price for goods or services

*synonym* : cite, reference, mention

(1) **quote** a source, (2) **quote** a price

In his speech, he **quoted** a famous philosopher to emphasize his point.

### catapult

*n.* a device used to hurl an object a long distance

*synonym*: launcher, trebuchet, slingshot

(1) powerful **catapult**, (2) **catapult** mechanism

The army used a **catapult** to launch large rocks over the castle walls.

### 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.

### 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.

### daunting

*adj.* looking challenging to manage in prospect; making someone anxious and less confident about carrying out something

*synonym*: intimidating, stunning, disheartening

(1) face the **daunting** reality, (2) seem like a **daunting** task

My homework was **daunting** and complex, but it was also intriguing.

### motto

*n.* a phrase or slogan that expresses a guiding principle or goal

*synonym*: slogan, catchphrase, phrase

(1) the **motto** for safe traffic, (2) company **motto**

The company's **motto** is "Innovation and Service," which is reflected in its products and customer support.

## embarrass

*v.* to cause someone to feel awkward, worried, or ashamed  
*synonym*: disconcert, unsettle, agitate

(1) **embarrass** political enemy, (2) **embarrass** my project  
He looked for an opportunity to **embarrass** that actor in public.

## neurology

*n.* the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system

*synonym*: brain science, nervous system, neuropathology

(1) cognitive **neurology**, (2) **neurology** department  
She is studying clinical **neurology** to become a brain surgeon.

## victor

*n.* one who wins a game, competition, election, war, etc.

*synonym*: winner, conqueror, champion

(1) **victor** country, (2) the outright **victor**

The **victor** of the race was the favorite to win.

## doe

*n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit

*synonym*: rabbit, bunny, hare

(1) **doe** rabbit, (2) buck and **doe**

Hunters use a whistle that makes the **doe** sound to lure stags.

## Session 2: Spelling

1. qu\_\_e a source  
*v.* to repeat or reproduce the words or statement of someone else, often acknowledging the source; to give an estimated cost or price for goods or services
2. int\_\_\_\_\_te an opponent  
*v.* to make someone fearful or uneasy so that they will do something that you want them to do
3. ne\_\_\_\_\_gy department  
*n.* the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system
4. a re\_\_\_\_\_ss person  
*adj.* unwilling or unable to stay still or relax because you are worried and uneasy
5. ou\_\_\_n competitors  
*v.* to run faster or farther than someone or something else, often to escape from danger or capture; to outpace or outmaneuver someone or something in a competition or pursuit
6. pa\_\_\_\_\_ze a person  
*v.* to cause a person or part of the body to become unable to move or feel
7. career ind\_\_\_\_\_on  
*n.* the inability to make a decision; a state of uncertainty or hesitation
8. un\_\_\_y relationship  
*adj.* causing or feeling anxiety or discomfort
9. dis\_\_\_\_\_ion reaction  
*n.* the separation of ideas, emotions, or memories from a person's consciousness; a process by which molecules or compounds separate into smaller units or individual atoms

ANSWERS: 1. quote, 2. intimidate, 3. neurology, 4. restless, 5. outrun, 6. paralyze, 7. indecision, 8. uneasy, 9. dissociation

10. face the da\_\_\_\_\_ng reality *adj.* looking challenging to manage in prospect; making someone anxious and less confident about carrying out something
11. dr\_\_\_\_\_t student *n.* a person who leaves school, college, or a training program before completing it
12. ex\_\_\_\_\_e rebellion *v.* to make someone feel suddenly enthusiastic or eager
13. d\_e rabbit *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
14. hi\_\_\_\_\_il back to our campsite *v.* to move, run, or flee at high speed or with great urgency; to depart quickly or suddenly from a place or situation
15. powerful ca\_\_\_\_\_lt *n.* a device used to hurl an object a long distance
16. effectively int\_\_\_\_\_te a thief *v.* to make someone fearful or uneasy so that they will do something that you want them to do
17. environmental ad\_\_\_\_\_ty *n.* difficulties or hardships that someone faces
18. have un\_\_\_\_\_y eyes *adj.* causing or feeling anxiety or discomfort
19. ou\_\_\_\_\_n the cops *v.* to run faster or farther than someone or something else, often to escape from danger or capture; to outpace or outmaneuver someone or something in a competition or pursuit
20. em\_\_\_\_\_r my life *v.* to give someone the power or authority to do something

ANSWERS: 10. daunting, 11. dropout, 12. excite, 13. doe, 14. hightail, 15. catapult, 16. intimidate, 17. adversity, 18. uneasy, 19. outrun, 20. empower

21. trauma-related dis\_\_\_\_\_ion      *n.* the separation of ideas, emotions, or memories from a person's consciousness; a process by which molecules or compounds separate into smaller units or individual atoms
22. ind\_\_\_\_\_on syndrome      *n.* the inability to make a decision; a state of uncertainty or hesitation
23. ex\_\_\_e the crowd      *v.* to make someone feel suddenly enthusiastic or eager
24. cognitive ne\_\_\_\_\_gy      *n.* the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system
25. hi\_\_\_\_\_il out of the park      *v.* to move, run, or flee at high speed or with great urgency; to depart quickly or suddenly from a place or situation
26. em\_\_\_\_\_ss my project      *v.* to cause someone to feel awkward, worried, or ashamed
27. the dr\_\_\_\_\_t rate      *n.* a person who leaves school, college, or a training program before completing it
28. become na\_\_\_\_\_us      *adj.* causing a feeling of nausea or sickness, often due to an unpleasant taste or smell; affected by a feeling of nausea or discomfort
29. re\_\_\_\_\_ss waves      *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
30. the outright vi\_\_\_\_\_r      *n.* one who wins a game, competition, election, war, etc.
31. em\_\_\_\_\_r the secretary to do the same      *v.* to give someone the power or authority to do something

ANSWERS: 21. dissociation, 22. indecision, 23. excite, 24. neurology, 25. hightail, 26. embarrass, 27. dropout, 28. nauseous, 29. restless, 30. victor, 31. empower



32. vi\_\_\_r country *n.* one who wins a game, competition, election, war, etc.
33. a pounding he\_\_\_\_\_at *n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force
34. tw\_\_k the economy *v.* to pinch or squeeze something sharply; to adjust something finely
35. pa\_\_\_\_\_ze a city *v.* to cause a person or part of the body to become unable to move or feel
36. struggling with ad\_\_\_\_\_ty *n.* difficulties or hardships that someone faces
37. qu\_\_e a price *v.* to repeat or reproduce the words or statement of someone else, often acknowledging the source; to give an estimated cost or price for goods or services
38. the mo\_\_o for safe traffic *n.* a phrase or slogan that expresses a guiding principle or goal
39. tw\_\_k his cheek *v.* to pinch or squeeze something sharply; to adjust something finely
40. company mo\_\_o *n.* a phrase or slogan that expresses a guiding principle or goal
41. em\_\_\_\_\_ss political enemy *v.* to cause someone to feel awkward, worried, or ashamed
42. buck and d\_e *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
43. na\_\_\_\_\_us stomach *adj.* causing a feeling of nausea or sickness, often due to an unpleasant taste or smell; affected by a feeling of nausea or discomfort

ANSWERS: 32. victor, 33. heartbeat, 34. tweak, 35. paralyze, 36. adversity, 37. quote, 38. motto, 39. tweak, 40. motto, 41. embarrass, 42. doe, 43. nauseous

44. ca\_\_\_\_\_lt mechanism *n.* a device used to hurl an object a long distance
45. seem like a da\_\_\_\_\_ng task *adj.* looking challenging to manage in prospect; making someone anxious and less confident about carrying out something
46. he\_\_\_\_\_at abnormality *n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force

ANSWERS: 44. catapult, 45. daunting, 46. heartbeat

## Session 3: Fill in the Blanks

1. My homework was \_\_\_\_\_ and complex, but it was also intriguing.  
*adj.* looking challenging to manage in prospect; making someone anxious and less confident about carrying out something
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 didn't \_\_\_\_\_ the plan, even though he had time.  
*v.* to pinch or squeeze something sharply; to adjust something finely
4. He looked for an opportunity to \_\_\_\_\_ that actor in public.  
*v.* to cause someone to feel awkward, worried, or ashamed
5. The company's \_\_\_\_\_ is "Innovation and Service," which is reflected in its products and customer support.  
*n.* a phrase or slogan that expresses a guiding principle or goal
6. She is studying clinical \_\_\_\_\_ to become a brain surgeon.  
*n.* the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system
7. The smell of the fish made me feel \_\_\_\_\_.  
*adj.* causing a feeling of nausea or sickness, often due to an unpleasant taste or smell; affected by a feeling of nausea or discomfort
8. I'll need to \_\_\_\_\_ the rainstorm to make it home without getting soaked.  
*v.* to run faster or farther than someone or something else, often to escape from danger or capture; to outpace or outmaneuver someone or something in a competition or pursuit

ANSWERS: 1. daunting, 2. intimidate, 3. tweak, 4. embarrass, 5. motto, 6. neurology, 7. nauseous, 8. outrun

9. He was \_\_\_\_\_ about the situation and didn't know what to do.  
*adj.* causing or feeling anxiety or discomfort
10. The \_\_\_\_\_ of the race was the favorite to win.  
*n.* one who wins a game, competition, election, war, etc.
11. The high school \_\_\_\_\_ rate has decreased significantly in recent years thanks to educational initiatives and support programs.  
*n.* a person who leaves school, college, or a training program before completing it
12. We'll miss our flight if we don't \_\_\_\_\_ it to the airport right now.  
*v.* to move, run, or flee at high speed or with great urgency; to depart quickly or suddenly from a place or situation
13. The army used a \_\_\_\_\_ to launch large rocks over the castle walls.  
*n.* a device used to hurl an object a long distance
14. Hunters use a whistle that makes the \_\_\_\_ sound to lure stags.  
*n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
15. The manager's \_\_\_\_\_ caused delays in the project.  
*n.* the inability to make a decision; a state of uncertainty or hesitation
16. The company \_\_\_\_\_ employees to buy low-price items without approval to achieve efficient purchasing.  
*v.* to give someone the power or authority to do something
17. His \_\_\_\_\_ from his emotions made him distant and unresponsive.  
*n.* the separation of ideas, emotions, or memories from a person's consciousness; a process by which molecules or compounds separate into smaller units or individual atoms

ANSWERS: 9. uneasy, 10. victor, 11. dropout, 12. hightail, 13. catapult, 14. doe, 15. indecision, 16. empowered, 17. dissociation

18. New York is the commercial \_\_\_\_\_ of America.

*n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force

19. The team demonstrated great resilience in the face of \_\_\_\_\_ and won the game.

*n.* difficulties or hardships that someone faces

20. He felt \_\_\_\_\_ and constantly changed his postures.

*adj.* unwilling or unable to stay still or relax because you are worried and uneasy

21. 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

22. In his speech, he \_\_\_\_\_ a famous philosopher to emphasize his point.

*v.* to repeat or reproduce the words or statement of someone else, often acknowledging the source; to give an estimated cost or price for goods or services

23. The news of her promotion \_\_\_\_\_ her.

*v.* to make someone feel suddenly enthusiastic or eager

ANSWERS: 18. heartbeat, 19. adversity, 20. restless, 21. paralyzed, 22. quoted, 23. excited