

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

All Words

IMPORTANT

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

Session 1: Word List

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.

nervous

adj. worried and anxious about something; relating to the nerves

synonym: neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

stomach

n. the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach

synonym: belly, abdomen, gut

(1) upset **stomach**, (2) **stomach** virus

I have a **stomach** ache after overeating junk food.

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.

caution

n. great care and attention that you take to avoid danger or mistakes; a warning against certain acts

synonym: carefulness, warning, notice

(1) extreme **caution**, (2) act with **caution**

He gave a stern **caution** to the naughty student.

weird

adj. extraordinary, unexpected, or difficult to explain

synonym: bizarre, creepy, peculiar

(1) a **weird** dress, (2) the state of being **weird**

My computer has been acting **weird** recently.

pound

n. the standard unit of money in the UK; the standard unit of weight equal to 16 ounces

(1) three-fourths of a **pound**, (2) thousands of **pounds**

The car's front bumper cost fifteen hundred **pounds**.

sweat

n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

synonym: perspiration, steam, hardwork

(1) all in a **sweat**, (2) **sweat** bath

She wiped the **sweat** off her forehead with a towel.

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.

out-of-body

n. an experience in which a person's consciousness seems to detach from their physical body and float above it

synonym: astral, ethereal, disembodied

(1) **out-of-body** travel, (2) **out-of-body** sensation

Some people claim to have had an **out-of-body** experience during near-death situations.

conversation

n. an informal talk between two or more people to exchange their views, ideas, information, etc.

synonym : chat, discussion, dialogue

(1) **conversation** in English, (2) a friendly **conversation**

Your **conversation** reflects your thoughts.

utterly

adv. completely or absolutely

synonym : absolutely, completely, perfectly

(1) **utterly** changed, (2) **utterly** ignorant

We are **utterly** opposed to any form of terrorism.

defeat

v. to win against somebody in a fight, war, or attempt

synonym : conquer, beat, overpower

(1) **defeat** a global power, (2) **defeat** body odor

Despite his best efforts, he was unable to **defeat** the enemy.

panic

n. a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action

synonym : confusion, hysteria, consternation

(1) a **panic** reaction, (2) **panic** buying

The participation of oil-producing countries in the war caused **panic** in the financial markets.

surround

v. to be all around something or somebody

synonym : encircle, encompass, envelop

(1) **surround** a town, (2) a stone wall **surrounds** the palace

On three sides, mountains **surround** the settlement.

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.

isolate

v. to physically or socially separate someone or something from other people or things

synonym: separate, sequester, insulate

(1) **isolate** a compound, (2) **isolate** a patient

You should not **isolate** them from the community.

scenario

n. a description of possible actions or events in the future; a written outline of a play, film, or literary work

synonym: plan, scheme, procedure

(1) the worst case **scenario**, (2) number of different **scenarios**

The president prepared several possible **scenarios** for an enemy attack.

anxiety

n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

synonym: concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge

She waited for her daughter with **anxiety**.

disorder

n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

synonym: chaos, disturbance, disease

(1) the files are in complete **disorder**, (2) people with bipolar **disorder**

The doctor prescribed some medicine for the mental **disorder**.

mention

v. to speak or write about something or someone briefly
synonym: reference, allude, cite

(1) **mention** name, (2) **mention** in a report

I **mentioned** to him that I had seen his sister at the grocery store earlier that day.

depression

n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

synonym: recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

Depression symptoms might include a decrease in appetite and weight loss.

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.

suicide

n. the act of killing yourself intentionally

synonym: self-destruction, self-annihilation, felo-de-se

(1) commit **suicide**, (2) **suicide** attack

In an economically prosperous country, most male **suicide** is due to child support problems.

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.

breakdown

n. a failure or collapse of a system or organization

synonym: collapse, failure, malfunction

(1) a nervous **breakdown**, (2) **breakdown** maintenance

The **breakdown** of the machinery caused a delay in production.

sweep

v. to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly

synonym: clean, clear, brush off

(1) **sweep** up dead leaves, (2) **sweep** a room with a glance

The politician tried to **sweep** the embarrassing incident under the rug.

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**.

differentiate

v. to recognize or establish as being distinct; to distinguish between things that are compared; to calculate a derivative

synonym: discern, distinguish, separate

(1) **differentiate** between fact and fiction, (2) **differentiate** a function

The teacher asked the students to **differentiate** between the two similar species of birds.

emotion

n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

synonym: feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**

Some **emotions** are common across cultures and backgrounds.

anxious

adj. worried and nervous

synonym : nervous, uneasy, afraid

(1) **anxious** about his health, (2) an **anxious** look
He cast **anxious** glances behind her.

crazy

adj. stupid or not sensible; very angry

synonym : insane, absurd, bizarre

(1) **crazy** about cars and racing, (2) a **crazy** scheme
The rain and thunder are **crazy** today.

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.

deadline

n. a date or period by which something must be done

synonym : time limit, period

(1) transfer **deadline** day, (2) the **deadline** for applications
No matter what, we must have this done before the **deadline**.

emergency

n. a sudden unforeseen crisis usually involving danger that
requires immediate action

synonym : crisis, trouble, difficulty

(1) **emergency** action, (2) acute **emergency**

The president declared a state of **emergency**.

extreme

adj. very great in amount or degree

synonym : farthestmost, outermost, fierce

(1) **extreme** sports, (2) **extreme** weather events

Solar gravity creates **extreme** pressures and temperatures.

pose

v. to present a risk, problem, or other issues that must be addressed

synonym : present, put, position

(1) **pose** a significant threat to my company, (2) **pose** a challenge

The chemicals **pose** a massive health risk.

threat

n. a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

synonym : menace, danger, hazard

(1) economic **threat**, (2) environmental **threat**

The **threat** of severe weather prompted the city to issue an evacuation warning.

excessive

adj. greater than what seems necessary, normal, or desirable

synonym : unreasonable, exorbitant, inflated

(1) an **excessive** force, (2) take **excessive** care

It would be best if you did not demand such an **excessive** charge.

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.

symptom

n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

synonym : sign, manifestation, syndrome

(1) **symptoms** of low testosterone, (2) neurotic **symptoms**

The patient displays a **symptom** of a side effect.

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.

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.

concentration

n. the ability to focus all your time and energy on one thing without thinking about anything else.

synonym : attention, engagement, assiduity

(1) **concentration** of armaments, (2) his research area of **concentration**

This exam requires excellent **concentration** to pass.

spite

n. feelings of anger and resentment; (in spite of, also despite) a phrase that is used to indicate that something happened or exists even though there is a particular obstacle or difficulty

synonym : malice, ill will, vindictiveness

(1) bear **spite** against him, (2) die in **spite** of intensive care

He did it out of **spite**, to annoy me.

suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym : endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

medication

n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

synonym: cure, drug, medicine

(1) antibiotic **medication**, (2) **medication** by mouth

The pharmacist not only prescribes the **medication** but also guides its proper use.

handle

v. to deal with a situation, problem, or strong emotion

synonym: control, manage, deal with

(1) **handle** a precious object, (2) **handled** the incident

We all should learn how to **handle** stress.

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.

circumstance

n. the specific conditions or events that surround a particular situation or occurrence

synonym: condition, context, environment

(1) **circumstance** of birth, (2) **circumstance** of injury

She explained the **circumstances** surrounding the accident.

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.

disaster

n. an unexpected event or series of events that cause widespread damage, destruction, or loss of life

synonym: catastrophe, calamity, tragedy

(1) global **disaster**, (2) **disaster** recovery

The **disaster** response team worked around the clock to aid those affected by the earthquake.

downward

adj. moving towards a lower position or a lower level

synonym: lower, earthward, descending

(1) a **downward** slope, (2) maintain **downward** compatibility

The stock market has been in a **downward** trend for the past month.

spiral

n. a curve that coils around a central point and gets progressively farther away from it as it goes around

synonym: coil, helix, twist

(1) **spiral** staircase, (2) **spiral** design

The leaves of the fern were arranged in a **spiral** pattern.

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.

dive

v. to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

synonym: dip, leap, plunge

(1) **dive** into anime communities, (2) **dive** off a cliff

The sperm whale can **dive** to 1,000 meters.

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.

engage

v. to attract and keep someone's attention and interest; to participate in or obtain services of something

synonym: confront, employ, amuse

(1) **engage** in environmental protection activities,

(2) **engage** a new employee

Many multinational companies are **engaged** in the reconstruction of that country.

decision

n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym: choice, determination, judgment

(1) **decision** authority, (2) a selfish **decision**

She was struggling to make a **decision** between two job offers.

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.

overcome

v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

synonym: beat, confound, overwhelm

(1) **overcome** opponents, (2) **overcome** all difficulties

He tried to **overcome** a bad reputation and win the election.

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.

poet

n. a person who writes poetry

synonym: versifier, rhymer, writer

(1) a court **poet**, (2) a **poet** of sorts

She is a talented **poet** who has been recognized for her work.

decision-maker

n. a person who makes important decisions, especially at a high level in an organization

(1) policy **decision-maker**, (2) act as a **decision-maker**

A wealth of information does not always have a positive impact on **decision-makers**.

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.

straight

adj. extending or moving in one direction without bending or curving; having no deviations

synonym: linear, honest, consecutive

(1) a **straight** line, (2) **straight** for two months

He was sick for five **straight** days.

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.

aim

v. to try or plan to get or achieve something

synonym : aspire, direct, target

(1) **aim** at a specific target, (2) **aim** to be a nurse

We **aim** for an overseas expansion.

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.

delay

v. to cause something to happen at a later time than originally intended or expected

synonym : block, adjourn, detain

(1) **delay** a flight three hours, (2) **delay** the new project

We **delayed** the payment because of an incorrect invoice.

abandon

v. to leave a place, thing, or person with no intention of returning; (noun) a feeling of extreme emotional intensity

synonym : relinquish, leave behind, disregard

(1) **abandon** a friend, (2) **abandon** the practice

The castle was **abandoned** several years later.

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.

transform

v. to change in outward structure or looks;

synonym: alter, convert, change

(1) **transform** an education system, (2) **transform** heat into power

My father's death **transformed** my life completely.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym: procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

replace

v. to take the place of something

synonym: substitute, supersede, displace

(1) **replace** one word with another, (2) **replace** a phone

Eventually, the new design will **replace** all older models.

excitement

n. a feeling of great enthusiasm and eagerness

synonym: thrill, exhilaration, incitement

(1) the **excitement** in the business world, (2) aesthetic **excitement**

The **excitement** of the upcoming concert was palpable among the crowd.

improve

v. to make or become better

synonym: enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score
We want to **improve** ties between our two countries.

strategy

n. a detailed plan of action designed to achieve a long-term or overall goal.

synonym : approach, procedure, scenario

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

Our plan includes a comprehensive marketing **strategy**.

forgiveness

n. the act of stopping feeling angry or resentful towards someone for a mistake or offense with compassion

synonym : pardon, amnesty, compassion

(1) **forgiveness** of liabilities, (2) beg for **forgiveness**

He gained debt **forgiveness**.

rid

v. to make someone or something free of unwanted or unpleasant tasks, objects, or person

synonym : do away with, free, clear

(1) get **rid** of the rats, (2) **rid** the body of waste products

We must **rid** ourselves of pollution.

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.

courage

n. the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous

synonym : bravery, valor, fearlessness

(1) mental **courage**, (2) inspire **courage**

It takes a lot of **courage** to stand up for what you believe is right.

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.

heal

v. to make a wound or injury to become well again

synonym : recover, bring around, mend

(1) **heal** a broken bone, (2) **heal** the hurt mind

It will take time for her mental scars to **heal**.

mechanism

n. a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

synonym : means, method, system

(1) the **mechanism** for DNA replication, (2) defense **mechanism**

He discovered unique **mechanisms** for photochemical reactions.

accomplishment

n. the successful completion of a task or goal; an ability that has been acquired by training

synonym : success, achievement, complete

(1) proud of his **accomplishments**, (2) the **accomplishment** of a social goal

Graduating from college was a major **accomplishment** for her.

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.

volunteer *n.* a person who performs or offers to perform a job or service without being paid for or forced to do

synonym : unpaid worker, draftee, enlistee

(1) seek **volunteers**, (2) my **volunteer** work

The teachers make full use of **volunteer** assistance.

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.

conclude *v.* to come to an end or close; to reach a judgment or opinion by reasoning

synonym : complete, finish, decide

(1) **conclude** a meeting, (2) **conclude** that he is healthy

We **concluded** a cease-fire.

importance *n.* the quality of being important and worthy of note

synonym : significance, primacy, matter

(1) a man of **importance**, (2) high **importance**

I stopped by the branch though I have no business of **importance**.

Session 2: Spelling

- | | |
|-------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. pr____s improvement | <i>n.</i> a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products |
| 2. control my em____n | <i>n.</i> a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others |
| 3. act with ca____n | <i>n.</i> great care and attention that you take to avoid danger or mistakes; a warning against certain acts |
| 4. neurotic sy____ms | <i>n.</i> any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease |
| 5. ov____me opponents | <i>v.</i> to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone |
| 6. br____wn maintenance | <i>n.</i> a failure or collapse of a system or organization |
| 7. ex____e sports | <i>adj.</i> very great in amount or degree |
| 8. h__l the hurt mind | <i>v.</i> to make a wound or injury to become well again |

ANSWERS: 1. process, 2. emotion, 3. caution, 4. symptom, 5. overcome, 6. breakdown, 7. extreme, 8. heal

9. cr__y about cars and racing *adj.* stupid or not sensible; very angry
10. 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
11. the worst case sc____io *n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
12. em____ss political enemy *v.* to cause someone to feel awkward, worried, or ashamed
13. em____cy action *n.* a sudden unforeseen crisis usually involving danger that requires immediate action
14. an an____s look *adj.* worried and nervous
15. have un____y eyes *adj.* causing or feeling anxiety or discomfort
16. aesthetic exc____nt *n.* a feeling of great enthusiasm and eagerness
17. get r_d of the rats *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
18. tw__k his cheek *v.* to pinch or squeeze something sharply; to adjust something finely
19. upset st____h *n.* the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach

ANSWERS: 9. crazy, 10. develop, 11. scenario, 12. embarrass, 13. emergency, 14. anxious, 15. uneasy, 16. excitement, 17. rid, 18. tweak, 19. stomach

20. feel com_____on for the poor *n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
21. con_____ion of armaments *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
22. bear sp__e against him *n.* feelings of anger and resentment; (in spite of, also despite) a phrase that is used to indicate that something happened or exists even though there is a particular obstacle or difficulty
23. seem like a da_____ng task *adj.* looking challenging to manage in prospect; making someone anxious and less confident about carrying out something
24. a court p__t *n.* a person who writes poetry
25. n__m of action *n.* something that is regarded as usual, typical, or standard
26. em_____r my life *v.* to give someone the power or authority to do something
27. global di_____er *n.* an unexpected event or series of events that cause widespread damage, destruction, or loss of life
28. su____r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
29. ov_____me all difficulties *v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

ANSWERS: 20. compassion, 21. concentration, 22. spite, 23. daunting, 24. poet, 25. norm, 26. empower, 27. disaster, 28. suffer, 29. overcome

30. tr_____rm an education system *v.* to change in outward structure or looks;
31. an_____s about his health *adj.* worried and nervous
32. for_____ss of liabilities *n.* the act of stopping feeling angry or resentful towards someone for a mistake or offense with compassion
33. re_____e a phone *v.* to take the place of something
34. re_____e one word with another *v.* to take the place of something
35. afraid to show em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
36. a nervous br_____wn *n.* a failure or collapse of a system or organization
37. the de_____ne for applications *n.* a date or period by which something must be done
38. en_____e in environmental protection activities *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
39. cir_____nce of injury *n.* the specific conditions or events that surround a particular situation or occurrence
40. sw__p a room with a glance *v.* to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly
41. cognitive ne_____gy *n.* the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system
42. im_____e the test score *v.* to make or become better

ANSWERS: 30. transform, 31. anxious, 32. forgiveness, 33. replace, 34. replace, 35. emotion, 36. breakdown, 37. deadline, 38. engage, 39. circumstance, 40. sweep, 41. neurology, 42. improve

43. dif_____ate between fact and fiction *v.* to recognize or establish as being distinct; to distinguish between things that are compared; to calculate a derivative
44. cir_____nce of birth *n.* the specific conditions or events that surround a particular situation or occurrence
45. st_____h virus *n.* the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach
46. an_____y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
47. the files are in complete di_____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
48. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
49. seek vo_____ers *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
50. decision-making pr_____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 43. differentiate, 44. circumstance, 45. stomach, 46. anxiety, 47. disorder, 48. relation, 49. volunteer, 50. process

51. st____ht for two months *adj.* extending or moving in one direction without bending or curving; having no deviations
52. 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
53. inspire co____e *n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
54. tr____rm heat into power *v.* to change in outward structure or looks;
55. a_m to be a nurse *v.* to try or plan to get or achieve something
56. beg for for____ss *n.* the act of stopping feeling angry or resentful towards someone for a mistake or offense with compassion
57. de__y the new project *v.* to cause something to happen at a later time than originally intended or expected
58. re____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
59. 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
60. ind____on syndrome *n.* the inability to make a decision; a state of uncertainty or hesitation

ANSWERS: 51. straight, 52. nauseous, 53. courage, 54. transform, 55. aim, 56. forgiveness, 57. delay, 58. relation, 59. quote, 60. indecision

61. the dr_____t rate *n.* a person who leaves school, college, or a training program before completing it
62. ha____ed the incident *v.* to deal with a situation, problem, or strong emotion
63. as____p at the wheel *adj.* in a state of sleep
64. out_____dy travel *n.* an experience in which a person's consciousness seems to detach from their physical body and float above it
65. 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
66. sw__t bath *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
67. en____e a new employee *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
68. powerful ca_____lt *n.* a device used to hurl an object a long distance
69. act as a dec_____ker *n.* a person who makes important decisions, especially at a high level in an organization
70. people with bipolar di_____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
71. med_____on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

ANSWERS: 61. dropout, 62. handle, 63. asleep, 64. out-of-body, 65. doe, 66. sweat, 67. engage, 68. catapult, 69. decision-maker, 70. disorder, 71. medication

72. the mo__o for safe traffic *n.* a phrase or slogan that expresses a guiding principle or goal
73. d__e off a cliff *v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
74. cultural n__m *n.* something that is regarded as usual, typical, or standard
75. the Great Dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
76. the acc_____ent of a social goal *n.* the successful completion of a task or goal; an ability that has been acquired by training
77. ca_____lt mechanism *n.* a device used to hurl an object a long distance
78. development of the ne_____s system *adj.* worried and anxious about something; relating to the nerves
79. ne_____gy department *n.* the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system
80. int_____te an opponent *v.* to make someone fearful or uneasy so that they will do something that you want them to do
81. proud of his acc_____ents *n.* the successful completion of a task or goal; an ability that has been acquired by training
82. me_____n in a report *v.* to speak or write about something or someone briefly

ANSWERS: 72. motto, 73. dive, 74. norm, 75. depression, 76. accomplishment, 77. catapult, 78. nervous, 79. neurology, 80. intimidate, 81. accomplishment, 82. mention

83. de__y a flight three hours *v.* to cause something to happen at a later time than originally intended or expected
84. h__l a broken bone *v.* to make a wound or injury to become well again
85. p__e a significant threat to my company *v.* to present a risk, problem, or other issues that must be addressed
86. a re____ss person *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
87. diagnosis of an____y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
88. 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
89. dif____ate a function *v.* to recognize or establish as being distinct; to distinguish between things that are compared; to calculate a derivative
90. transfer de____ne day *n.* a date or period by which something must be done
91. three-fourths of a po__d *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
92. thousands of po__ds *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces

ANSWERS: 83. delay, 84. heal, 85. pose, 86. restless, 87. anxiety, 88. outrun, 89. differentiate, 90. deadline, 91. pound, 92. pound

93. ex___e rebellion *v.* to make someone feel suddenly enthusiastic or eager
94. the root problem of her dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
95. a do_____rd slope *adj.* moving towards a lower position or a lower level
96. the state of being we__d *adj.* extraordinary, unexpected, or difficult to explain
97. pa__c buying *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
98. sp___l design *n.* a curve that coils around a central point and gets progressively farther away from it as it goes around
99. vi___r country *n.* one who wins a game, competition, election, war, etc.
100. em_____ss my project *v.* to cause someone to feel awkward, worried, or ashamed
101. su_____nd a town *v.* to be all around something or somebody
102. a man of imp_____ce *n.* the quality of being important and worthy of note
103. me_____n name *v.* to speak or write about something or someone briefly
104. pa_____ze a person *v.* to cause a person or part of the body to become unable to move or feel

ANSWERS: 93. excite, 94. depression, 95. downward, 96. weird, 97. panic, 98. spiral, 99. victor, 100. embarrass, 101. surround, 102. importance, 103. mention, 104. paralyze

105. company mo__o	<i>n.</i>	a phrase or slogan that expresses a guiding principle or goal
106. de__t a global power	<i>v.</i>	to win against somebody in a fight, war, or attempt
107. 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
108. all in a sw__t	<i>n.</i>	the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
109. mental co____e	<i>n.</i>	the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
110. ex____e weather events	<i>adj.</i>	very great in amount or degree
111. di____er recovery	<i>n.</i>	an unexpected event or series of events that cause widespread damage, destruction, or loss of life
112. d_e rabbit	<i>n.</i>	a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
113. ex__e the crowd	<i>v.</i>	to make someone feel suddenly enthusiastic or eager
114. maintain do____rd compatibility	<i>adj.</i>	moving towards a lower position or a lower level
115. a con____ly innovative enterprise	<i>adv.</i>	all the time

ANSWERS: 105. motto, 106. defeat, 107. develop, 108. sweat, 109. courage, 110. extreme, 111. disaster, 112. doe, 113. excite, 114. downward, 115. constantly

116. 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
117. number of different sc_____ios *n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
118. sp___l staircase *n.* a curve that coils around a central point and gets progressively farther away from it as it goes around
119. r_d the body of waste products *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
120. face the da_____ng reality *adj.* looking challenging to manage in prospect; making someone anxious and less confident about carrying out something
121. sy_____ms of low testosterone *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
122. a selfish de_____on *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
123. a we__d dress *adj.* extraordinary, unexpected, or difficult to explain
124. is_____e a patient *v.* to physically or socially separate someone or something from other people or things

ANSWERS: 116. decide, 117. scenario, 118. spiral, 119. rid, 120. daunting, 121. symptom, 122. decision, 123. weird, 124. isolate

125. his research area of
con_____ion
126. dead as ___p
127. a st_____ht line
128. antibiotic med_____on
129. the exc_____nt in the business
world
130. commit su_____e
131. military st_____gy
132. he_____at abnormality
133. my vo_____er work
134. qu__e a price
135. the outright vi____r
- n.* the ability to focus all your time and energy on one thing without thinking about anything else.
- adj.* in a state of sleep
- adj.* extending or moving in one direction without bending or curving; having no deviations
- n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
- n.* a feeling of great enthusiasm and eagerness
- n.* the act of killing yourself intentionally
- n.* a detailed plan of action designed to achieve a long-term or overall goal.
- n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force
- n.* a person who performs or offers to perform a job or service without being paid for or forced to do
- 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
- n.* one who wins a game, competition, election, war, etc.

ANSWERS: 125. concentration, 126. asleep, 127. straight, 128. medication, 129. excitement, 130. suicide, 131. strategy, 132. heartbeat, 133. volunteer, 134. quote, 135. victor

136. die in sp__e of intensive care *n.* feelings of anger and resentment; (in spite of, also despite) a phrase that is used to indicate that something happened or exists even though there is a particular obstacle or difficulty
137. a pa__c reaction *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
138. out____dy sensation *n.* an experience in which a person's consciousness seems to detach from their physical body and float above it
139. a_m at a specific target *v.* to try or plan to get or achieve something
140. d__e into anime communities *v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
141. struggling with ad____ty *n.* difficulties or hardships that someone faces
142. have com____on toward the accident *n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
143. a con____ly varying mind *adv.* all the time
144. de__t body odor *v.* to win against somebody in a fight, war, or attempt
145. acute em____cy *n.* a sudden unforeseen crisis usually involving danger that requires immediate action
146. pa____ze a city *v.* to cause a person or part of the body to become unable to move or feel

ANSWERS: 136. spite, 137. panic, 138. out-of-body, 139. aim, 140. dive, 141. adversity, 142. compassion, 143. constantly, 144. defeat, 145. emergency, 146. paralyze

147. ha___e a precious object *v.* to deal with a situation, problem, or strong emotion
148. 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
149. a friendly con_____ion *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
150. an ex_____ve force *adj.* greater than what seems necessary, normal, or desirable
151. field of gene th_____y *n.* the act of caring for someone through medication, remedial training, etc.
152. develop a st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
153. im_____e a process *v.* to make or become better
154. sw__p up dead leaves *v.* to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly
155. 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
156. a cr__y scheme *adj.* stupid or not sensible; very angry
157. ut_____y changed *adv.* completely or absolutely
158. 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: 147. handle, 148. dissociation, 149. conversation, 150. excessive, 151. therapy, 152. strategy, 153. improve, 154. sweep, 155. hightail, 156. crazy, 157. utterly, 158. dissociation

159. un___y relationship *adj.* causing or feeling anxiety or discomfort
160. 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
161. a stone wall su_____nds the palace *v.* to be all around something or somebody
162. economic th___t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
163. extreme ca_____n *n.* great care and attention that you take to avoid danger or mistakes; a warning against certain acts
164. high imp_____ce *n.* the quality of being important and worthy of note
165. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
166. defense me_____sm *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
167. career ind_____on *n.* the inability to make a decision; a state of uncertainty or hesitation
168. su___r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

ANSWERS: 159. uneasy, 160. hightail, 161. surround, 162. threat, 163. caution, 164. importance, 165. decide, 166. mechanism, 167. indecision, 168. suffer

169. ab_____n the practice *v.* to leave a place, thing, or person with no intention of returning; (noun) a feeling of extreme emotional intensity
170. a p__t of sorts *n.* a person who writes poetry
171. p__e a challenge *v.* to present a risk, problem, or other issues that must be addressed
172. su_____e attack *n.* the act of killing yourself intentionally
173. ut_____y ignorant *adv.* completely or absolutely
174. con_____ion in English *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
175. environmental th____t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
176. th_____y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
177. environmental ad_____ty *n.* difficulties or hardships that someone faces
178. get ne_____s *adj.* worried and anxious about something; relating to the nerves
179. dr_____t student *n.* a person who leaves school, college, or a training program before completing it
180. is_____e a compound *v.* to physically or socially separate someone or something from other people or things

ANSWERS: 169. abandon, 170. poet, 171. pose, 172. suicide, 173. utterly, 174. conversation, 175. threat, 176. therapy, 177. adversity, 178. nervous, 179. dropout, 180. isolate

181. re_____ss waves *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
182. em_____r the secretary to do the same *v.* to give someone the power or authority to do something
183. take ex_____ve care *adj.* greater than what seems necessary, normal, or desirable
184. ab_____n a friend *v.* to leave a place, thing, or person with no intention of returning; (noun) a feeling of extreme emotional intensity
185. the me_____sm for DNA replication *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
186. co_____de a meeting *v.* to come to an end or close; to reach a judgment or opinion by reasoning
187. 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
188. policy dec_____ker *n.* a person who makes important decisions, especially at a high level in an organization
189. 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
190. tw__k the economy *v.* to pinch or squeeze something sharply; to adjust something finely

ANSWERS: 181. restless, 182. empower, 183. excessive, 184. abandon, 185. mechanism, 186. conclude, 187. outrun, 188. decision-maker, 189. nauseous, 190. tweak

191. co_____de that he is healthy *v.* to come to an end or close; to reach a judgment or opinion by reasoning
192. effectively int_____te a thief *v.* to make someone fearful or uneasy so that they will do something that you want them to do
193. de_____on authority *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
194. 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

ANSWERS: 191. conclude, 192. intimidate, 193. decision, 194. heartbeat

Session 3: Fill in the Blanks

1. The politician tried to _____ the embarrassing incident under the rug.
 - v. to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly

2. 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

3. It will take time for her mental scars to _____.
 - v. to make a wound or injury to become well again

4. The older man _____ from arthritis and finds it difficult to move around.
 - v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

5. The _____ of severe weather prompted the city to issue an evacuation warning.
 - n. a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

6. We want to _____ ties between our two countries.
 - v. to make or become better

7. I stopped by the branch though I have no business of _____.
 - n. the quality of being important and worthy of note

ANSWERS: 1. sweep, 2. develop, 3. heal, 4. suffers, 5. threat, 6. improve, 7. importance

8. 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
9. I _____ to him that I had seen his sister at the grocery store earlier that day.
- v.* to speak or write about something or someone briefly
10. Our plan includes a comprehensive marketing _____.
- n.* a detailed plan of action designed to achieve a long-term or overall goal.
11. 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
12. He gave a stern _____ to the naughty student.
- n.* great care and attention that you take to avoid danger or mistakes; a warning against certain acts
13. His infinite love and _____ for everyone never weary.
- n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
14. The _____ of the machinery caused a delay in production.
- n.* a failure or collapse of a system or organization
15. Many multinational companies are _____ in the reconstruction of that country.
- v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
16. The _____ response team worked around the clock to aid those affected by the earthquake.
- n.* an unexpected event or series of events that cause widespread damage, destruction, or loss of life

ANSWERS: 8. intimidate, 9. mentioned, 10. strategy, 11. doe, 12. caution, 13. compassion, 14. breakdown, 15. engaged, 16. disaster

17. 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
18. He tried to _____ a bad reputation and win the election.
- v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
19. Graduating from college was a major _____ for her.
- n.* the successful completion of a task or goal; an ability that has been acquired by training
20. He gained debt _____.
- n.* the act of stopping feeling angry or resentful towards someone for a mistake or offense with compassion
21. The car's front bumper cost fifteen hundred _____.
- n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
22. My father's death _____ my life completely.
- v.* to change in outward structure or looks;
23. Your _____ reflects your thoughts.
- n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
24. He didn't _____ the plan, even though he had time.
- v.* to pinch or squeeze something sharply; to adjust something finely

ANSWERS: 17. empowered, 18. overcome, 19. accomplishment, 20. forgiveness, 21. pounds, 22. transformed, 23. conversation, 24. tweak

25. She waited for her daughter with _____.
- n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
26. The patient displays a _____ of a side effect.
- n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
27. The _____ of the upcoming concert was palpable among the crowd.
- n.* a feeling of great enthusiasm and eagerness
28. 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
29. The systems we have developed has accepted as industry _____.
- n.* something that is regarded as usual, typical, or standard
30. He felt _____ and constantly changed his postures.
- adj.* unwilling or unable to stay still or relax because you are worried and uneasy
31. The president prepared several possible _____ for an enemy attack.
- n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
32. The army used a _____ to launch large rocks over the castle walls.
- n.* a device used to hurl an object a long distance
33. She is a talented _____ who has been recognized for her work.
- n.* a person who writes poetry

ANSWERS: 25. anxiety, 26. symptom, 27. excitement, 28. relations, 29. norms, 30. restless, 31. scenarios, 32. catapult, 33. poet

34. The _____ for applying for a visa can be lengthy and complicated.
- n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
35. We all should learn how to _____ stress.
- v.* to deal with a situation, problem, or strong emotion
36. Some _____ are common across cultures and backgrounds.
- n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
37. _____ symptoms might include a decrease in appetite and weight loss.
- n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
38. The pharmacist not only prescribes the _____ but also guides its proper use.
- n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
39. The news of her promotion _____ her.
- v.* to make someone feel suddenly enthusiastic or eager
40. The _____ of the race was the favorite to win.
- n.* one who wins a game, competition, election, war, etc.
41. This exam requires excellent _____ to pass.
- n.* the ability to focus all your time and energy on one thing without thinking about anything else.

ANSWERS: 34. process, 35. handle, 36. emotions, 37. Depression, 38. medication, 39. excited, 40. victor, 41. concentration

42. Despite his best efforts, he was unable to _____ the enemy.

v. to win against somebody in a fight, war, or attempt

43. It would be best if you did not demand such an _____ charge.

adj. greater than what seems necessary, normal, or desirable

44. In an economically prosperous country, most male _____ is due to child support problems.

n. the act of killing yourself intentionally

45. We must ____ ourselves of pollution.

v. to make someone or something free of unwanted or unpleasant tasks, objects, or person

46. It takes a lot of _____ to stand up for what you believe is right.

n. the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous

47. On three sides, mountains _____ the settlement.

v. to be all around something or somebody

48. Eventually, the new design will _____ all older models.

v. to take the place of something

49. The rain and thunder are _____ today.

adj. stupid or not sensible; very angry

50. The stock market has been in a _____ trend for the past month.

adj. moving towards a lower position or a lower level

ANSWERS: 42. defeat, 43. excessive, 44. suicide, 45. rid, 46. courage, 47. surround, 48. replace, 49. crazy, 50. downward

51. The mobile application industry is _____ changing.

adv. all the time

52. No matter what, we must have this done before the _____.

n. a date or period by which something must be done

53. He looked for an opportunity to _____ that actor in public.

v. to cause someone to feel awkward, worried, or ashamed

54. You should not _____ them from the community.

v. to physically or socially separate someone or something from other people or things

55. The teacher asked the students to _____ between the two similar species of birds.

v. to recognize or establish as being distinct; to distinguish between things that are compared; to calculate a derivative

56. She wiped the _____ off her forehead with a towel.

n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

57. 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

58. We _____ a cease-fire.

v. to come to an end or close; to reach a judgment or opinion by reasoning

ANSWERS: 51. constantly, 52. deadline, 53. embarrass, 54. isolate, 55. differentiate, 56. sweat, 57. dropout, 58. concluded

59. 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
60. We _____ the payment because of an incorrect invoice.
- v.* to cause something to happen at a later time than originally intended or expected
61. Some people claim to have had an _____ experience during near-death situations.
- n.* an experience in which a person's consciousness seems to detach from their physical body and float above it
62. We ____ for an overseas expansion.
- v.* to try or plan to get or achieve something
63. He did it out of _____ to annoy me.
- n.* feelings of anger and resentment; (in spite of, also despite) a phrase that is used to indicate that something happened or exists even though there is a particular obstacle or difficulty
64. He discovered unique _____ for photochemical reactions.
- n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
65. The chemicals ____ a massive health risk.
- v.* to present a risk, problem, or other issues that must be addressed
66. The sperm whale can _____ to 1,000 meters.
- v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

ANSWERS: 59. heartbeat, 60. delayed, 61. out-of-body, 62. aim, 63. spite, 64. mechanisms, 65. pose, 66. dive

67. 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

68. 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

69. He was sick for five _____ days.

adj. extending or moving in one direction without bending or curving; having no deviations

70. 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

71. 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

72. He lay down and fell _____ immediately.

adj. in a state of sleep

73. We are _____ opposed to any form of terrorism.

adv. completely or absolutely

74. The doctor prescribed some medicine for the mental _____.

n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

ANSWERS: 67. motto, 68. nauseous, 69. straight, 70. dissociation, 71. hightail, 72. asleep, 73. utterly, 74. disorder

75. The leaves of the fern were arranged in a _____ pattern.
- n.* a curve that coils around a central point and gets progressively farther away from it as it goes around
76. A wealth of information does not always have a positive impact on _____.
- n.* a person who makes important decisions, especially at a high level in an organization
77. The manager's _____ caused delays in the project.
- n.* the inability to make a decision; a state of uncertainty or hesitation
78. I have a _____ ache after overeating junk food.
- n.* the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach
79. The participation of oil-producing countries in the war caused _____ in the financial markets.
- n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
80. 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
81. 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
82. 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

ANSWERS: 75. spiral, 76. decision-makers, 77. indecision, 78. stomach, 79. panic, 80. daunting, 81. neurology, 82. decide

83. She was struggling to make a _____ between two job offers.

n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

84. He was _____ about the situation and didn't know what to do.

adj. causing or feeling anxiety or discomfort

85. 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

86. The teachers make full use of _____ assistance.

n. a person who performs or offers to perform a job or service without being paid for or forced to do

87. The castle was _____ several years later.

v. to leave a place, thing, or person with no intention of returning; (noun) a feeling of extreme emotional intensity

88. He suffers from _____ breakdowns.

adj. worried and anxious about something; relating to the nerves

89. Solar gravity creates _____ pressures and temperatures.

adj. very great in amount or degree

90. He cast _____ glances behind her.

adj. worried and nervous

ANSWERS: 83. decision, 84. uneasy, 85. quoted, 86. volunteer, 87. abandoned, 88. nervous, 89. extreme, 90. anxious

91. The president declared a state of _____.

n. a sudden unforeseen crisis usually involving danger that requires immediate action

92. 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

93. She explained the _____ surrounding the accident.

n. the specific conditions or events that surround a particular situation or occurrence

94. My computer has been acting _____ recently.

adj. extraordinary, unexpected, or difficult to explain

95. 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

96. I underwent aversion _____ for my addiction to alcohol.

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

97. The team demonstrated great resilience in the face of _____ and won the game.

n. difficulties or hardships that someone faces

ANSWERS: 91. emergency, 92. paralyzed, 93. circumstances, 94. weird, 95. outrun, 96. therapy, 97. adversity