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Joelle Rabow Maletis: *The psychology of post-traumatic stress disorder* | TED Talk

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

All Words

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Session 1: Word List

trauma

n. an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

synonym : agony, injury, ordeal

(1) psychic **trauma**, (2) **trauma** care

Many civilians have suffered **trauma** as a result of the war.

lifetime

n. the duration of someone's life or something's existence;

synonym : lifespan, duration

(1) **lifetime** benefits, (2) **lifetime** ban from the sport

She had lived through two world wars in her **lifetime**.

linger

v. to stay in a place or exist longer than expected

synonym : dawdle, tarry, loiter

(1) **linger** in the mind, (2) **linger** over your work

She **lingered** for a moment before leaving the room.

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.

flashback

n. an interruption of the chronological sequence of events in a narrative, in which an event or scene from a past time is inserted into the current narrative

synonym: recollection, reminiscence, memory

(1) vivid **flashback**, (2) **flashback** memory

The **flashback** scene in the movie shows the character's past experiences.

nightmare

n. a very frightening or unpleasant dream

synonym: agony, misery, suffering

(1) have a **nightmare**, (2) **nightmare** situation

Life as a waiter was a big **nightmare** for him.

negative

adj. having the quality of something bad or harmful; expressing refusal

synonym: minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number

The movie has received almost universally **negative** criticism.

interfere

v. to get involved in and prevent a process or activity from continuing

synonym: interpose, interrupt, hamper

(1) **interfere** in another country's affairs, (2) **interfere** with DNA synthesis

Your talking **interferes** with my work.

phenomenon

n. something that exists and can be perceptible, especially one that is not fully understood

synonym: marvel, wonder, splendor

(1) natural **phenomenon**, (2) historical **phenomenon**

A rainbow is a natural **phenomenon**.

traumatic

adj. relating to or caused by injury, especially emotional injury

synonym: distressing

(1) **traumatic** event, (2) **traumatic** brain injury

The experience was so **traumatic** that it left a lasting impact on the survivor's mental health.

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**.

malfunction

v. to fail to operate or work properly; to break down or stop functioning as expected or intended; (noun) a failure or defect in the way a machine, system, or device is supposed to operate

synonym: malfunction, break down, fail

(1) **malfunction** alarm, (2) **malfunction** and start moving unpredictably

The car's engine **malfunctioned** on the highway, so we had to call for a tow truck.

biology

n. the scientific study of life and the natural processes of living things

(1) evolutionary **biology**, (2) cell and molecular **biology**

In junior high school, we had to dissect a frog in **biology** class.

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.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym : intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

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.

ordeal

n. a painful, difficult, or dangerous experience or trial; a severe test of endurance or patience

synonym : trial, hardship, torment

(1) **ordeal** by fire, (2) emotional **ordeal**

The car accident was a traumatic **ordeal** for everyone involved.

domestic

adj. relating to or inside a particular country, not foreign or international

synonym : endemic, private, household

(1) **domestic** airline, (2) a **domestic** animal

GDP stands for gross **domestic** product.

violent

adj. involving or caused by physical force or aggression against someone or something

synonym : aggressive, intense, turbulent

(1) victim of a **violent** crime, (2) **violent** incident

The protesters became **violent** when the police tried to disperse them.

injury

n. harm done to a person's or an animal's body caused by an accident or an attack

synonym : wound, damage, hurt

(1) without **injury**, (2) a fatal **injury**

My accidental **injury** got better right away.

abuse

n. the use of something in an incorrect or harmful manner

synonym : misuse, misconduct, vilification

(1) the problem of drug **abuse**, (2) victim of sexual **abuse**

Our company has an audit team that monitors directors for **abuse** of authority.

rap

n. a type of music characterized by a strong, repetitive beat and lyrics that often focus on social and political issues; a reproach for some lapse or misdeed

synonym : hip-hop, emceeing, MCing

(1) **rap** music, (2) get a **rap**

The new **rap** album is getting a lot of attention.

accident

n. an unfortunate event, especially one causing damage or injury

synonym : calamity, casualty, chance

(1) cause an **accident**, (2) injury in a car **accident**

The **accident** partially destroyed my vehicle.

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.

helpless

adj. unable to take care of oneself or to do things without help

synonym : defenseless, powerless, susceptible

(1) **helpless** baby, (2) **helpless** victims

I feel so **helpless** without you.

alarm

n. a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger

synonym : notice, warning, panic

(1) give the **alarm**, (2) an **alarm** clock

The **alarm** announcing an enemy attack went off this morning.

flee

v. to leave by running away, especially out of fear or danger

synonym : exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

hypothalamus

n. a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones

(1) anterior **hypothalamus**, (2) **hypothalamus** hemorrhage

Oxytocin is also produced in the nucleus of the **hypothalamus**.

pituitary

n. a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones

synonym : hypophyseal, hypothalamic, anterior lobe

(1) **pituitary** hormone, (2) anterior **pituitary**

The **pituitary** gland is responsible for releasing hormones that regulate growth and metabolism.

adrenal

adj. relating to two glands situated above the kidneys, called the adrenal gland

(1) **adrenal** gland, (2) **adrenal** cortex

The doctor ordered tests to check the patient's **adrenal** function.

axis

n. a real or imaginary straight line through a body or figure around which the object turns; a group of countries in special alliance

synonym : central, core, pole

(1) vertical **axis**, (2) a coordinate **axis**

The earth's **axis** of rotation is tilted 66.5 degrees to the ecliptic plane.

parasympathetic

adj. relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles

synonym : relaxing, calming, soothing

(1) **parasympathetic** nerve inhibitor, (2) **parasympathetic** response

The **parasympathetic** nervous system helps to regulate the body's involuntary functions, such as digestion and relaxation.

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.

communicate

v. to share or exchange information with others by speaking, writing, moving your body, or using other signals

synonym : convey, share, transmit

(1) **communicate** his anxieties to the psychiatrist,

(2) **communicate** well with my advisor

Dolphins use sound to **communicate** with each other.

gland

n. a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream

synonym : secretor

(1) the function of the thyroid **gland**, (2) a mammary **gland**
The adrenal **glands** produce steroids.

internal

adj. of or relating to the inside of something

synonym: interior, inner, domestic

(1) **internal** organs, (2) the **internal** economy

The prime minister canceled visits to other countries to resolve **internal** disputes.

regulate

v. to control something, especially by means of rules or laws

synonym: control, restrain, handle

(1) **regulate** blood sugar levels, (2) **regulate** our conduct

We must manage to **regulate** our expenditure.

function

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

synonym: purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

digestion

n. the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas

synonym: absorption, assimilation, metabolism

(1) poor **digestion**, (2) impaired **digestion**

Overeating can lead to discomfort and slower **digestion**.

respiration

n. the process of inhaling and exhaling air to exchange oxygen and carbon dioxide with the environment; the

total of the physiological processes by which living organisms metabolize oxygen and release carbon dioxide

synonym : breathing, ventilation

(1) **respiration** rate, (2) artificial **respiration**

The doctor carefully monitored the patient's **respiration** during the surgery.

chemical

adj. relating to or connected with chemistry;

synonym : chemic, synthetic

(1) toxic **chemicals**, (2) a **chemical** compound

The firm has grown into a large **chemical** manufacturing.

cascade

n. a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units

synonym : waterfall, watercourse, step

(1) **cascade** connection, (2) transistor **cascade**

The **cascade** of waterfalls in the national park was a breathtaking sight.

flood

n. a large amount of water flowing beyond its normal limits; an overwhelming number or amount

synonym : deluge, downpour, overflow

(1) **flood** advisory, (2) a **flood** of questions

These heavy rains caused flash **floods** on several islands.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

physiological

adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

synonym : biological, organic, bodily

(1) **physiological** response, (2) **physiological** activity
The doctor explained the various **physiological** changes that occur during pregnancy.

defend

v. to protect someone or something from attack, criticism, danger, etc.

synonym: protect, guard, support

(1) **defend** my country, (2) **defend** against a threat

International law allows each nation to **defend** itself when its rights and interests are illegally violated.

tense

adj. unable to relax because of being nervous or worried; stretched tight or rigid

synonym: tight, stretched, strained

(1) **tense** atmosphere, (2) have a **tense** face

This story makes me **tense**.

crisis

n. a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken

synonym: concern, problem, emergency

(1) financial **crisis**, (2) **crisis** management

The Chinese word for **crisis** comprises two characters, one for danger and the other for opportunity.

escalate

v. to increase in intensity, size, or severity; to make something greater, worse, or more serious

synonym: increase, intensify, expand

(1) **escalate** into a major international incident, (2) to **escalate**

The situation quickly **escalated** and turned violent.

contribute

v. to give something, especially money or goods, to provide or achieve something together with other people

synonym: donate, devote, commit

(1) **contribute** a large sum of money to the fund,

(2) **contribute** to society

Government workers cannot **contribute** to political campaigns.

jitter

n. a slight and rapid irregular movement or trembling; a sensation of nervousness or unease; a technical term relating to variations in the timing of signals in electronic systems

synonym: nervousness, trembling, shakiness

(1) **jitter** noise, (2) **jittery** feeling

The caffeine in my coffee causes me to experience nervous **jitter**.

disappear

v. to cease to exist or be visible

synonym: fade, evaporate, vanish

(1) **disappear** without a trace, (2) **disappear** after a week

They watched the train **disappear** into the distance.

stabilize

v. to become or cause to become steady or unlikely to give way

synonym: brace, steady, secure

(1) **stabilize** prices, (2) **stabilize** blood sugar levels

The raising of interest rates **stabilizes** the inflation rate.

percentage

n. the number, amount, or rate of something, which is usually the amount per hundred

synonym: rate, ratio, portion

(1) the **percentage** of the gold content, (2) a high **percentage**

What is the **percentage** of the consumption tax in the United States?

persistent

adj. continuing firmly or obstinately in the course of action despite difficulty or opposition; lasting or enduring without fading or being lost over time

synonym: tenacious, steadfast, unrelenting

(1) **persistent** cough, (2) **persistent** data

Despite the setbacks, he remained **persistent** in his pursuit of his dreams.

temporarily

adv. for a limited time only or not permanently

synonym : for a time

(1) a hut made **temporarily**, (2) **temporarily** suspend the production

Some athletes take anabolic steroids to increase muscle size **temporarily**.

resurface

v. to restore or repair the surface of something, particularly a road, pavement, or sports field; to come to the surface or become visible again after a period of obscurity or concealment

synonym : renew, restore, revamp

(1) **resurface** more than once, (2) **resurface** a tennis court

The city plans to **resurface** the roads downtown to fix potholes and cracks.

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.

continuously

adv. without being interrupted or paused; repeatedly

synonym : constantly, frequently, always

(1) use one thing **continuously**, (2) **continuously** removed

The country's domestic coal consumption has been **continuously** declining for decades.

intrude

v. to enter or to be present in a place or situation where one is not wanted or allowed; to interrupt or disturb someone or something

synonym : impose, obtrude, interlope

(1) **intrude** on his personal space, (2) **intrude** on other people's conversations

The loud music from the party next door **intruded** into my peaceful evening at home.

guilt

n. the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong

synonym: regret, remorse, blame

(1) criminal **guilt**, (2) feeling of **guilt**

Shame and **guilt** have significant social influences.

react

v. to take action in response to something

synonym: respond, reply, oppose

(1) **react** at a high temperature, (2) **react** against his way of thinking

How did he **react** to your idea?

irritable

adj. easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events

synonym: cranky, grumpy, touchy

(1) **irritable** bowel syndrome, (2) **irritable** mood

Lack of sleep can make me **irritable** and easily annoyed.

difficulty

n. a condition or state that causes problems

synonym: hardship, complication, problem

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

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

extent

n. the point or degree or area to which something extends

synonym: amount, degree, intensity

(1) certain **extent**, (2) the **extent** of the damage

I was amazed at the **extent** of her generosity.

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.

diagnose

v. to determine or distinguish the nature of a problem or an illness through a careful analysis

synonym: identify, analyze, interpret

(1) **diagnose** the problem, (2) **diagnose** with CT scans

This device is used to **diagnose** brain cancer and other tumors.

genetics

n. the branch of biology that studies genes, genetic variation, and heredity in organisms

(1) the science of **genetics**, (2) **genetics** discrimination

He is a specialist in the **genetics** of aging.

overwhelming

adj. very great or intense; so powerful that you cannot fight or react against it

synonym: overpowering, astounding, amazing

(1) **overwhelming** majority, (2) an **overwhelming** victory

He has shown signs of uneasiness and **overwhelming** worry.

preexist

v. to exist or occur before something else, especially referring to a time period or event; to predate or come before

synonym: antedate, precede

(1) **preexist** the modern city, (2) **preexist** the current political tensions

The idea for the novel **preexisted** as fragments of a dream in the author's mind.

emotional

adj. relating to people's feelings

synonym : affecting, impactful, impressive

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

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

determinant

n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

synonym : cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

underlying

adj. significant as a cause or basis of something but not immediately apparent or stated clearly

synonym : fundamental, latent, basic

(1) an **underlying** motive, (2) an **underlying** cause of an accident

The **underlying** principle of every business was identical.

medical

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

synonym : health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

mystery

n. something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle

synonym : enigma, puzzle, secret

(1) **mystery** novel, (2) unsolved **mystery**

The **mystery** surrounding the disappearance of the traveler has yet to be solved by authorities.

sensitivity

n. the ability to perceive or respond to subtle differences or changes; the ability to understand and respond to the needs and feelings of others

synonym : alertness, attentiveness, sympathy

(1) **sensitivity** analysis, (2) become full of **sensitivity**

The instrument has a high **sensitivity** to temperature changes.

trigger

v. to make something happen suddenly; to cause something such as a device, machine, etc. to function

synonym : activate, spark, drive

(1) **trigger** a biochemical response, (2) **trigger** inflation

The incident **triggered** a political controversy.

stimulus

n. something that causes growth or arouses action

synonym : incitement, inspiration, motivation

(1) a response to a **stimulus**, (2) economic **stimulus**

This book provides children with ideas and a **stimulus** for outside recreation.

associate

v. to mentally connect someone or something with someone or something else

synonym : tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

inherent

adj. existing in something as a permanent, essential, or characteristic attribute

synonym : intrinsic, natural, innate

(1) **inherent** risk, (2) have an **inherent** dislike

Honesty is an **inherent** quality that everyone should strive to possess.

prompt

v. to make someone decide to or try to do something, or to make something happen

synonym : actuate, inspire, incite

(1) **prompt** a feeling of hunger, (2) **prompt** a debate
That incident **prompted** a nationwide chain reaction
regarding the crackdown on illegal groups.

reaction

n. a response that reveals a person's feelings or attitude;
(in chemistry) a process in which one or more
substances are changed into others

synonym: response, reply, answer

(1) chemical **reaction**, (2) trigger a **reaction**

There was a chemical **reaction** of the lime with the
groundwater.

campfire

n. an outdoor fire used for cooking, warmth, or light, often
made by camping or in rural areas; a gathering or social
event around such a fire

synonym: bonfire, blaze, fire pit

(1) **campfire** story, (2) roast marshmallows around the
campfire

We sat around the **campfire** and told stories late into the
night.

evoke

v. to bring or recall a feeling, memory, or image into your
mind

synonym: arouse, raise, inspire

(1) **evoke** a sense of awe, (2) **evoke** sympathy

This movie is likely to **evoke** strong emotions in the viewer.

trap

n. a piece of equipment or hole for catching animals or
people; (verb) to catch animals or people and prevent
them from escaping

synonym: catch, snare, pinfall

(1) set a **trap**, (2) **trap** an animal

The enemy fell right into the **trap**.

neurochemical

adj. of or relating to chemical processes occurring in neural
activity or chemical substance that participates in neural
activity

(1) **neurochemical** substances, (2) **neurochemical** mechanism

Our study focuses on **neurochemical** changes in the brain.

stir

v. to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused

synonym: mix, swirl, provoke

(1) **stir** a sauce, (2) **stir** up controversy

Topics related to that war may **stir** up a political hornets' nest.

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.

unpredictable

adj. not capable of being foreseen or calculated; not regular or certain

synonym: uncertain, variable, random

(1) dangerously **unpredictable** person, (2) **unpredictable** outcome

The weather in this region is often **unpredictable**, with sudden rainstorms and strong winds.

isolation

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

synonym: aloneness, seclusion, separateness

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

That incident led to his **isolation**.

invalid

adj. not legally or officially recognized or acceptable; (verb) to remove someone from active duty; (noun) a person who is weakened or disabled by illness or injury

synonym: null, unreasonable, sickly

(1) an **invalid's** frail body, (2) **invalid** argument

The former president insisted that the election was **invalid**.

ignore

v. to intentionally not listen or pay attention to

synonym: neglect, disregard, shun

(1) **ignore** her advice, (2) **ignore** a ban

Since independence, the area has been completely **ignored**.

misunderstand

v. to interpret or understand something in the wrong way

synonym: misinterpret, misperceive, misapprehend

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

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

pause

v. to take a short break from talking or doing something before continuing

synonym: halt, break, intermit

(1) **pause** a moment, (2) **pause** for a reaction

The man **paused** before opening the door.

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.

evaluate

v. to assess or estimate the quality, significance, quantity, or value of something

synonym: assess, estimate, consider

(1) **evaluate** the grant proposal, (2) **evaluate** a situation

The meeting aims to **evaluate** possible choices.

psychotherapy

n. the treatment of mental or emotional problems by talking with a therapist

(1) field of **psychotherapy**, (2) **psychotherapy** for depression

He took **psychotherapy** to help him deal with his accident trauma.

patient

n. a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

synonym: client, recipient, subject

(1) **patient** in the hospital, (2) **patient** with weight loss

The doctor carefully examined the **patient's** medical history.

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.

empathy

n. the ability to share another person's feelings or experiences by imagining that person's situation

synonym: compassion, sympathy, tenderness

(1) full of **empathy**, (2) **empathy** for patients

Empathy is also necessary to understand history.

recover

v. to return to a former condition, health, mind, or strength

synonym: come back, convalesce, heal

(1) **recover** a loss, (2) **recover** approval ratings

She is still **recovering** from a shot to her shoulder.

blame

v. to think or say that someone or something did something wrong or is responsible for something bad

synonym: condemn, rebuke, find fault with

(1) **blame** circumstances for the failure, (2) **blame** the lack of knowledge

We **blamed** our impeded progress on lack of money.

encourage

v. to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

synonym: facilitate, persuade, stimulate

(1) **encourage** a sense of affinity, (2) **encourage** antisocial behavior

They **encouraged** customers with a premium for loyal patronage.

outward

adj. relating to the external appearance or surface of something; visible

synonym: external, surface, exterior

(1) an **outward** journey, (2) **outward** cheerfulness

The **outward** appearance of the building was impressive, but the inside was in dire need of repairs.

invisible

adj. impossible or nearly impossible to see

synonym: hidden, imperceptible, unseen

(1) an **invisible** asset, (2) **invisible** stars

The phenomenon is **invisible** at optical wavelengths.

silent

adj. without any or little sound

synonym: quiet, hushed, mute

(1) **silent** reading, (2) give **silent** consent

The politician remained **silent** despite intense media scrutiny.

Session 2: Spelling

- | | |
|--------------------------------------|--|
| 1. re____te blood sugar levels | <i>v.</i> to control something, especially by means of rules or laws |
| 2. ig___e her advice | <i>v.</i> to intentionally not listen or pay attention to |
| 3. em____y for patients | <i>n.</i> the ability to share another person's feelings or experiences by imagining that person's situation |
| 4. sen____ty analysis | <i>n.</i> the ability to perceive or respond to subtle differences or changes; the ability to understand and respond to the needs and feelings of others |
| 5. in____nt risk | <i>adj.</i> existing in something as a permanent, essential, or characteristic attribute |
| 6. basic br__n function | <i>n.</i> the organ inside the head that is responsible for one's movement, thought, memory, and feeling |
| 7. hyp____mus hemorrhage | <i>n.</i> a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones |
| 8. re__t against his way of thinking | <i>v.</i> to take action in response to something |
| 9. fl__d advisory | <i>n.</i> a large amount of water flowing beyond its normal limits; an overwhelming number or amount |
| 10. tr____ic event | <i>adj.</i> relating to or caused by injury, especially emotional injury |

ANSWERS: 1. regulate, 2. ignore, 3. empathy, 4. sensitivity, 5. inherent, 6. brain, 7. hypothalamus, 8. react, 9. flood, 10. traumatic

- | | | |
|--|-----------|---|
| 11. ca____re story | <i>n.</i> | an outdoor fire used for cooking, warmth, or light, often made by camping or in rural areas; a gathering or social event around such a fire |
| 12. dif_____ty in breathing | <i>n.</i> | a condition or state that causes problems |
| 13. pa__e a moment | <i>v.</i> | to take a short break from talking or doing something before continuing |
| 14. r_p music | <i>n.</i> | a type of music characterized by a strong, repetitive beat and lyrics that often focus on social and political issues; a reproach for some lapse or misdeed |
| 15. permanent br__n damage | <i>n.</i> | the organ inside the head that is responsible for one's movement, thought, memory, and feeling |
| 16. pa__c buying | <i>n.</i> | a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action |
| 17. certain ex___t | <i>n.</i> | the point or degree or area to which something extends |
| 18. tr_____r inflation | <i>v.</i> | to make something happen suddenly; to cause something such as a device, machine, etc. to function |
| 19. com_____te well with my advisor | <i>v.</i> | to share or exchange information with others by speaking, writing, moving your body, or using other signals |
| 20. in_____re in another country's affairs | <i>v.</i> | to get involved in and prevent a process or activity from continuing |

ANSWERS: 11. campfire, 12. difficulty, 13. pause, 14. rap, 15. brain, 16. panic, 17. extent, 18. trigger, 19. communicate, 20. interfere

21. ji___r noise *n.* a slight and rapid irregular movement or trembling; a sensation of nervousness or unease; a technical term relating to variations in the timing of signals in electronic systems
22. he_____ss victims *adj.* unable to take care of oneself or to do things without help
23. a do_____ic animal *adj.* relating to or inside a particular country, not foreign or international
24. pr_____s improvement *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
25. pa_____t with weight loss *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
26. injury in a car ac_____nt *n.* an unfortunate event, especially one causing damage or injury
27. natural phe_____on *n.* something that exists and can be perceptible, especially one that is not fully understood
28. si___t reading *adj.* without any or little sound
29. emotional or___l *n.* a painful, difficult, or dangerous experience or trial; a severe test of endurance or patience

ANSWERS: 21. jitter, 22. helpless, 23. domestic, 24. process, 25. patient, 26. accident, 27. phenomenon, 28. silent, 29. ordeal

30. the country's is _____ on *n.* the condition of being alone or lonely; the act or state of separation between persons or groups
31. di _____ ar after a week *v.* to cease to exist or be visible
32. 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
33. neurotic sy _____ ms *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
34. ig _____ e a ban *v.* to intentionally not listen or pay attention to
35. immune fu _____ on *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
36. a ne _____ ve number *adj.* having the quality of something bad or harmful; expressing refusal
37. vertical a _____ s *n.* a real or imaginary straight line through a body or figure around which the object turns; a group of countries in special alliance

ANSWERS: 30. isolation, 31. disappear, 32. symptom, 33. symptom, 34. ignore, 35. function, 36. negative, 37. axis

38. 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
39. fu_____on properly *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
40. neu_____cal mechanism *adj.* of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity
41. artificial res_____on *n.* the process of inhaling and exhaling air to exchange oxygen and carbon dioxide with the environment; the total of the physiological processes by which living organisms metabolize oxygen and release carbon dioxide
42. an ou_____d journey *adj.* relating to the external appearance or surface of something; visible
43. pr_____st the modern city *v.* to exist or occur before something else, especially referring to a time period or event; to predate or come before
44. per_____nt data *adj.* continuing firmly or obstinately in the course of action despite difficulty or opposition; lasting or enduring without fading or being lost over time

ANSWERS: 38. mechanism, 39. function, 40. neurochemical, 41. respiration, 42. outward, 43. preexist, 44. persistent

45. economic st____us *n.* something that causes growth or arouses action
46. he____ss baby *adj.* unable to take care of oneself or to do things without help
47. give si____t consent *adj.* without any or little sound
48. re____te our conduct *v.* to control something, especially by means of rules or laws
49. a response to a st____us *n.* something that causes growth or arouses action
50. a me____l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
51. st____ze prices *v.* to become or cause to become steady or unlikely to give way
52. par____tic response *adj.* relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles
53. an in____le asset *adj.* impossible or nearly impossible to see
54. s__r a sauce *v.* to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused
55. historical phe____on *n.* something that exists and can be perceptible, especially one that is not fully understood

ANSWERS: 45. stimulus, 46. helpless, 47. silent, 48. regulate, 49. stimulus, 50. medical, 51. stabilize, 52. parasympathetic, 53. invisible, 54. stir, 55. phenomenon

56. t__p an animal *n.* a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping
57. evolutionary bi____y *n.* the scientific study of life and the natural processes of living things
58. have a ne____ve effect *adj.* having the quality of something bad or harmful; expressing refusal
59. ad____l gland *adj.* relating to two glands situated above the kidneys, called the adrenal gland
60. ca____e connection *n.* a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units
61. es____te into a major international incident *v.* to increase in intensity, size, or severity; to make something greater, worse, or more serious
62. is____on booth *n.* the condition of being alone or lonely; the act or state of separation between persons or groups
63. mal____on alarm *v.* to fail to operate or work properly; to break down or stop functioning as expected or intended; (noun) a failure or defect in the way a machine, system, or device is supposed to operate
64. anterior hyp____mus *n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
65. 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

ANSWERS: 56. trap, 57. biology, 58. negative, 59. adrenal, 60. cascade, 61. escalate, 62. isolation, 63. malfunction, 64. hypothalamus, 65. mechanism

66. re__t at a high temperature *v.* to take action in response to something
67. criminal gu__t *n.* the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong
68. con_____te to society *v.* to give something, especially money or goods, to provide or achieve something together with other people
69. tr_____ic brain injury *adj.* relating to or caused by injury, especially emotional injury
70. vi_____t incident *adj.* involving or caused by physical force or aggression against someone or something
71. cr___s management *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
72. in_____e on other people's conversations *v.* to enter or to be present in a place or situation where one is not wanted or allowed; to interrupt or disturb someone or something
73. victim of sexual ab__e *n.* the use of something in an incorrect or harmful manner
74. pr_____st the current political tensions *v.* to exist or occur before something else, especially referring to a time period or event; to predate or come before
75. di_____er recovery *n.* an unexpected event or series of events that cause widespread damage, destruction, or loss of life

ANSWERS: 66. react, 67. guilt, 68. contribute, 69. traumatic, 70. violent, 71. crisis, 72. intrude, 73. abuse, 74. preexist, 75. disaster

76. in____d argument *adj.* not legally or officially recognized or acceptable; (verb) to remove someone from active duty; (noun) a person who is weakened or disabled by illness or injury
77. get ne____s *adj.* worried and anxious about something; relating to the nerves
78. a ch____al compound *adj.* relating to or connected with chemistry;
79. cause an ac____nt *n.* an unfortunate event, especially one causing damage or injury
80. en____ge antisocial behavior *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
81. use one thing con____sly *adv.* without being interrupted or paused; repeatedly
82. anterior pi____ry *n.* a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones
83. dangerously unp____ble person *adj.* not capable of being foreseen or calculated; not regular or certain
84. ni____re situation *n.* a very frightening or unpleasant dream
85. pr____t a debate *v.* to make someone decide to or try to do something, or to make something happen
86. em____al distress *adj.* relating to people's feelings

ANSWERS: 76. invalid, 77. nervous, 78. chemical, 79. accident, 80. encourage, 81. continuously, 82. pituitary, 83. unpredictable, 84. nightmare, 85. prompt, 86. emotional

87. re_____ce more than once *v.* to restore or repair the surface of something, particularly a road, pavement, or sports field; to come to the surface or become visible again after a period of obscurity or concealment
88. or____l by fire *n.* a painful, difficult, or dangerous experience or trial; a severe test of endurance or patience
89. have a te__e face *adj.* unable to relax because of being nervous or worried; stretched tight or rigid
90. a pa__c reaction *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
91. psychic tr____a *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
92. an ove_____ing victory *adj.* very great or intense; so powerful that you cannot fight or react against it
93. de____d my country *v.* to protect someone or something from attack, criticism, danger, etc.
94. s__r up controversy *v.* to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused
95. re_____r a loss *v.* to return to a former condition, health, mind, or strength
96. ev__e sympathy *v.* to bring or recall a feeling, memory, or image into your mind

ANSWERS: 87. resurface, 88. ordeal, 89. tense, 90. panic, 91. trauma, 92. overwhelming, 93. defend, 94. stir, 95. recover, 96. evoke

97. development of the ne_____s system *adj.* worried and anxious about something; relating to the nerves
98. med_____on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
99. con_____te a large sum of money to the fund *v.* to give something, especially money or goods, to provide or achieve something together with other people
100. li_____me ban from the sport *n.* the duration of someone's life or something's existence;
101. li_____r in the mind *v.* to stay in a place or exist longer than expected
102. ir_____le mood *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
103. ji_____ry feeling *n.* a slight and rapid irregular movement or trembling; a sensation of nervousness or unease; a technical term relating to variations in the timing of signals in electronic systems
104. poor di_____on *n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas
105. re_____ce a tennis court *v.* to restore or repair the surface of something, particularly a road, pavement, or sports field; to come to the surface or become visible again after a period of obscurity or concealment

ANSWERS: 97. nervous, 98. medication, 99. contribute, 100. lifetime, 101. linger, 102. irritable, 103. jitter, 104. digestion, 105. resurface

106. in_____le stars	<i>adj.</i> impossible or nearly impossible to see
107. a coordinate a__s	<i>n.</i> a real or imaginary straight line through a body or figure around which the object turns; a group of countries in special alliance
108. psy_____apy for depression	<i>n.</i> the treatment of mental or emotional problems by talking with a therapist
109. in_____re with DNA synthesis	<i>v.</i> to get involved in and prevent a process or activity from continuing
110. bl__e circumstances for the failure	<i>v.</i> to think or say that someone or something did something wrong or is responsible for something bad
111. ev_____te a situation	<i>v.</i> to assess or estimate the quality, significance, quantity, or value of something
112. have a ni_____re	<i>n.</i> a very frightening or unpleasant dream
113. in_____e on his personal space	<i>v.</i> to enter or to be present in a place or situation where one is not wanted or allowed; to interrupt or disturb someone or something
114. toxic ch_____als	<i>adj.</i> relating to or connected with chemistry;
115. neu_____cal substances	<i>adj.</i> of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity
116. mis_____and entirely about her	<i>v.</i> to interpret or understand something in the wrong way
117. set a t__p	<i>n.</i> a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping

ANSWERS: 106. invisible, 107. axis, 108. psychotherapy, 109. interfere, 110. blame, 111. evaluate, 112. nightmare, 113. intrude, 114. chemical, 115. neurochemical, 116. misunderstand, 117. trap

118. give the al__m *n.* a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger
119. par_____tic nerve inhibitor *adj.* relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles
120. phy_____cal response *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body
121. tem_____ly suspend the production *adv.* for a limited time only or not permanently
122. 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
123. su___r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
124. without in___y *n.* harm done to a person's or an animal's body caused by an accident or an attack

ANSWERS: 118. alarm, 119. parasympathetic, 120. physiological, 121. temporarily, 122. process, 123. suffer, 124. injury

125. unp_____ble outcome *adj.* not capable of being foreseen or calculated; not regular or certain
126. pa__e for a reaction *v.* to take a short break from talking or doing something before continuing
127. di_____ar without a trace *v.* to cease to exist or be visible
128. victim of a vi_____t crime *adj.* involving or caused by physical force or aggression against someone or something
129. unsolved my_____y *n.* something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle
130. mis_____and each other *v.* to interpret or understand something in the wrong way
131. financial cr____s *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
132. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
133. a hut made tem_____ly *adv.* for a limited time only or not permanently
134. feeling of gu__t *n.* the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong

ANSWERS: 125. unpredictable, 126. pause, 127. disappear, 128. violent, 129. mystery, 130. misunderstand, 131. crisis, 132. associate, 133. temporarily, 134. guilt

135. te__e atmosphere *adj.* unable to relax because of being nervous or worried; stretched tight or rigid
136. cell and molecular bi____y *n.* the scientific study of life and the natural processes of living things
137. chemical re____on *n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
138. the in____al economy *adj.* of or relating to the inside of something
139. st____ze blood sugar levels *v.* to become or cause to become steady or unlikely to give way
140. transistor ca____e *n.* a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units
141. f__e their homes *v.* to leave by running away, especially out of fear or danger
142. ho____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
143. the degree of dif____ty *n.* a condition or state that causes problems
144. female ho____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

ANSWERS: 135. tense, 136. biology, 137. reaction, 138. internal, 139. stabilize, 140. cascade, 141. flee, 142. hormone, 143. difficulty, 144. hormone

145. in_____fy a good relationship *v.* to increase or make something increase in extent or strength
146. an al__m clock *n.* a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger
147. 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
148. environmental det_____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
149. res_____on rate *n.* the process of inhaling and exhaling air to exchange oxygen and carbon dioxide with the environment; the total of the physiological processes by which living organisms metabolize oxygen and release carbon dioxide
150. com_____te his anxieties to the psychiatrist *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
151. su___r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
152. trigger a re_____on *n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others

ANSWERS: 145. intensify, 146. alarm, 147. cortisol, 148. determinant, 149. respiration, 150. communicate, 151. suffer, 152. reaction

153. as_____te with people widely *v.* to mentally connect someone or something with someone or something else
154. have an in_____nt dislike *adj.* existing in something as a permanent, essential, or characteristic attribute
155. em_____al health *adj.* relating to people's feelings
156. field of psy_____apy *n.* the treatment of mental or emotional problems by talking with a therapist
157. bl__e the lack of knowledge *v.* to think or say that someone or something did something wrong or is responsible for something bad
158. a det_____nt of crop yields *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
159. antibiotic med_____on *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
160. ir_____le bowel syndrome *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
161. roast marshmallows around the
ca_____re *n.* an outdoor fire used for cooking, warmth, or light, often made by camping or in rural areas; a gathering or social event around such a fire
162. do_____ic airline *adj.* relating to or inside a particular country, not foreign or international
163. become full of sen_____ty *n.* the ability to perceive or respond to subtle differences or changes; the ability to understand and respond to the needs and feelings of others

ANSWERS: 153. associate, 154. inherent, 155. emotional, 156. psychotherapy, 157. blame, 158. determinant, 159. medication, 160. irritable, 161. campfire, 162. domestic, 163. sensitivity

164. in_____fy diplomatic efforts *v.* to increase or make something increase in extent or strength
165. the problem of drug ab__e *n.* the use of something in an incorrect or harmful manner
166. the function of the thyroid gl__d *n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
167. ove_____ing majority *adj.* very great or intense; so powerful that you cannot fight or react against it
168. temporary me_____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
169. de___d against a threat *v.* to protect someone or something from attack, criticism, danger, etc.
170. pr___t a feeling of hunger *v.* to make someone decide to or try to do something, or to make something happen
171. a fatal in___y *n.* harm done to a person's or an animal's body caused by an accident or an attack
172. en_____ge a sense of affinity *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
173. global di_____er *n.* an unexpected event or series of events that cause widespread damage, destruction, or loss of life

ANSWERS: 164. intensify, 165. abuse, 166. gland, 167. overwhelming, 168. medical, 169. defend, 170. prompt, 171. injury, 172. encourage, 173. disaster

174. ge____cs discrimination *n.* the branch of biology that studies genes, genetic variation, and heredity in organisms
175. mal_____on and start moving unpredictably *v.* to fail to operate or work properly; to break down or stop functioning as expected or intended; (noun) a failure or defect in the way a machine, system, or device is supposed to operate
176. li____r over your work *v.* to stay in a place or exist longer than expected
177. the ex____t of the damage *n.* the point or degree or area to which something extends
178. f__e abroad *v.* to leave by running away, especially out of fear or danger
179. an in_____d's frail body *adj.* not legally or officially recognized or acceptable; (verb) to remove someone from active duty; (noun) a person who is weakened or disabled by illness or injury
180. li_____me benefits *n.* the duration of someone's life or something's existence;
181. impaired di_____on *n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas
182. 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

ANSWERS: 174. genetics, 175. malfunction, 176. linger, 177. extent, 178. flee, 179. invalid, 180. lifetime, 181. digestion, 182. cortisol

183. vivid fl_____ck *n.* an interruption of the chronological sequence of events in a narrative, in which an event or scene from a past time is inserted into the current narrative
184. the per_____ge of the gold content *n.* the number, amount, or rate of something, which is usually the amount per hundred
185. full of em_____y *n.* the ability to share another person's feelings or experiences by imagining that person's situation
186. fl_____ck memory *n.* an interruption of the chronological sequence of events in a narrative, in which an event or scene from a past time is inserted into the current narrative
187. tr_____r a biochemical response *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
188. pi_____ry hormone *n.* a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones
189. per_____nt cough *adj.* continuing firmly or obstinately in the course of action despite difficulty or opposition; lasting or enduring without fading or being lost over time
190. a fl__d of questions *n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount

ANSWERS: 183. flashback, 184. percentage, 185. empathy, 186. flashback, 187. trigger, 188. pituitary, 189. persistent, 190. flood

191. an und_____ng motive *adj.* significant as a cause or basis of something but not immediately apparent or stated clearly
192. my_____y novel *n.* something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle
193. pa_____t in the hospital *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
194. phy_____cal activity *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body
195. a high per_____ge *n.* the number, amount, or rate of something, which is usually the amount per hundred
196. re_____r approval ratings *v.* to return to a former condition, health, mind, or strength
197. ev__e a sense of awe *v.* to bring or recall a feeling, memory, or image into your mind
198. get a r_p *n.* a type of music characterized by a strong, repetitive beat and lyrics that often focus on social and political issues; a reproach for some lapse or misdeed

ANSWERS: 191. underlying, 192. mystery, 193. patient, 194. physiological, 195. percentage, 196. recover, 197. evoke, 198. rap

199. tr___a care	<i>n.</i> an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
200. the science of ge____cs	<i>n.</i> the branch of biology that studies genes, genetic variation, and heredity in organisms
201. a mammary gl__d	<i>n.</i> a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
202. the files are in complete di____er	<i>n.</i> 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
203. ou____d cheerfulness	<i>adj.</i> relating to the external appearance or surface of something; visible
204. ev____te the grant proposal	<i>v.</i> to assess or estimate the quality, significance, quantity, or value of something
205. to es____te	<i>v.</i> to increase in intensity, size, or severity; to make something greater, worse, or more serious
206. ad____l cortex	<i>adj.</i> relating to two glands situated above the kidneys, called the adrenal gland
207. di____se the problem	<i>v.</i> to determine or distinguish the nature of a problem or an illness through a careful analysis
208. in____al organs	<i>adj.</i> of or relating to the inside of something
209. an und____ng cause of an accident	<i>adj.</i> significant as a cause or basis of something but not immediately apparent or stated clearly

ANSWERS: 199. trauma, 200. genetics, 201. gland, 202. disorder, 203. outward, 204. evaluate, 205. escalate, 206. adrenal, 207. diagnose, 208. internal, 209. underlying

210. con_____sly removed

adv. without being interrupted or paused;
repeatedly

211. di_____se with CT scans

v. to determine or distinguish the nature of
a problem or an illness through a
careful analysis

212. 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

ANSWERS: 210. continuously, 211. diagnose, 212. disorder

Session 3: Fill in the Blanks

1. Rebels have pledged to _____ the armed struggle against the dictatorship.
v. to increase or make something increase in extent or strength
2. The _____ partially destroyed my vehicle.
n. an unfortunate event, especially one causing damage or injury
3. That incident led to his _____.
n. the condition of being alone or lonely; the act or state of separation between persons or groups
4. Oxytocin is also produced in the nucleus of the _____.
n. a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
5. 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
6. The car's engine _____ on the highway, so we had to call for a tow truck.
v. to fail to operate or work properly; to break down or stop functioning as expected or intended; (noun) a failure or defect in the way a machine, system, or device is supposed to operate
7. The doctor carefully examined the _____ medical history.
n. a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

ANSWERS: 1. intensify, 2. accident, 3. isolation, 4. hypothalamus, 5. panic, 6. malfunctioned, 7. patient's

8. The weather in this region is often _____ with sudden rainstorms and strong winds.
adj. not capable of being foreseen or calculated; not regular or certain
9. The enemy fell right into the _____.
n. a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping
10. She had lived through two world wars in her _____.
n. the duration of someone's life or something's existence;
11. The _____ announcing an enemy attack went off this morning.
n. a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger
12. The Chinese word for _____ comprises two characters, one for danger and the other for opportunity.
n. a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
13. Honesty is an _____ quality that everyone should strive to possess.
adj. existing in something as a permanent, essential, or characteristic attribute
14. The _____ principle of every business was identical.
adj. significant as a cause or basis of something but not immediately apparent or stated clearly
15. GDP stands for gross _____ product.
adj. relating to or inside a particular country, not foreign or international

ANSWERS: 8. unpredictable, 9. trap, 10. lifetime, 11. alarm, 12. crisis, 13. inherent, 14. underlying, 15. domestic

16. The _____ gland is responsible for releasing hormones that regulate growth and metabolism.
- n.* a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones
17. The meeting aims to _____ possible choices.
- v.* to assess or estimate the quality, significance, quantity, or value of something
18. We must manage to _____ our expenditure.
- v.* to control something, especially by means of rules or laws
19. Life as a waiter was a big _____ for him.
- n.* a very frightening or unpleasant dream
20. One _____ of success is having a positive attitude and a strong work ethic.
- n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
21. The raising of interest rates _____ the inflation rate.
- v.* to become or cause to become steady or unlikely to give way
22. Government workers cannot _____ to political campaigns.
- v.* to give something, especially money or goods, to provide or achieve something together with other people
23. The incident _____ a political controversy.
- v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function

ANSWERS: 16. pituitary, 17. evaluate, 18. regulate, 19. nightmare, 20. determinant, 21. stabilizes, 22. contribute, 23. triggered

24. My accidental _____ got better right away.

- n.* harm done to a person's or an animal's body caused by an accident or an attack

25. 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

26. He took _____ to help him deal with his accident trauma.

- n.* the treatment of mental or emotional problems by talking with a therapist

27. 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

28. The situation quickly _____ and turned violent.

- v.* to increase in intensity, size, or severity; to make something greater, worse, or more serious

29. The _____ scene in the movie shows the character's past experiences.

- n.* an interruption of the chronological sequence of events in a narrative, in which an event or scene from a past time is inserted into the current narrative

30. I was amazed at the _____ of her generosity.

- n.* the point or degree or area to which something extends

31. The man _____ before opening the door.

- v.* to take a short break from talking or doing something before continuing

ANSWERS: 24. injury, 25. disaster, 26. psychotherapy, 27. symptom, 28. escalated, 29. flashback, 30. extent, 31. paused

32. Our study focuses on _____ changes in the brain.

adj. of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity

33. This movie is likely to _____ strong emotions in the viewer.

v. to bring or recall a feeling, memory, or image into your mind

34. Shame and _____ have significant social influences.

n. the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong

35. 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

36. The doctor ordered tests to check the patient's _____ function.

adj. relating to two glands situated above the kidneys, called the adrenal gland

37. In junior high school, we had to dissect a frog in _____ class.

n. the scientific study of life and the natural processes of living things

38. We sat around the _____ and told stories late into the night.

n. an outdoor fire used for cooking, warmth, or light, often made by camping or in rural areas; a gathering or social event around such a fire

39. Topics related to that war may _____ up a political hornets' nest.

v. to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused

ANSWERS: 32. neurochemical, 33. evoke, 34. guilt, 35. medication, 36. adrenal, 37. biology, 38. campfire, 39. stir

40. Lack of sleep can make me _____ and easily annoyed.

adj. easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events

41. The former president insisted that the election was _____.

adj. not legally or officially recognized or acceptable; (verb) to remove someone from active duty; (noun) a person who is weakened or disabled by illness or injury

42. The _____ nervous system helps to regulate the body's involuntary functions, such as digestion and relaxation.

adj. relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles

43. The caffeine in my coffee causes me to experience nervous _____.

n. a slight and rapid irregular movement or trembling; a sensation of nervousness or unease; a technical term relating to variations in the timing of signals in electronic systems

44. Since independence, the area has been completely _____.

v. to intentionally not listen or pay attention to

45. What is the _____ of the consumption tax in the United States?

n. the number, amount, or rate of something, which is usually the amount per hundred

46. 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

ANSWERS: 40. irritable, 41. invalid, 42. parasympathetic, 43. jitter, 44. ignored, 45. percentage, 46. suffers

47. Despite the setbacks, he remained _____ in his pursuit of his dreams.

adj. continuing firmly or obstinately in the course of action despite difficulty or opposition; lasting or enduring without fading or being lost over time

48. They watched the train _____ into the distance.

v. to cease to exist or be visible

49. The instrument has a high _____ to temperature changes.

n. the ability to perceive or respond to subtle differences or changes; the ability to understand and respond to the needs and feelings of others

50. The doctor explained the various _____ changes that occur during pregnancy.

adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

51. Some athletes take anabolic steroids to increase muscle size _____.

adv. for a limited time only or not permanently

52. _____ is also necessary to understand history.

n. the ability to share another person's feelings or experiences by imagining that person's situation

53. A rainbow is a natural _____.

n. something that exists and can be perceptible, especially one that is not fully understood

54. That incident _____ a nationwide chain reaction regarding the crackdown on illegal groups.

v. to make someone decide to or try to do something, or to make something happen

ANSWERS: 47. persistent, 48. disappear, 49. sensitivity, 50. physiological, 51. temporarily, 52. Empathy, 53. phenomenon, 54. prompted

55. The movie has received almost universally _____ criticism.

adj. having the quality of something bad or harmful; expressing refusal

56. They _____ customers with a premium for loyal patronage.

v. to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

57. The protesters became _____ when the police tried to disperse them.

adj. involving or caused by physical force or aggression against someone or something

58. We _____ our impeded progress on lack of money.

v. to think or say that someone or something did something wrong or is responsible for something bad

59. The _____ surrounding the disappearance of the traveler has yet to be solved by authorities.

n. something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle

60. The experience was so _____ that it left a lasting impact on the survivor's mental health.

adj. relating to or caused by injury, especially emotional injury

61. This book provides children with ideas and a _____ for outside recreation.

n. something that causes growth or arouses action

62. The new ____ album is getting a lot of attention.

n. a type of music characterized by a strong, repetitive beat and lyrics that often focus on social and political issues; a reproach for some lapse or misdeed

ANSWERS: 55. negative, 56. encouraged, 57. violent, 58. blamed, 59. mystery, 60. traumatic, 61. stimulus, 62. rap

63. X-rays revealed a small tumor in his _____.

- n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

64. There was a chemical _____ of the lime with the groundwater.

- n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others

65. International law allows each nation to _____ itself when its rights and interests are illegally violated.

- v.* to protect someone or something from attack, criticism, danger, etc.

66. The majority of consumers _____ this brand with quality.

- v.* to mentally connect someone or something with someone or something else

67. Dolphins use sound to _____ with each other.

- v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals

68. You should not _____ the meaning of freedom.

- v.* to interpret or understand something in the wrong way

69. The doctor carefully monitored the patient's _____ during the surgery.

- n.* the process of inhaling and exhaling air to exchange oxygen and carbon dioxide with the environment; the total of the physiological processes by which living organisms metabolize oxygen and release carbon dioxide

70. The firm has grown into a large _____ manufacturing.

- adj.* relating to or connected with chemistry;

ANSWERS: 63. brain, 64. reaction, 65. defend, 66. associate, 67. communicate, 68. misunderstand, 69. respiration, 70. chemical

71. He suffers from _____ breakdowns.

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

72. How did he _____ to your idea?

v. to take action in response to something

73. The car accident was a traumatic _____ for everyone involved.

n. a painful, difficult, or dangerous experience or trial; a severe test of endurance or patience

74. The prime minister canceled visits to other countries to resolve _____ disputes.

adj. of or relating to the inside of something

75. Your talking _____ with my work.

v. to get involved in and prevent a process or activity from continuing

76. The adrenal _____ produce steroids.

n. a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream

77. The idea for the novel _____ as fragments of a dream in the author's mind.

v. to exist or occur before something else, especially referring to a time period or event; to predate or come before

78. The country's domestic coal consumption has been _____ declining for decades.

adv. without being interrupted or paused; repeatedly

ANSWERS: 71. nervous, 72. react, 73. ordeal, 74. internal, 75. interferes, 76. glands, 77. preexisted, 78. continuously

79. He is a specialist in the _____ of aging.

n. the branch of biology that studies genes, genetic variation, and heredity in organisms

80. The _____ of waterfalls in the national park was a breathtaking sight.

n. a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units

81. Overeating can lead to discomfort and slower _____.

n. the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas

82. Our company has an audit team that monitors directors for _____ of authority.

n. the use of something in an incorrect or harmful manner

83. The _____ team worked quickly to save the patient's life.

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

84. She _____ for a moment before leaving the room.

v. to stay in a place or exist longer than expected

85. Human _____ responses vary widely depending on the society to which they belong.

adj. relating to people's feelings

86. I feel so _____ without you.

adj. unable to take care of oneself or to do things without help

ANSWERS: 79. genetics, 80. cascade, 81. digestion, 82. abuse, 83. medical, 84. lingered, 85. emotional, 86. helpless

87. This device is used to _____ brain cancer and other tumors.

- v.* to determine or distinguish the nature of a problem or an illness through a careful analysis

88. This story makes me _____.

- adj.* unable to relax because of being nervous or worried; stretched tight or rigid

89. He has _____ exercising because of a back injury sustained in an accident.

- n.* a condition or state that causes problems

90. The loud music from the party next door _____ into my peaceful evening at home.

- v.* to enter or to be present in a place or situation where one is not wanted or allowed; to interrupt or disturb someone or something

91. He has shown signs of uneasiness and _____ worry.

- adj.* very great or intense; so powerful that you cannot fight or react against it

92. The politician remained _____ despite intense media scrutiny.

- adj.* without any or little sound

93. The phenomenon is _____ at optical wavelengths.

- adj.* impossible or nearly impossible to see

94. The earth's _____ of rotation is tilted 66.5 degrees to the ecliptic plane.

- n.* a real or imaginary straight line through a body or figure around which the object turns; a group of countries in special alliance

ANSWERS: 87. diagnose, 88. tense, 89. difficulty, 90. intruded, 91. overwhelming, 92. silent, 93. invisible, 94. axis

95. The city plans to _____ the roads downtown to fix potholes and cracks.
- v.* to restore or repair the surface of something, particularly a road, pavement, or sports field; to come to the surface or become visible again after a period of obscurity or concealment
96. _____ 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
97. The brain is an incredibly complex organ that controls the body's _____.
- n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
98. She is still _____ from a shot to her shoulder.
- v.* to return to a former condition, health, mind, or strength
99. It is a basic instinct to _____ from a dangerous situation.
- v.* to leave by running away, especially out of fear or danger
100. 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
101. 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

ANSWERS: 95. resurface, 96. Cortisol, 97. function, 98. recovering, 99. flee, 100. disorder, 101. mechanisms

102. These heavy rains caused flash _____ on several islands.

n. a large amount of water flowing beyond its normal limits; an overwhelming number or amount

103. The doctor diagnosed me with a _____ disorder.

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

104. Many civilians have suffered _____ as a result of the war.

n. an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

105. 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

106. The _____ appearance of the building was impressive, but the inside was in dire need of repairs.

adj. relating to the external appearance or surface of something; visible

ANSWERS: 102. floods, 103. hormone, 104. trauma, 105. process, 106. outward