

# Englist.me



## Vocabulary Builder Reference from...

*Travis Rieder: The agony of opioid withdrawal -- and what doctors should tell patients about it | TED Talk*  
[https://www.ted.com/talks/travis\\_rieder\\_the\\_agony\\_of\\_opioid\\_withdrawal\\_and\\_what\\_doctors\\_should\\_tell\\_patients\\_about\\_it](https://www.ted.com/talks/travis_rieder_the_agony_of_opioid_withdrawal_and_what_doctors_should_tell_patients_about_it)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### orthopedic

*adj.* relating to the branch of medicine concerned with the correction or prevention of deformities, disorders, or injuries of the skeletal system and associated muscles, joints, and ligaments

*synonym*: skeletal, musculoskeletal, bone-related

(1) **orthopedic** shoes, (2) **orthopedic** clinic

The athlete visited the **orthopedic** surgeon to have her injured knee examined and treated.

### oxycodone

*n.* a powerful opioid pain medication often prescribed for moderate to severe pain relief, often with a high risk of addiction and abuse

(1) **oxycodone** addiction, (2) **oxycodone** withdrawal

Some patients are prescribed **oxycodone** for pain management after surgery.

### nonchalant

*adj.* relaxed and calm in a way that shows a lack of concern or interest; seemingly indifferent

*synonym*: casual, relaxed, indifferent

(1) **nonchalant** attitude, (2) **nonchalant** behavior

The actor was **nonchalant** about his notoriety and saw it as part of his job.

## opioid

*n.* substances that have an effect similar to opium, such as morphine, used in medicines to treat severe pain, but some people take them illegally for pleasure and become addicted

(1) an **opioid** analgesic, (2) **opioid** receptor

Treatment for **opioid** dependence may be a long-term process.

## 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.

## tapering

*adj.* gradually becoming narrower or thinner at one end;  
(noun) the practice of reducing the intensity and volume of training for a period of time before a race or competition; the reduction of monetary stimulus in an economy by a central bank

*synonym*: narrowing, decreasing, dwindling

(1) **tapering** economy, (2) gradual **tapering** of the dose

The **tapering** end of the pencil allowed for precise drawing.

## regimen

*n.* a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health

*synonym*: routine, program, schedule

(1) fitness **regimen**, (2) **regimen** of chemotherapy

My doctor prescribed a strict **regimen** of exercise and healthy eating to help me lose weight.

## nauseate

*v.* to cause feelings of nausea or sickness; to feel sick or queasy; to cause repugnance or disgust

*synonym*: queasy, sicken, disgust

(1) **nauseate** my stomach, (2) make me **nauseate**

The roller coaster ride was so intense that it **nauseated** some passengers.

## ache

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

*synonym* : hurt, throb, smart

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

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

## mangle

*v.* to damage or alter something by twisting, crushing, or pressing it out of shape

*synonym* : crush, deform, disfigure

(1) **mangle** my foot, (2) **mangled** their favorite toy

The machine **mangled** the sheet of metal beyond repair.

## 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.

## thermostat

*n.* a device that automatically regulates temperature by controlling the heating or cooling system based on the temperature in a room or building

*synonym* : thermoregulator, climate control

(1) **thermostat** settings, (2) smart **thermostat**

The digital **thermostat** has a programmable feature, and it can be controlled through your smartphone.

## haywire

*adj.* out of control or malfunctioning; disordered or chaotic;  
(noun) a type of wire that is used to tie bales of hay, straw, or other crops

*synonym* : chaotic, disordered, crazy

(1) **haywire** behavior, (2) **haywire** machine

The electronics in my car went **haywire** after the battery died.

## profuse

*adj.* abundant or plentiful in quantity or degree; excessive or extravagant; exhibiting a great amount of something

*synonym* : abundant, plentiful, excessive

(1) **profuse** growth, (2) **profuse** apologies

The flu caused a **profuse** amount of sweating and fever.

## goosebump

*n.* a small bump that appears on the skin due to cold, fear, or excitement; a physiological response that causes the skin to contract and produce small bumps

*synonym*: horripilation, gooseflesh, pilomotor reflex

(1) **goosebump** sensation, (2) **goosebump** moment

The cold wind gave her **goosebumps** on her arms and legs.

## 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**.

## twitch

*v.* to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body

*synonym*: spasm, jerk, flinch

(1) **twitch** at his sleeve, (2) **twitch** of an eye

She couldn't stop her leg from **twitching** nervously.

## disturb

*v.* to interrupt someone who is trying to work, sleep, etc.

*synonym*: agitate, bother, intrude

(1) **disturb** the peace, (2) **disturb** his sleep

Tourists frequently **disturb** the island's delicate natural balance.

## misfire

*v.* to fail to ignite or explode as intended

*synonym*: fail, miscarry

(1) **misfire** weapon, (2) **misfire** engine

The engine **misfired** and caused the car to stall.

## writhe

v. to twist and turn the body or a part of it, as from pain or struggle

*synonym* : contort, twist, convulse

(1) **writhe** in agony, (2) **writhe** with pleasure

The snake **writhe**d and twisted as it tried to escape the trap.

## hopeless

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

*synonym* : despairing, helpless, futile

(1) **hopeless** situation, (2) **hopeless** at everything

After months of job searching, he felt **hopeless** and unsure of his future.

## hospitalize

v. to admit someone to a hospital for medical treatment

*synonym* : admit, place in hospital

(1) **hospitalize** patient, (2) **hospitalize** child

She had to be **hospitalized** due to her injuries.

## receptionist

*n.* a person employed at a front desk or in a waiting area of an office, hotel, or other organization, whose job is to greet visitors, answer phones, and perform other general administrative tasks

*synonym* : clerk, secretary

(1) friendly **receptionist**, (2) hotel **receptionist**

Our company is looking to hire a bilingual **receptionist** to serve our diverse clients better.

## furious

*adj.* extremely angry; full of rage

*synonym* : angry, rageful, livid

(1) **furious** anger, (2) a **furious** sea

The coach was **furious** with the players for their lack of effort during the game.

## wean

v. to gradually stop feeding a baby or young animal with its mother's milk and to start or accustom to eating other food

*synonym* : ablactate

(1) **wean** a person from a bad habit, (2) **wean** my baby from the breast

It's difficult to **wean** an addict off drugs once they're hooked.

## agony

*n.* extreme physical or mental pain or suffering, often prolonged or intense

*synonym*: anguish, torment, suffering

(1) severe **agony**, (2) emotional **agony**

The athlete fell to the ground in **agony** after injuring their ankle.

## buckle

*v.* to bend out of shape, as under pressure or from heat;  
(noun) a device used for fastening two loose ends of a belt or strap

*synonym*: bend, crumple, contort

(1) **buckle** down to study, (2) **buckle** shoe

The severe heat wave **buckled** railway tracks.

## insomnia

*n.* the condition of being unable to sleep, usually a chronic one

*synonym*: sleeplessness, wakefulness, restlessness

(1) medication for **insomnia**, (2) alcohol-dependent **insomnia**

He suffered **insomnia** and loss of appetite after he began taking that medication.

## unbearable

*adj.* not able to be tolerated or endured; too difficult, severe, or intense to be dealt with or suffered through; intolerable or insufferable

*synonym*: intolerable, insufferable, unendurable

(1) **unbearable** heat, (2) **unbearable** pain

The loss of his wife was an **unbearable** sorrow that he found hard to overcome.

## feverish

*adj.* having or showing symptoms of a high temperature, such as sweating and shivering; characterized by or showing strong feelings of excitement or energy

*synonym* : heated, hot, agitated

(1) feel **feverish**, (2) at a **feverish** pitch

She had a **feverish** look in her eyes as she struggled with illness.

## horrify

v. to shock or disgust greatly

*synonym* : shock, dismay, terrify

(1) **horrify** audience, (2) **horrify** victims

The series of terrorist attacks **horrify** the entire nation.

## rehabilitate

v. to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment

*synonym* : reform, restore, renovate

(1) **rehabilitate** prisoners, (2) **rehabilitate** wildlife

The organization works to **rehabilitate** drug addicts and help them rebuild their lives.

## methadone

n. a synthetic opioid drug used to treat addiction to other opioid drugs, such as heroin, as well as to manage pain in some cases

*synonym* : methadon, fixer

(1) **methadone** program, (2) **methadone** treatment

The **methadone** clinic provides daily doses of the medication to patients in recovery.

## crippling

adj. causing someone to become unable to walk or move; causing severe damage or harm

*synonym* : harmful, damaging, catastrophic

(1) **crippling** debt, (2) a **crippling** strike

He is still struggling with a **crippling** disease.

## abate

v. to lessen, reduce, or diminish in intensity or severity; to decline or wane in amount or strength over time

*synonym* : decrease, diminish, reduce

(1) **abate** a storm, (2) **abate** a crisis

He tried to **abate** his anger by taking deep breaths and counting to ten.

## medicinal

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

*synonym*: curative, therapeutic, healing

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

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

## purview

*n.* the range or scope of authority, responsibility, or influence of a particular person, group, or organization

*synonym*: scope, range, domain

(1) the **purview** of the committee, (2) beyond the **purview** of the law

The issue falls within the **purview** of the legal department.

## overstressed

*adj.* experiencing a level of stress or anxiety that exceeds one's capacity to cope; feeling overwhelmed or mentally strained

*synonym*: overworked, stressed out, overwhelmed

(1) **overstressed** employee, (2) **overstressed** muscles

I'm feeling **overstressed** and need to take a break to relax.

## overlook

*v.* to fail to notice something; to watch over someone; to provide a view from above

*synonym*: disregard, look down, supervise

(1) **overlook** a street, (2) **overlook** that fact

We cannot **overlook** an opportunity for great success.

## long-lasting

*adj.* existing or continuing for a long time

*synonym*: enduring, abiding, durable

(1) **long-lasting** battery, (2) a **long-lasting** friendship

They finally decided to solve the **long-lasting** problem.

## judicious

*adj.* having or exhibiting sound judgment; wise or prudent in decision-making; characterized by careful consideration or thought



*synonym* : wise, prudent, sensible

(1) **judicious** use of resources, (2) exhibit **judicious** behavior

It's important to make **judicious** decisions when it comes to your finances.

## taper

*v.* to become or cause something to become gradually narrower at one end

*synonym* : decrease, dwindle, diminish

(1) **taper** the medication slowly, (2) **taper** the dose down

Most of the tree trunks **taper** toward the top.

## reckless

*adj.* marked by a lack of care about danger and the likely results of your actions

*synonym* : impetuous, irresponsible, thoughtless

(1) **reckless** driving, (2) in a **reckless** manner

**Reckless** youth makes rueful age.

## indefensible

*adj.* unable to be protected or justified from criticism

*synonym* : untenable, unjustifiable, unsupportable

(1) logically **indefensible**, (2) **indefensible** argument

The argument was **indefensible**, and the judge dismissed it.

## Session 2: Spelling

1. me\_\_\_\_\_ne program  
*n.* a synthetic opioid drug used to treat addiction to other opioid drugs, such as heroin, as well as to manage pain in some cases
2. ma\_\_\_ed their favorite toy  
*v.* to damage or alter something by twisting, crushing, or pressing it out of shape
3. go\_\_\_\_\_mp moment  
*n.* a small bump that appears on the skin due to cold, fear, or excitement; a physiological response that causes the skin to contract and produce small bumps
4. ha\_\_\_\_\_e behavior  
*adj.* out of control or malfunctioning; disordered or chaotic; (noun) a type of wire that is used to tie bales of hay, straw, or other crops
5. di\_\_\_\_\_b the peace  
*v.* to interrupt someone who is trying to work, sleep, etc.
6. in a re\_\_\_\_\_ss manner  
*adj.* marked by a lack of care about danger and the likely results of your actions
7. me\_\_\_\_\_al chemistry  
*adj.* of or relating to the treatment or cure of disease
8. ho\_\_\_\_\_y victims  
*v.* to shock or disgust greatly
9. ind\_\_\_\_\_ble argument  
*adj.* unable to be protected or justified from criticism
10. exhibit ju\_\_\_\_\_us behavior  
*adj.* having or exhibiting sound judgment; wise or prudent in decision-making; characterized by careful consideration or thought

ANSWERS: 1. methadone, 2. mangle, 3. goosebump, 4. haywire, 5. disturb, 6. reckless, 7. medicinal, 8. horrify, 9. indefensible, 10. judicious

11. ox\_\_\_\_\_ne withdrawal *n.* a powerful opioid pain medication often prescribed for moderate to severe pain relief, often with a high risk of addiction and abuse
12. the\_\_\_\_\_at settings *n.* a device that automatically regulates temperature by controlling the heating or cooling system based on the temperature in a room or building
13. an op\_\_\_d analgesic *n.* substances that have an effect similar to opium, such as morphine, used in medicines to treat severe pain, but some people take them illegally for pleasure and become addicted
14. lon\_\_\_\_\_ing battery *adj.* existing or continuing for a long time
15. feel fe\_\_\_\_\_sh *adj.* having or showing symptoms of a high temperature, such as sweating and shivering; characterized by or showing strong feelings of excitement or energy
16. ma\_\_\_e my foot *v.* to damage or alter something by twisting, crushing, or pressing it out of shape
17. a fu\_\_\_\_\_s sea *adj.* extremely angry; full of rage
18. a\_\_\_e all the time *v.* to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain
19. 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

ANSWERS: 11. oxycodone, 12. thermostat, 13. opioid, 14. long-lasting, 15. feverish, 16. mangle, 17. furious, 18. ache, 19. jitter

20. re\_\_\_\_\_ss driving *adj.* marked by a lack of care about danger and the likely results of your actions
21. a lon\_\_\_\_\_ing friendship *adj.* existing or continuing for a long time
22. gradual ta\_\_\_\_\_ng of the dose *adj.* gradually becoming narrower or thinner at one end; (noun) the practice of reducing the intensity and volume of training for a period of time before a race or competition; the reduction of monetary stimulus in an economy by a central bank
23. ju\_\_\_\_\_us use of resources *adj.* having or exhibiting sound judgment; wise or prudent in decision-making; characterized by careful consideration or thought
24. bu\_\_\_\_\_e shoe *v.* to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap
25. ta\_\_r the medication slowly *v.* to become or cause something to become gradually narrower at one end
26. friendly rec\_\_\_\_\_ist *n.* a person employed at a front desk or in a waiting area of an office, hotel, or other organization, whose job is to greet visitors, answer phones, and perform other general administrative tasks
27. es\_\_\_\_\_te into a major international incident *v.* to increase in intensity, size, or severity; to make something greater, worse, or more serious
28. ta\_\_r the dose down *v.* to become or cause something to become gradually narrower at one end

ANSWERS: 20. reckless, 21. long-lasting, 22. tapering, 23. judicious, 24. buckle, 25. taper, 26. receptionist, 27. escalate, 28. taper

29. unb\_\_\_\_\_le heat *adj.* not able to be tolerated or endured; too difficult, severe, or intense to be dealt with or suffered through; intolerable or insufferable
30. logically ind\_\_\_\_\_ble *adj.* unable to be protected or justified from criticism
31. wr\_\_\_e in agony *v.* to twist and turn the body or a part of it, as from pain or struggle
32. medication for in\_\_\_\_\_ia *n.* the condition of being unable to sleep, usually a chronic one
33. ox\_\_\_\_\_ne addiction *n.* a powerful opioid pain medication often prescribed for moderate to severe pain relief, often with a high risk of addiction and abuse
34. ov\_\_\_\_\_ok a street *v.* to fail to notice something; to watch over someone; to provide a view from above
35. me\_\_\_\_\_ne treatment *n.* a synthetic opioid drug used to treat addiction to other opioid drugs, such as heroin, as well as to manage pain in some cases
36. at a fe\_\_\_\_\_sh pitch *adj.* having or showing symptoms of a high temperature, such as sweating and shivering; characterized by or showing strong feelings of excitement or energy
37. fitness re\_\_\_\_\_n *n.* a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health
38. severe ag\_\_y *n.* extreme physical or mental pain or suffering, often prolonged or intense

ANSWERS: 29. unbearable, 30. indefensible, 31. writhe, 32. insomnia, 33. oxycodone, 34. overlook, 35. methadone, 36. feverish, 37. regimen, 38. agony

39. ort\_\_\_\_\_ic clinic *adj.* relating to the branch of medicine concerned with the correction or prevention of deformities, disorders, or injuries of the skeletal system and associated muscles, joints, and ligaments
40. tw\_\_\_\_h at his sleeve *v.* to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body
41. make me na\_\_\_\_\_te *v.* to cause feelings of nausea or sickness; to feel sick or queasy; to cause repugnance or disgust
42. wr\_\_\_\_e with pleasure *v.* to twist and turn the body or a part of it, as from pain or struggle
43. ove\_\_\_\_\_sed muscles *adj.* experiencing a level of stress or anxiety that exceeds one's capacity to cope; feeling overwhelmed or mentally strained
44. ho\_\_\_\_\_ss situation *adj.* having no hope; despairing; having no chance of success
45. re\_\_\_\_\_n of chemotherapy *n.* a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health
46. op\_\_\_\_d receptor *n.* substances that have an effect similar to opium, such as morphine, used in medicines to treat severe pain, but some people take them illegally for pleasure and become addicted
47. emotional ag\_\_y *n.* extreme physical or mental pain or suffering, often prolonged or intense

ANSWERS: 39. orthopedic, 40. twitch, 41. nauseate, 42. writhe, 43. overstressed, 44. hopeless, 45. regimen, 46. opioid, 47. agony

48. unb\_\_\_\_\_le pain *adj.* not able to be tolerated or endured; too difficult, severe, or intense to be dealt with or suffered through; intolerable or insufferable
49. mi\_\_\_\_\_e weapon *v.* to fail to ignite or explode as intended
50. ov\_\_\_\_\_ok that fact *v.* to fail to notice something; to watch over someone; to provide a view from above
51. smart the\_\_\_\_\_at *n.* a device that automatically regulates temperature by controlling the heating or cooling system based on the temperature in a room or building
52. hos\_\_\_\_\_ze child *v.* to admit someone to a hospital for medical treatment
53. a cr\_\_\_\_\_ng strike *adj.* causing someone to become unable to walk or move; causing severe damage or harm
54. mi\_\_\_\_\_e engine *v.* to fail to ignite or explode as intended
55. na\_\_\_\_\_te my stomach *v.* to cause feelings of nausea or sickness; to feel sick or queasy; to cause repugnance or disgust
56. the pu\_\_\_\_\_w of the committee *n.* the range or scope of authority, responsibility, or influence of a particular person, group, or organization
57. go\_\_\_\_\_mp sensation *n.* a small bump that appears on the skin due to cold, fear, or excitement; a physiological response that causes the skin to contract and produce small bumps

ANSWERS: 48. unbearable, 49. misfire, 50. overlook, 51. thermostat, 52. hospitalize, 53. crippling, 54. misfire, 55. nauseate, 56. purview, 57. goosebump

58. alcohol-dependent in\_\_\_\_\_ia *n.* the condition of being unable to sleep, usually a chronic one
59. reh\_\_\_\_\_ate prisoners *v.* to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment
60. ab\_\_e a crisis *v.* to lessen, reduce, or diminish in intensity or severity; to decline or wane in amount or strength over time
61. ha\_\_\_\_\_e machine *adj.* out of control or malfunctioning; disordered or chaotic; (noun) a type of wire that is used to tie bales of hay, straw, or other crops
62. non\_\_\_\_\_nt attitude *adj.* relaxed and calm in a way that shows a lack of concern or interest; seemingly indifferent
63. ho\_\_\_\_\_y audience *v.* to shock or disgust greatly
64. non\_\_\_\_\_nt behavior *adj.* relaxed and calm in a way that shows a lack of concern or interest; seemingly indifferent
65. hotel rec\_\_\_\_\_ist *n.* a person employed at a front desk or in a waiting area of an office, hotel, or other organization, whose job is to greet visitors, answer phones, and perform other general administrative tasks
66. a re\_\_\_\_\_ss person *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
67. traditional me\_\_\_\_\_al *adj.* of or relating to the treatment or cure of disease

ANSWERS: 58. insomnia, 59. rehabilitate, 60. abate, 61. haywire, 62. nonchalant, 63. horrify, 64. nonchalant, 65. receptionist, 66. restless, 67. medicinal



68. ort\_\_\_\_\_ic shoes *adj.* relating to the branch of medicine concerned with the correction or prevention of deformities, disorders, or injuries of the skeletal system and associated muscles, joints, and ligaments
69. cr\_\_\_\_\_ng debt *adj.* causing someone to become unable to walk or move; causing severe damage or harm
70. w\_\_n my baby from the breast *v.* to gradually stop feeding a baby or young animal with its mother's milk and to start or accustom to eating other food
71. reh\_\_\_\_\_ate wildlife *v.* to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment
72. a\_\_e abominably *v.* to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain
73. w\_\_n a person from a bad habit *v.* to gradually stop feeding a baby or young animal with its mother's milk and to start or accustom to eating other food
74. fu\_\_\_\_\_s anger *adj.* extremely angry; full of rage
75. 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
76. re\_\_\_\_\_ss waves *adj.* unwilling or unable to stay still or relax because you are worried and uneasy

ANSWERS: 68. orthopedic, 69. crippling, 70. wean, 71. rehabilitate, 72. ache, 73. wean, 74. furious, 75. jitter, 76. restless

77. bu\_\_\_e down to study      *v.* to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap
78. di\_\_\_\_b his sleep      *v.* to interrupt someone who is trying to work, sleep, etc.
79. tw\_\_\_h of an eye      *v.* to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body
80. ove\_\_\_\_\_sed employee      *adj.* experiencing a level of stress or anxiety that exceeds one's capacity to cope; feeling overwhelmed or mentally strained
81. ho\_\_\_\_ss at everything      *adj.* having no hope; despairing; having no chance of success
82. to es\_\_\_\_te      *v.* to increase in intensity, size, or severity; to make something greater, worse, or more serious
83. ab\_\_e a storm      *v.* to lessen, reduce, or diminish in intensity or severity; to decline or wane in amount or strength over time
84. ta\_\_\_\_ng economy      *adj.* gradually becoming narrower or thinner at one end; (noun) the practice of reducing the intensity and volume of training for a period of time before a race or competition; the reduction of monetary stimulus in an economy by a central bank
85. beyond the pu\_\_\_\_w of the law      *n.* the range or scope of authority, responsibility, or influence of a particular person, group, or organization

ANSWERS: 77. buckle, 78. disturb, 79. twitch, 80. overstressed, 81. hopeless, 82. escalate, 83. abate, 84. tapering, 85. purview

86. hos\_\_\_\_\_ze patient

*v.* to admit someone to a hospital for medical treatment

87. pr\_\_\_\_\_e growth

*adj.* abundant or plentiful in quantity or degree; excessive or extravagant; exhibiting a great amount of something

88. pr\_\_\_\_\_e apologies

*adj.* abundant or plentiful in quantity or degree; excessive or extravagant; exhibiting a great amount of something

ANSWERS: 86. hospitalize, 87. profuse, 88. profuse

## Session 3: Fill in the Blanks

1. \_\_\_\_\_ youth makes rueful age.  
*adj.* marked by a lack of care about danger and the likely results of your actions
2. The severe heat wave \_\_\_\_\_ railway tracks.  
*v.* to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap
3. After months of job searching, he felt \_\_\_\_\_ and unsure of his future.  
*adj.* having no hope; despairing; having no chance of success
4. The digital \_\_\_\_\_ has a programmable feature, and it can be controlled through your smartphone.  
*n.* a device that automatically regulates temperature by controlling the heating or cooling system based on the temperature in a room or building
5. Most of the tree trunks \_\_\_\_\_ toward the top.  
*v.* to become or cause something to become gradually narrower at one end
6. Tourists frequently \_\_\_\_\_ the island's delicate natural balance.  
*v.* to interrupt someone who is trying to work, sleep, etc.
7. He felt \_\_\_\_\_ and constantly changed his postures.  
*adj.* unwilling or unable to stay still or relax because you are worried and uneasy
8. Treatment for \_\_\_\_\_ dependence may be a long-term process.  
*n.* substances that have an effect similar to opium, such as morphine, used in medicines to treat severe pain, but some people take them illegally for pleasure and become addicted

ANSWERS: 1. Reckless, 2. buckled, 3. hopeless, 4. thermostat, 5. taper, 6. disturb, 7. restless, 8. opioid

9. She had a \_\_\_\_\_ look in her eyes as she struggled with illness.  
*adj.* having or showing symptoms of a high temperature, such as sweating and shivering; characterized by or showing strong feelings of excitement or energy
10. They finally decided to solve the \_\_\_\_\_ problem.  
*adj.* existing or continuing for a long time
11. Some patients are prescribed \_\_\_\_\_ for pain management after surgery.  
*n.* a powerful opioid pain medication often prescribed for moderate to severe pain relief, often with a high risk of addiction and abuse
12. She had to be \_\_\_\_\_ due to her injuries.  
*v.* to admit someone to a hospital for medical treatment
13. He suffered \_\_\_\_\_ and loss of appetite after he began taking that medication.  
*n.* the condition of being unable to sleep, usually a chronic one
14. It's important to make \_\_\_\_\_ decisions when it comes to your finances.  
*adj.* having or exhibiting sound judgment; wise or prudent in decision-making; characterized by careful consideration or thought
15. I \_\_\_\_\_ all over after running a marathon yesterday.  
*v.* to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain
16. The machine \_\_\_\_\_ the sheet of metal beyond repair.  
*v.* to damage or alter something by twisting, crushing, or pressing it out of shape

ANSWERS: 9. feverish, 10. long-lasting, 11. oxycodone, 12. hospitalized, 13. insomnia, 14. judicious, 15. ache, 16. mangled

17. I'm feeling \_\_\_\_\_ and need to take a break to relax.

*adj.* experiencing a level of stress or anxiety that exceeds one's capacity to cope; feeling overwhelmed or mentally strained

18. 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

19. It's difficult to \_\_\_\_\_ an addict off drugs once they're hooked.

*v.* to gradually stop feeding a baby or young animal with its mother's milk and to start or accustom to eating other food

20. The organization works to \_\_\_\_\_ drug addicts and help them rebuild their lives.

*v.* to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment

21. The situation quickly \_\_\_\_\_ and turned violent.

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

22. The \_\_\_\_\_ properties of this herb have been known to help with various ailments.

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

23. My doctor prescribed a strict \_\_\_\_\_ of exercise and healthy eating to help me lose weight.

*n.* a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health

ANSWERS: 17. overstressed, 18. jitter, 19. wean, 20. rehabilitate, 21. escalated, 22. medicinal, 23. regimen

24. The athlete visited the \_\_\_\_\_ surgeon to have her injured knee examined and treated.

*adj.* relating to the branch of medicine concerned with the correction or prevention of deformities, disorders, or injuries of the skeletal system and associated muscles, joints, and ligaments

25. The snake \_\_\_\_\_ and twisted as it tried to escape the trap.

*v.* to twist and turn the body or a part of it, as from pain or struggle

26. We cannot \_\_\_\_\_ an opportunity for great success.

*v.* to fail to notice something; to watch over someone; to provide a view from above

27. He is still struggling with a \_\_\_\_\_ disease.

*adj.* causing someone to become unable to walk or move; causing severe damage or harm

28. The loss of his wife was an \_\_\_\_\_ sorrow that he found hard to overcome.

*adj.* not able to be tolerated or endured; too difficult, severe, or intense to be dealt with or suffered through; intolerable or insufferable

29. The flu caused a \_\_\_\_\_ amount of sweating and fever.

*adj.* abundant or plentiful in quantity or degree; excessive or extravagant; exhibiting a great amount of something

30. The electronics in my car went \_\_\_\_\_ after the battery died.

*adj.* out of control or malfunctioning; disordered or chaotic; (noun) a type of wire that is used to tie bales of hay, straw, or other crops

31. Our company is looking to hire a bilingual \_\_\_\_\_ to serve our diverse clients better.

*n.* a person employed at a front desk or in a waiting area of an office, hotel, or other organization, whose job is to greet visitors, answer phones, and perform other general administrative tasks

ANSWERS: 24. orthopedic, 25. writhed, 26. overlook, 27. crippling, 28. unbearable,

29. profuse, 30. haywire, 31. receptionist



32. The engine \_\_\_\_\_ and caused the car to stall.  
*v.* to fail to ignite or explode as intended
33. The series of terrorist attacks \_\_\_\_\_ the entire nation.  
*v.* to shock or disgust greatly
34. The coach was \_\_\_\_\_ with the players for their lack of effort during the game.  
*adj.* extremely angry; full of rage
35. The issue falls within the \_\_\_\_\_ of the legal department.  
*n.* the range or scope of authority, responsibility, or influence of a particular person, group, or organization
36. The \_\_\_\_\_ clinic provides daily doses of the medication to patients in recovery.  
*n.* a synthetic opioid drug used to treat addiction to other opioid drugs, such as heroin, as well as to manage pain in some cases
37. He tried to \_\_\_\_\_ his anger by taking deep breaths and counting to ten.  
*v.* to lessen, reduce, or diminish in intensity or severity; to decline or wane in amount or strength over time
38. The athlete fell to the ground in \_\_\_\_\_ after injuring their ankle.  
*n.* extreme physical or mental pain or suffering, often prolonged or intense
39. The roller coaster ride was so intense that it \_\_\_\_\_ some passengers.  
*v.* to cause feelings of nausea or sickness; to feel sick or queasy; to cause repugnance or disgust

ANSWERS: 32. misfired, 33. horrify, 34. furious, 35. purview, 36. methadone, 37. abate, 38. agony, 39. nauseated

40. She couldn't stop her leg from \_\_\_\_\_ nervously.

*v.* to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body

41. The actor was \_\_\_\_\_ about his notoriety and saw it as part of his job.

*adj.* relaxed and calm in a way that shows a lack of concern or interest; seemingly indifferent

42. The argument was \_\_\_\_\_ and the judge dismissed it.

*adj.* unable to be protected or justified from criticism

43. The cold wind gave her \_\_\_\_\_ on her arms and legs.

*n.* a small bump that appears on the skin due to cold, fear, or excitement; a physiological response that causes the skin to contract and produce small bumps

44. The \_\_\_\_\_ end of the pencil allowed for precise drawing.

*adj.* gradually becoming narrower or thinner at one end; (noun) the practice of reducing the intensity and volume of training for a period of time before a race or competition; the reduction of monetary stimulus in an economy by a central bank

ANSWERS: 40. twitching, 41. nonchalant, 42. indefensible, 43. goosebumps, 44. tapering