

# Englist.me



## Vocabulary Builder Reference from...

*Ryan Martin: Why some anger can be good for you | TED Talk*

[https://www.ted.com/talks/ryan\\_martin\\_why\\_some\\_anger\\_can\\_be\\_good\\_for\\_you](https://www.ted.com/talks/ryan_martin_why_some_anger_can_be_good_for_you)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### yell

v. to shout in a sudden and loud way

*synonym*: shout, scream, cry

(1) **yell** for help, (2) **yell** as loud as we can

When I asked my father for more money, he became furious and **yelled** at me.

### rattle

v. to make or cause to make short, successive, sharp, and loud sounds

*synonym*: jolt, shake, babble

(1) **rattle** along a road, (2) **rattle** and bang at the door

The vast earthquake caused the house to **rattle**.

### attest

v. to provide evidence or proof of something; to confirm or certify the authenticity of something; to bear witness to the truth of something

*synonym*: verify, confirm, certify

(1) **attest** to the truth, (2) **attest** to the facts

I can **attest** to his honesty and integrity, as I have known him for many years.

### marred

*adj.* damaged, disfigured, or spoiled; impaired or diminished in value or quality

*synonym*: blemished, damaged, flawed

(1) **marred** reputation, (2) **marred** relationship

Even though the building was now in ruins, there was an undeniable charm about its **marred** beauty.

## provoke

v. to stimulate or give rise to a particular reaction or have a particular effect

*synonym*: stimulate, incite, encourage

(1) **provoke** a disease, (2) **provoke** a reaction

Her behavior **provoked** a quarrel between the couple.

## provocation

n. action or speech that intentionally causes someone to become angry, irritated, or frustrated; a reason or motive for something, often negative or undesired

*synonym*: agitation, incitement, stimulus

(1) **provocation** tactics, (2) verbal **provocation**

The politician's speech was seen as a **provocation** to the opposition party.

## irritate

v. to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore

*synonym*: annoy, vex, bother

(1) **irritate** skin, (2) **irritate** my partner

The sound of his chewing loudly **irritates** me during dinner.

## chew

v. to crush or grind something, especially food, with the teeth and then swallow it

*synonym*: masticate, crush, grind

(1) **chew** each word, (2) **chew** a stick of gum

My dog loves to **chew** on bones.

## roundabout

n. a circuitous or indirect route or path; a traffic circle or rotary used to regulate the flow of traffic

*synonym*: detour, circuitous route, indirect path

(1) **roundabout** junction, (2) traffic **roundabout**

Because of the road closure, we had to take a **roundabout** route to reach the destination.

## bully

*n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful

*synonym* : tormentor, intimidator, aggressor

(1) **bully** bystander, (2) **bully** the weak

The schoolyard **bully** terrorized the other children and made their lives miserable.

## tease

*v.* to make fun of someone or make jokes about them, either in a playful way or to upset them; to separate the fibers of something; to ruffle a person's or animal's hair by combing

*synonym* : bully, annoy, provoke

(1) **tease** the children, (2) **tease** wool

This ad is intended to **tease** a competing product.

## powerless

*adj.* lacking power, strength, or authority; unable to act or affect change

*synonym* : helpless, impotent, feeble

(1) **powerless** position, (2) **powerless** in the organization

During the hurricane, we felt **powerless** against the winds and rain.

## pun

*n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay

*synonym* : joke, quip, wordplay

(1) witty **pun**, (2) silly **pun**

The comedian's **pun** had the audience laughing out loud.

## viol

*n.* a stringed instrument, typically with six strings and frets, played with a bow, also called a viola da gamba

*synonym* : viola, viola da gamba, string instrument

(1) **viol** instrument, (2) **viol** music

The **viol** player was rehearsing for an upcoming concert.

## wrath

*n.* extreme anger

*synonym* : fury, irritation, anger

(1) **wrath** of God, (2) a high person's **wrath**

He finally exploded with **wrath** due to the team's repeated failures.

## destitute

*adj.* lacking basic material necessities such as food, shelter, and clothing; impoverished

*synonym* : poor, impoverished, needy

(1) **destitute** refugees, (2) living in **destitute** conditions

The hurricane left many families **destitute** and without homes.

## catastrophe

*n.* a sudden event that causes extreme ruin and misfortune

*synonym* : disaster, calamity, cataclysm

(1) **catastrophe** risk management, (2) avoid climate **catastrophe**

The lack of funds has resulted in a **catastrophe** for our university system.

## causation

*n.* the action or relationship between an event or action and its effect or consequence; the explanation for why something happens

*synonym* : cause, reason, origin

(1) **causation** analysis, (2) direct **causation**

The **causation** of the disease is still under investigation by medical researchers.

## inanimate

*adj.* not having life or spirit; not animate

*synonym* : lifeless, inert, passive

(1) **inanimate** nature, (2) **inanimate** matter

The **inanimate** object was not capable of movement or feeling.

## generalize

*v.* to make something, such as a theory, idea, etc., more widespread or widely applicable based on what is true in

some cases

*synonym* : conclude, derive, extrapolate

(1) **generalize** Kepler's first law, (2) **generalize** sophisticatedly

It's dangerous to **generalize** about people.

## **inflame**

*v.* to cause very strong feelings such as anger or excitement in a person or a group of people

*synonym* : agitate, arouse, enrage

(1) **inflame** skin, (2) **inflame** his passion

Her eyes **inflamed** with crying.

## **irrational**

*adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers

*synonym* : illogical, ludicrous, senseless

(1) an **irrational** request, (2) **irrational** numbers

They continued to endure **irrational** treatment by the dictatorship.

## **ancestor**

*n.* a person from whom one is descended; a forefather

*synonym* : forebear, forefather, progenitor

(1) **ancestor** language, (2) earliest human **ancestor**

My remote **ancestor** immigrated to the United States from Ireland in the 1800s.

## **energize**

*v.* to give energy or vitality to someone or something; to invigorate

*synonym* : invigorate, animate, electrify

(1) **energize** the body, (2) **energize** a team

The motivational speaker **energized** the crowd with their words.

## **digestive**

*adj.* relating to or capable of causing or promoting digestion of food

(1) **digestive** juices, (2) a **digestive** enzyme

A nutritious diet improves **digestive** functions.

## conserve

*v.* to protect something, especially the natural environment or culture, from change, damage, or destruction

*synonym*: preserve, save, maintain

(1) means to **conserve** energy, (2) **conserve** coal resources

Children must be taught to **conserve** our natural environment.

## dilate

*v.* to make something wider, larger, or more open

*synonym*: widen, open, enlarge

(1) **dilate** the bronchial tubes, (2) **dilate** blood vessel

The pupils of the eyes **dilate** in low light.

## extremity

*n.* the farthest or most remote point or the greatest or the highest degree

*synonym*: end, tip, limit

(1) **extremity** injury, (2) **extremity** amputation

He broke his arm at the **extremity** of the bone.

## unforgiving

*adj.* not willing to forgive or show mercy; not able to be repaired or restored

*synonym*: relentless, uncompromising, merciless

(1) **unforgiving** blow, (2) **unforgiving** terrain

The **unforgiving** sun scorched the desert, making it uninhabitable.

## lash

*v.* to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap

*synonym*: whip, beat, strike

(1) **lash** the oxen, (2) **lash** a rope

The mother **lashed** out at her child for misbehaving in public.

## thirst

*n.* a feeling of needing something to drink; a strong desire for something

*synonym* : craving, desire, appetite

(1) a burning **thirst**, (2) **thirst** for authority

He read books to quench his **thirst** for knowledge.

## **motto**

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

*synonym* : slogan, catchphrase, phrase

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

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

## **hostility**

*n.* aggressive or unfriendly feelings or behavior

*synonym* : antagonism, antipathy, estrangement

(1) an act of **hostility**, (2) bitter **hostility**

Her unconcealed **hostility** made us unpleasant.

## **atrocities**

*n.* brutal act; an extremely wicked or cruel act

*synonym* : evil, horror, iniquity

(1) commit **atrocities**, (2) cold-blooded **atrocities**

The **atrocities** of the war left many children orphaned.

## Session 2: Spelling

1. ir\_\_\_\_te skin *v.* to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore
2. pr\_\_\_\_e a disease *v.* to stimulate or give rise to a particular reaction or have a particular effect
3. the mo\_\_o for safe traffic *n.* a phrase or slogan that expresses a guiding principle or goal
4. ma\_\_\_\_d relationship *adj.* damaged, disfigured, or spoiled; impaired or diminished in value or quality
5. co\_\_\_\_ve coal resources *v.* to protect something, especially the natural environment or culture, from change, damage, or destruction
6. company mo\_\_o *n.* a phrase or slogan that expresses a guiding principle or goal
7. direct ca\_\_\_\_\_on *n.* the action or relationship between an event or action and its effect or consequence; the explanation for why something happens
8. di\_\_\_e the bronchial tubes *v.* to make something wider, larger, or more open
9. c\_\_w each word *v.* to crush or grind something, especially food, with the teeth and then swallow it
10. ma\_\_\_\_d reputation *adj.* damaged, disfigured, or spoiled; impaired or diminished in value or quality

ANSWERS: 1. irritate, 2. provoke, 3. motto, 4. marred, 5. conserve, 6. motto, 7. causation, 8. dilate, 9. chew, 10. marred



- |                                 |   |
|---------------------------------|---|
| 11. a di_____ve enzyme          | <i>adj.</i> relating to or capable of causing or promoting digestion of food  |
| 12. silly p_n                   | <i>n.</i> a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay                           |
| 13. cat_____he risk management  | <i>n.</i> a sudden event that causes extreme ruin and misfortune  |
| 14. l__h a rope                 | <i>v.</i> to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap |
| 15. avoid climate cat_____he    | <i>n.</i> a sudden event that causes extreme ruin and misfortune  |
| 16. c__w a stick of gum         | <i>v.</i> to crush or grind something, especially food, with the teeth and then swallow it  |
| 17. unf_____ng blow             | <i>adj.</i> not willing to forgive or show mercy; not able to be repaired or restored   |
| 18. ra___e and bang at the door | <i>v.</i> to make or cause to make short, successive, sharp, and loud sounds  |
| 19. v__l music                  | <i>n.</i> a stringed instrument, typically with six strings and frets, played with a bow, also called a viola da gamba  |
| 20. ir_____te my partner        | <i>v.</i> to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore   |
| 21. rou_____ut junction         | <i>n.</i> a circuitous or indirect route or path; a traffic circle or rotary used to regulate the flow of traffic   |

ANSWERS: 11. digestive, 12. pun, 13. catastrophe, 14. lash, 15. catastrophe, 16. chew, 17. unforgiving, 18. rattle, 19. viol, 20. irritate, 21. roundabout

22. th\_\_t for authority *n.* a feeling of needing something to drink; a strong desire for something
23. l\_\_h the oxen *v.* to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap
24. in\_\_\_\_\_te matter *adj.* not having life or spirit; not animate
25. an act of ho\_\_\_\_\_ty *n.* aggressive or unfriendly feelings or behavior
26. bu\_\_y the weak *n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
27. po\_\_\_\_\_ss in the organization *adj.* lacking power, strength, or authority; unable to act or affect change
28. ex\_\_\_\_\_ty injury *n.* the farthest or most remote point or the greatest or the highest degree
29. cold-blooded at\_\_\_\_\_ty *n.* brutal act; an extremely wicked or cruel act
30. pro\_\_\_\_\_on tactics *n.* action or speech that intentionally causes someone to become angry, irritated, or frustrated; a reason or motive for something, often negative or undesired
31. earliest human an\_\_\_\_\_or *n.* a person from whom one is descended; a forefather
32. witty p\_n *n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay

ANSWERS: 22. thirst, 23. lash, 24. inanimate, 25. hostility, 26. bully, 27. powerless, 28. extremity, 29. atrocity, 30. provocation, 31. ancestor, 32. pun

33. an irr\_\_\_\_\_al request      *adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers
34. verbal pro\_\_\_\_\_on      *n.* action or speech that intentionally causes someone to become angry, irritated, or frustrated; a reason or motive for something, often negative or undesired
35. living in de\_\_\_\_\_te conditions      *adj.* lacking basic material necessities such as food, shelter, and clothing; impoverished
36. te\_\_e wool      *v.* to make fun of someone or make jokes about them, either in a playful way or to upset them; to separate the fibers of something; to ruffle a person's or animal's hair by combing
37. in\_\_\_\_\_e skin      *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
38. di\_\_\_\_\_ve juices      *adj.* relating to or capable of causing or promoting digestion of food
39. de\_\_\_\_\_te refugees      *adj.* lacking basic material necessities such as food, shelter, and clothing; impoverished
40. di\_\_\_e blood vessel      *v.* to make something wider, larger, or more open
41. wr\_\_h of God      *n.* extreme anger
42. y\_\_l for help      *v.* to shout in a sudden and loud way

ANSWERS: 33. irrational, 34. provocation, 35. destitute, 36. tease, 37. inflame, 38. digestive, 39. destitute, 40. dilate, 41. wrath, 42. yell

43. ca\_\_\_\_\_on analysis *n.* the action or relationship between an event or action and its effect or consequence; the explanation for why something happens
44. gen\_\_\_\_\_ze sophisticatedly *v.* to make something, such as a theory, idea, etc., more widespread or widely applicable based on what is true in some cases
45. po\_\_\_\_\_ss position *adj.* lacking power, strength, or authority; unable to act or affect change
46. a burning th\_\_\_\_t *n.* a feeling of needing something to drink; a strong desire for something
47. means to co\_\_\_\_\_ve energy *v.* to protect something, especially the natural environment or culture, from change, damage, or destruction
48. a high person's wr\_\_h *n.* extreme anger
49. ex\_\_\_\_\_ty amputation *n.* the farthest or most remote point or the greatest or the highest degree
50. traffic rou\_\_\_\_\_ut *n.* a circuitous or indirect route or path; a traffic circle or rotary used to regulate the flow of traffic
51. te\_\_e the children *v.* to make fun of someone or make jokes about them, either in a playful way or to upset them; to separate the fibers of something; to ruffle a person's or animal's hair by combing
52. in\_\_\_\_\_e his passion *v.* to cause very strong feelings such as anger or excitement in a person or a group of people

ANSWERS: 43. causation, 44. generalize, 45. powerless, 46. thirst, 47. conserve, 48. wrath, 49. extremity, 50. roundabout, 51. tease, 52. inflame

53. at\_\_\_t to the facts *v.* to provide evidence or proof of something; to confirm or certify the authenticity of something; to bear witness to the truth of something
54. in\_\_\_\_\_te nature *adj.* not having life or spirit; not animate
55. en\_\_\_\_\_ze a team *v.* to give energy or vitality to someone or something; to invigorate
56. v\_\_l instrument *n.* a stringed instrument, typically with six strings and frets, played with a bow, also called a viola da gamba
57. irr\_\_\_\_\_al numbers *adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers
58. an\_\_\_\_\_or language *n.* a person from whom one is descended; a forefather
59. en\_\_\_\_\_ze the body *v.* to give energy or vitality to someone or something; to invigorate
60. gen\_\_\_\_\_ze Kepler's first law *v.* to make something, such as a theory, idea, etc., more widespread or widely applicable based on what is true in some cases
61. at\_\_\_t to the truth *v.* to provide evidence or proof of something; to confirm or certify the authenticity of something; to bear witness to the truth of something
62. y\_\_l as loud as we can *v.* to shout in a sudden and loud way
63. unf\_\_\_\_\_ng terrain *adj.* not willing to forgive or show mercy; not able to be repaired or restored

ANSWERS: 53. attest, 54. inanimate, 55. energize, 56. viol, 57. irrational, 58. ancestor, 59. energize, 60. generalize, 61. attest, 62. yell, 63. unforgiving

64. commit at\_\_\_\_ty                    *n.*    brutal act; an extremely wicked or cruel act
65. ra\_\_\_e along a road                *v.*    to make or cause to make short, successive, sharp, and loud sounds
66. bitter ho\_\_\_\_\_ty                *n.*    aggressive or unfriendly feelings or behavior
67. pr\_\_\_\_\_e a reaction            *v.*    to stimulate or give rise to a particular reaction or have a particular effect
68. bu\_\_y bystander                    *n.*    a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful

ANSWERS: 64. atrocity, 65. rattle, 66. hostility, 67. provoke, 68. bully

## Session 3: Fill in the Blanks

1. The \_\_\_\_\_ sun scorched the desert, making it uninhabitable.  
*adj.* not willing to forgive or show mercy; not able to be repaired or restored
2. He finally exploded with \_\_\_\_\_ due to the team's repeated failures.  
*n.* extreme anger
3. The motivational speaker \_\_\_\_\_ the crowd with their words.  
*v.* to give energy or vitality to someone or something; to invigorate
4. Even though the building was now in ruins, there was an undeniable charm about its \_\_\_\_\_ beauty.  
*adj.* damaged, disfigured, or spoiled; impaired or diminished in value or quality
5. The sound of his chewing loudly \_\_\_\_\_ me during dinner.  
*v.* to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore
6. A nutritious diet improves \_\_\_\_\_ functions.  
*adj.* relating to or capable of causing or promoting digestion of food
7. My remote \_\_\_\_\_ immigrated to the United States from Ireland in the 1800s.  
*n.* a person from whom one is descended; a forefather
8. Because of the road closure, we had to take a \_\_\_\_\_ route to reach the destination.  
*n.* a circuitous or indirect route or path; a traffic circle or rotary used to regulate the flow of traffic

ANSWERS: 1. unforgiving, 2. wrath, 3. energized, 4. marred, 5. irritates, 6. digestive, 7. ancestor, 8. roundabout

9. The company's \_\_\_\_\_ is "Innovation and Service," which is reflected in its products and customer support.
- n.* a phrase or slogan that expresses a guiding principle or goal
10. Her unconcealed \_\_\_\_\_ made us unpleasant.
- n.* aggressive or unfriendly feelings or behavior
11. This ad is intended to \_\_\_\_\_ a competing product.
- v.* to make fun of someone or make jokes about them, either in a playful way or to upset them; to separate the fibers of something; to ruffle a person's or animal's hair by combing
12. The schoolyard \_\_\_\_\_ terrorized the other children and made their lives miserable.
- n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
13. The \_\_\_\_\_ of the war left many children orphaned.
- n.* brutal act; an extremely wicked or cruel act
14. The mother \_\_\_\_\_ out at her child for misbehaving in public.
- v.* to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap
15. When I asked my father for more money, he became furious and \_\_\_\_\_ at me.
- v.* to shout in a sudden and loud way
16. The \_\_\_\_\_ of the disease is still under investigation by medical researchers.
- n.* the action or relationship between an event or action and its effect or consequence; the explanation for why something happens

ANSWERS: 9. motto, 10. hostility, 11. tease, 12. bully, 13. atrocity, 14. lashed, 15. yelled, 16. causation



17. Her eyes \_\_\_\_\_ with crying.

- v.* to cause very strong feelings such as anger or excitement in a person or a group of people

18. Children must be taught to \_\_\_\_\_ our natural environment.

- v.* to protect something, especially the natural environment or culture, from change, damage, or destruction

19. The \_\_\_\_\_ player was rehearsing for an upcoming concert.

- n.* a stringed instrument, typically with six strings and frets, played with a bow, also called a viola da gamba

20. The pupils of the eyes \_\_\_\_\_ in low light.

- v.* to make something wider, larger, or more open

21. The hurricane left many families \_\_\_\_\_ and without homes.

- adj.* lacking basic material necessities such as food, shelter, and clothing; impoverished

22. He broke his arm at the \_\_\_\_\_ of the bone.

- n.* the farthest or most remote point or the greatest or the highest degree

23. The vast earthquake caused the house to \_\_\_\_\_.

- v.* to make or cause to make short, successive, sharp, and loud sounds

24. My dog loves to \_\_\_\_\_ on bones.

- v.* to crush or grind something, especially food, with the teeth and then swallow it

25. They continued to endure \_\_\_\_\_ treatment by the dictatorship.

- adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers

ANSWERS: 17. inflamed, 18. conserve, 19. viol, 20. dilate, 21. destitute, 22. extremity, 23. rattle, 24. chew, 25. irrational

26. The comedian's \_\_\_\_ had the audience laughing out loud.  
*n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
27. The politician's speech was seen as a \_\_\_\_\_ to the opposition party.  
*n.* action or speech that intentionally causes someone to become angry, irritated, or frustrated; a reason or motive for something, often negative or undesired
28. During the hurricane, we felt \_\_\_\_\_ against the winds and rain.  
*adj.* lacking power, strength, or authority; unable to act or affect change
29. The lack of funds has resulted in a \_\_\_\_\_ for our university system.  
*n.* a sudden event that causes extreme ruin and misfortune
30. He read books to quench his \_\_\_\_\_ for knowledge.  
*n.* a feeling of needing something to drink; a strong desire for something
31. I can \_\_\_\_\_ to his honesty and integrity, as I have known him for many years.  
*v.* to provide evidence or proof of something; to confirm or certify the authenticity of something; to bear witness to the truth of something
32. Her behavior \_\_\_\_\_ a quarrel between the couple.  
*v.* to stimulate or give rise to a particular reaction or have a particular effect
33. The \_\_\_\_\_ object was not capable of movement or feeling.  
*adj.* not having life or spirit; not animate
34. It's dangerous to \_\_\_\_\_ about people.  
*v.* to make something, such as a theory, idea, etc., more widespread or widely applicable based on what is true in some cases

ANSWERS: 26. pun, 27. provocation, 28. powerless, 29. catastrophe, 30. thirst, 31. attest, 32. provoked, 33. inanimate, 34. generalize

ANSWERS: