

Englist.me



Vocabulary Builder Reference from...

Dolly Chugh: How to let go of being a "good" person

-- and become a better person | TED Talk

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

Advanced Words Only

IMPORTANT

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

Session 1: Word List

slippery

adj. difficult to hold firmly or stand on because it is wet or smooth; not to be trusted

synonym : smooth, glistening, furtive

(1) a **slippery** customer, (2) **slippery** ice

How extraordinarily **slippery** a liar the camera is.

consciously

adv. with awareness; in a deliberate manner

synonym : intentionally, deliberately, knowingly

(1) **consciously** aware of a problem, (2) act **consciously**

He **consciously** criticizes her in the publicity.

autopilot

n. a system that automatically controls the operation of an aircraft or spacecraft

synonym : self-pilot, self-driving, self-navigating

(1) **autopilot** function, (2) aircraft **autopilot**

The airplane was on **autopilot** during the long flight.

whoop

v. to shout or cry out loudly, often in celebration or excitement; to make an exuberant noise

synonym : yell, shout, cheer

(1) **whoop** with joy, (2) **whoop** it up at a party

The winning team began to **whoop** and holler with

excitement.

giggle

v. to laugh lightly and repeatedly in a silly, nervous, or childlike way

synonym: titter, chuckle, snicker

(1) **giggle** like a child, (2) **giggle** uncontrollably

When we saw the animals at the zoo playfully chasing each other, we all started to **giggle**.

ethic

n. a set of moral or philosophical principles or values that guide the behavior or actions of an individual, group, or society; the study or inquiry into the nature of morality and moral systems

synonym: moral code, code of conduct, principles

(1) moral **ethic**, (2) professional **ethic**

Having a strong work **ethic** is important for success in any field.

astray

adv. away from the right path or direction

synonym: off course, misdirected, wayward

(1) led **astray** by superstition, (2) gone **astray**

He wandered **astray** from the path and got lost in the forest.

boardroom

n. a room where the board of directors of a company or organization meets

synonym: meeting room, conference room, executive room

(1) **boardroom** meeting, (2) **boardroom** decision

The corporate **boardroom** was filled with tense silence as the CEO presented the new plan.

egalitarian

adj. relating to or characterized by the belief in the equal rights, opportunities, and treatment of all people, regardless of their race, gender, or social class

synonym: equalitarian, democratic, fair

(1) **egalitarian** society, (2) **egalitarian** principles

The company prides itself on being an **egalitarian** workplace with equal employment opportunities.

underestimate

v. to think or suppose that a quantity, price, or size is smaller than it is

synonym: underrate, misjudge, miscalculate

(1) **underestimate** an enemy, (2) **underestimate** the probability

They frequently **underestimated** their abilities and felt inferior.

confuse

v. to mistake one thing for another; to make somebody hard to understand

synonym: confound, obscure, disorient

(1) **confuse** the listener, (2) **confuse** fantasy with reality

Her remarks **confused** the debate.

kern

v. to adjust the spacing between letters or characters in typesetting, especially to reduce the space between two adjoining characters for a better visual fit; (noun) the part of a letter that projects beyond its nominal width

synonym: center, highlight, emphasize

(1) **kern** text, (2) **kern** spacing

The typographer must **kern** the headlines to make them more visually appealing.

salient

adj. most noticeable or important; striking

synonym: striking, noticeable, important

(1) the **salient** part of the speech, (2) **salient** feature

The most **salient** point made during the presentation was the potential profit increase.

overestimate

v. to estimate something to be greater in amount or importance than it really is

synonym: overrate, overvalue, embellish

(1) **overestimate** the value, (2) **overestimate** the amount of time spent

He tends to **overestimate** his abilities.

homophobia

n. a strong fear, aversion, or hostility towards people who are homosexual or towards homosexuality itself; discrimination or prejudice against lesbian, gay, bisexual, transgender, and questioning (LGBTQ) individuals based on their sexual orientation or gender identity

synonym: prejudice, discrimination, bigotry

(1) **homophobia** awareness, (2) **homophobia** in sports
The politician's remarks about same-sex marriage revealed his deep-seated **homophobia**.

embarrass

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

synonym: disconcert, unsettle, agitate

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

Session 2: Spelling

1. led as ___y by superstition
adv. away from the right path or direction
2. hom_____ia in sports
n. a strong fear, aversion, or hostility towards people who are homosexual or towards homosexuality itself; discrimination or prejudice against lesbian, gay, bisexual, transgender, and questioning (LGBTQ) individuals based on their sexual orientation or gender identity
3. ega_____an society
adj. relating to or characterized by the belief in the equal rights, opportunities, and treatment of all people, regardless of their race, gender, or social class
4. bo_____om meeting
n. a room where the board of directors of a company or organization meets
5. bo_____om decision
n. a room where the board of directors of a company or organization meets
6. act con_____ly
adv. with awareness; in a deliberate manner
7. ega_____an principles
adj. relating to or characterized by the belief in the equal rights, opportunities, and treatment of all people, regardless of their race, gender, or social class
8. k__n text
v. to adjust the spacing between letters or characters in typesetting, especially to reduce the space between two adjoining characters for a better visual fit; (noun) the part of a letter that projects beyond its nominal width

ANSWERS: 1. astray, 2. homophobia, 3. egalitarian, 4. boardroom, 5. boardroom, 6. consciously, 7. egalitarian, 8. kern

- | | |
|-------------------------------------|--|
| 9. moral et__c | <i>n.</i> a set of moral or philosophical principles or values that guide the behavior or actions of an individual, group, or society; the study or inquiry into the nature of morality and moral systems |
| 10. ove_____ate the value | <i>v.</i> to estimate something to be greater in amount or importance than it really is |
| 11. und_____ate the probability | <i>v.</i> to think or suppose that a quantity, price, or size is smaller than it is |
| 12. the sa_____t part of the speech | <i>adj.</i> most noticeable or important; striking |
| 13. gi___e uncontrollably | <i>v.</i> to laugh lightly and repeatedly in a silly, nervous, or childlike way |
| 14. gi___e like a child | <i>v.</i> to laugh lightly and repeatedly in a silly, nervous, or childlike way |
| 15. sa_____t feature | <i>adj.</i> most noticeable or important; striking |
| 16. con_____ly aware of a problem | <i>adv.</i> with awareness; in a deliberate manner |
| 17. k__n spacing | <i>v.</i> to adjust the spacing between letters or characters in typesetting, especially to reduce the space between two adjoining characters for a better visual fit; (noun) the part of a letter that projects beyond its nominal width |
| 18. hom_____ia awareness | <i>n.</i> a strong fear, aversion, or hostility towards people who are homosexual or towards homosexuality itself; discrimination or prejudice against lesbian, gay, bisexual, transgender, and questioning (LGBTQ) individuals based on their sexual orientation or gender identity |

ANSWERS: 9. ethic, 10. overestimate, 11. underestimate, 12. salient, 13. giggle, 14. giggle, 15. salient, 16. consciously, 17. kern, 18. homophobia

- | | | |
|--|-------------|---|
| 19. wh__p with joy | v. | to shout or cry out loudly, often in celebration or excitement; to make an exuberant noise |
| 20. wh__p it up at a party | v. | to shout or cry out loudly, often in celebration or excitement; to make an exuberant noise |
| 21. gone as___y | <i>adv.</i> | away from the right path or direction |
| 22. em_____ss political enemy | v. | to cause someone to feel awkward, worried, or ashamed |
| 23. co_____e the listener | v. | to mistake one thing for another; to make somebody hard to understand |
| 24. und_____ate an enemy | v. | to think or suppose that a quantity, price, or size is smaller than it is |
| 25. professional et__c | <i>n.</i> | a set of moral or philosophical principles or values that guide the behavior or actions of an individual, group, or society; the study or inquiry into the nature of morality and moral systems |
| 26. em_____ss my project | v. | to cause someone to feel awkward, worried, or ashamed |
| 27. a sl_____ry customer | <i>adj.</i> | difficult to hold firmly or stand on because it is wet or smooth; not to be trusted |
| 28. aircraft au_____ot | <i>n.</i> | a system that automatically controls the operation of an aircraft or spacecraft |
| 29. au_____ot function | <i>n.</i> | a system that automatically controls the operation of an aircraft or spacecraft |
| 30. ove_____ate the amount of time spent | v. | to estimate something to be greater in amount or importance than it really is |

ANSWERS: 19. whoop, 20. whoop, 21. astray, 22. embarrass, 23. confuse, 24. underestimate, 25. ethic, 26. embarrass, 27. slippery, 28. autopilot, 29. autopilot, 30. overestimate

31. co____e fantasy with reality

v. to mistake one thing for another; to make somebody hard to understand

32. sl____ry ice

adj. difficult to hold firmly or stand on because it is wet or smooth; not to be trusted

ANSWERS: 31. confuse, 32. slippery

Session 3: Fill in the Blanks

1. The company prides itself on being an _____ workplace with equal employment opportunities.
adj. relating to or characterized by the belief in the equal rights, opportunities, and treatment of all people, regardless of their race, gender, or social class
2. He _____ criticizes her in the publicity.
adv. with awareness; in a deliberate manner
3. Her remarks _____ the debate.
v. to mistake one thing for another; to make somebody hard to understand
4. The airplane was on _____ during the long flight.
n. a system that automatically controls the operation of an aircraft or spacecraft
5. They frequently _____ their abilities and felt inferior.
v. to think or suppose that a quantity, price, or size is smaller than it is
6. The politician's remarks about same-sex marriage revealed his deep-seated _____.
n. a strong fear, aversion, or hostility towards people who are homosexual or towards homosexuality itself; discrimination or prejudice against lesbian, gay, bisexual, transgender, and questioning (LGBTQ) individuals based on their sexual orientation or gender identity
7. The corporate _____ was filled with tense silence as the CEO presented the new plan.
n. a room where the board of directors of a company or organization meets

ANSWERS: 1. egalitarian, 2. consciously, 3. confused, 4. autopilot, 5. underestimated, 6. homophobia, 7. boardroom

8. The most _____ point made during the presentation was the potential profit increase.

adj. most noticeable or important; striking

9. The winning team began to _____ and holler with excitement.

v. to shout or cry out loudly, often in celebration or excitement; to make an exuberant noise

10. He tends to _____ his abilities.

v. to estimate something to be greater in amount or importance than it really is

11. How extraordinarily _____ a liar the camera is.

adj. difficult to hold firmly or stand on because it is wet or smooth; not to be trusted

12. Having a strong work _____ is important for success in any field.

n. a set of moral or philosophical principles or values that guide the behavior or actions of an individual, group, or society; the study or inquiry into the nature of morality and moral systems

13. He wandered _____ from the path and got lost in the forest.

adv. away from the right path or direction

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

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

15. The typographer must _____ the headlines to make them more visually appealing.

v. to adjust the spacing between letters or characters in typesetting, especially to reduce the space between two adjoining characters for a better visual fit;
(noun) the part of a letter that projects beyond its nominal width

ANSWERS: 8. salient, 9. whoop, 10. overestimate, 11. slippery, 12. ethic, 13. astray, 14. embarrass, 15. kern

16. When we saw the animals at the zoo playfully chasing each other, we all started to _____.
- v. to laugh lightly and repeatedly in a silly, nervous, or childlike way

ANSWERS: 16. giggle