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Jeremy Forbes: How to start a conversation about suicide | TED Talk

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

Advanced Words Only

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Session 1: Word List

epiphany

n. a moment of sudden and great realization or revelation; a Christian festival, held on 6 January, celebrating the visit of the three wise men to the infant Jesus

synonym : revelation, enlightenment, insight

(1) **epiphany** about life, (2) Feast of **Epiphany**

She had an **epiphany** while meditating and realized the answer to her problem.

decorate

v. to add beauty or distinction to something by the addition of ornament, art, etc

synonym : adorn, embellish, beautify

(1) **decorate** a wall, (2) **decorate** for Christmas

They **decorated** the room with balloons and streamers for the birthday party.

workmanship

n. the quality or skill with which something, especially a crafted item or construction, has been made or done; the level of artistry and craftsmanship displayed in a particular piece of work

synonym : craftsmanship, artistry, skill

(1) the painting's **workmanship**, (2) high **workmanship** standards

The intricate details and flawless craftsmanship in the

furniture demonstrate exquisite **workmanship**.

hindsight

n. understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect

synonym : retrospect, afterthought

(1) **hindsight** bias, (2) 20/20 **hindsight**

With **hindsight**, we can see that investing in that company was a mistake.

tradesman

n. a person who works in a trade or commerce, such as a craftsman, merchant, or vendor

synonym : artisan, craftsman, worker

(1) successful **tradesman**, (2) a fellow- **tradesman**

The skilled **tradesman** repaired the broken window with ease.

vernacular

n. a language or dialect spoken by the ordinary people in a particular country or region

synonym : dialect, idiom, lingo

(1) **vernacular** language, (2) native **vernacular**

The poet wrote in the **vernacular** of ordinary people.

stoic

adj. calm and unemotional, especially in difficult situations;
(noun) a member of the ancient Greek school of philosophy founded by Zeno

synonym : unflappable, resigned, unemotional

(1) **stoic** courage, (2) do **stoic** strength training

He was known for his **stoic** demeanor, never showing emotion or weakness.

macho

adj. characterized by a strong sense of masculinity or male dominance, often in a way that is perceived as arrogant or aggressive

synonym : masculine, aggressive, virile

(1) **macho** culture, (2) maintain a **macho** image

His **macho** posturing was just a cover for his insecurities and

lack of confidence.

adversity

n. difficulties or hardships that someone faces

synonym : hardship, difficulty, trial

(1) environmental **adversity**, (2) struggling with **adversity**

The team demonstrated great resilience in the face of **adversity** and won the game.

ripple

n. a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind

synonym : wave, undulation, fluctuation

(1) a **ripple** of laughter, (2) **ripple** in the water

Many businesses felt the **ripple** effect of the economy's decline.

bleak

adj. unlikely to be favorable; unpleasantly cold and damp; offering little or no hope

synonym : miserable, pathetic, dim

(1) prospects were **bleak**, (2) **bleak** future

The political landscape looks **bleak** without a change of administration.

somber

adj. having a serious or sad atmosphere or character; gloomy or dark

synonym : gloomy, dark, dreary

(1) a suit of **somber** black, (2) **somber** atmosphere

The **somber** mood at the funeral was palpable.

grieve

v. to feel or show great sadness or sorrow, especially for someone who has died

synonym : mourn, lament, sorrow

(1) **grieve** for loss, (2) **grieve** at the sad news

She **grieved** the loss of her parents.

gamble

v. to take risky action in the hope of being successful; to play or game for money or other stakes

synonym : bet, venture, wager

(1) **gamble** \$100 on the race, (2) **gamble** away my fortune
Will you **gamble** on the result of the fight?

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.

pilgrim

n. a person who journeys, especially a long distance, to a sacred place as an act of religious devotion
synonym: traveler, wayfarer, sojourner

(1) shrine for **pilgrims**, (2) **pilgrim** site

The group of **pilgrims** walked in silence, deep in thought and prayer.

cofounder

n. one of several people who establishes an organization or starts a business

(1) **cofounder** of the university, (2) late **cofounder**

He is the **cofounder** and chairman of this tech company.

ingrained

adj. deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
synonym: inborn, embedded, deep-seated

(1) **ingrained** habit, (2) **ingrained** prejudice

Her fear of dogs was **ingrained** after a traumatic experience in childhood.

industrious

adj. hardworking, diligent, and persistent in effort
synonym: diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student

He was known to be very **industrious** and would often work late into the night.

slogan

n. a short, catchy phrase or motto that is used by a person, organization, or company to promote a particular product, cause, or idea

synonym: catchphrase, tagline, motto

(1) catchy **slogan**, (2) advertising **slogan**

The company spent months researching and testing different brand **slogans** before finally settling on 'Just Do It' as their new tagline.

butcher

n. a person who prepares and sells meat, especially at a retail shop; a person who kills or slaughters animals, especially for food; a person who engages in the relentless or brutal treatment of others

synonym: butcherer, meat cutter, slaughterer

(1) **butcher** knife, (2) local **butcher**

He's a vegetarian and was shocked to see so much meat in the **butcher** shop.

candlelight

n. light provided by a candle or candles

synonym: lamp light, oil light, firelight

(1) **candlelight** dinner, (2) **candlelight** vigil

The room was dimly lit by soft **candlelight**.

lifeline

n. a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help

synonym: savior, support, safety net

(1) **lifeline** support, (2) emotional **lifeline**

My best friend has been my **lifeline** throughout all of my hardships.

broth

n. a liquid in which meat, fish, or vegetables have been cooked, used as a base for soups and stews

synonym: bouillon, consomme, soup

(1) chicken **broth**, (2) remains of **broth**

I always add a bit of **broth** to my soup to give it more flavor.

invariably

adv. in every case or on every occasion; without exception

synonym: consistently, always, uniformly

(1) **invariably** polite, (2) **invariably** correct

She **invariably** arrived at the office early each day.

empower

v. to give someone the power or authority to do something

synonym: authorize, endow, entitle

(1) **empower** my life, (2) **empower** the secretary to do the same

The company **empowered** employees to buy low-price items without approval to achieve efficient purchasing.

catharsis

n. a release or purging of emotional or psychological tension, often through artistic or creative experiences or expressions

synonym: cleansing, purification, purging

(1) **catharsis** of grief, (2) spiritual **catharsis**

Many people find that physical exercise provides a sense of **catharsis**, helping to relieve stress and anxiety.

sober

adj. not drunk or affected by alcohol; dignified in manner or character and committed to keeping promises

synonym: calm, lucid, temperate

(1) **sober** discussion, (2) as **sober** as a judge

He led a **sober** life.

stigma

n. a mark of shame or disgrace associated with a particular circumstance, quality, or person

synonym: mark, blemish, disgrace

(1) social **stigma**, (2) **stigma** against obesity

The mental health **stigma** often prevents people from seeking treatment.

Session 2: Spelling

- | | |
|------------------------------|--|
| 1. native ver_____ar | <i>n.</i> a language or dialect spoken by the ordinary people in a particular country or region |
| 2. so__r discussion | <i>adj.</i> not drunk or affected by alcohol; dignified in manner or character and committed to keeping promises |
| 3. as so__r as a judge | <i>adj.</i> not drunk or affected by alcohol; dignified in manner or character and committed to keeping promises |
| 4. struggling with ad_____ty | <i>n.</i> difficulties or hardships that someone faces |
| 5. de_____te a wall | <i>v.</i> to add beauty or distinction to something by the addition of ornament, art, etc |
| 6. li_____ne support | <i>n.</i> a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help |
| 7. inv_____ly correct | <i>adv.</i> in every case or on every occasion; without exception |
| 8. ep_____ny about life | <i>n.</i> a moment of sudden and great realization or revelation; a Christian festival, held on 6 January, celebrating the visit of the three wise men to the infant Jesus |
| 9. ri___e in the water | <i>n.</i> a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind |

ANSWERS: 1. vernacular, 2. sober, 3. sober, 4. adversity, 5. decorate, 6. lifeline, 7. invariably, 8. epiphany, 9. ripple

10. so___r atmosphere *adj.* having a serious or sad atmosphere or character; gloomy or dark
11. bu_____r knife *n.* a person who prepares and sells meat, especially at a retail shop; a person who kills or slaughters animals, especially for food; a person who engages in the relentless or brutal treatment of others
12. remains of br__h *n.* a liquid in which meat, fish, or vegetables have been cooked, used as a base for soups and stews
13. late co_____er *n.* one of several people who establishes an organization or starts a business
14. de_____te for Christmas *v.* to add beauty or distinction to something by the addition of ornament, art, etc
15. catchy sl___n *n.* a short, catchy phrase or motto that is used by a person, organization, or company to promote a particular product, cause, or idea
16. in_____ed habit *adj.* deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
17. hi_____ht bias *n.* understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect
18. pi_____m site *n.* a person who journeys, especially a long distance, to a sacred place as an act of religious devotion

ANSWERS: 10. somber, 11. butcher, 12. broth, 13. cofounder, 14. decorate, 15. slogan, 16. ingrained, 17. hindsight, 18. pilgrim

19. advertising sl___n *n.* a short, catchy phrase or motto that is used by a person, organization, or company to promote a particular product, cause, or idea
20. the painting's wor_____ip *n.* the quality or skill with which something, especially a crafted item or construction, has been made or done; the level of artistry and craftsmanship displayed in a particular piece of work
21. em_____r the secretary to do the same *v.* to give someone the power or authority to do something
22. high wor_____ip standards *n.* the quality or skill with which something, especially a crafted item or construction, has been made or done; the level of artistry and craftsmanship displayed in a particular piece of work
23. successful tr_____an *n.* a person who works in a trade or commerce, such as a craftsman, merchant, or vendor
24. ind_____us worker *adj.* hardworking, diligent, and persistent in effort
25. ga___e away my fortune *v.* to take risky action in the hope of being successful; to play or game for money or other stakes
26. ca_____is of grief *n.* a release or purging of emotional or psychological tension, often through artistic or creative experiences or expressions
27. maintain a ma__o image *adj.* characterized by a strong sense of masculinity or male dominance, often in a way that is perceived as arrogant or aggressive

ANSWERS: 19. slogan, 20. workmanship, 21. empower, 22. workmanship, 23. tradesman, 24. industrious, 25. gamble, 26. catharsis, 27. macho

28. social st___a *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
29. spiritual ca_____is *n.* a release or purging of emotional or psychological tension, often through artistic or creative experiences or expressions
30. prospects were bl__k *adj.* unlikely to be favorable; unpleasantly cold and damp; offering little or no hope
31. inv_____ly polite *adv.* in every case or on every occasion; without exception
32. 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
33. ma__o culture *adj.* characterized by a strong sense of masculinity or male dominance, often in a way that is perceived as arrogant or aggressive
34. can_____ht vigil *n.* light provided by a candle or candles
35. a ri___e of laughter *n.* a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
36. em_____r my life *v.* to give someone the power or authority to do something
37. Feast of Ep_____ny *n.* a moment of sudden and great realization or revelation; a Christian festival, held on 6 January, celebrating the visit of the three wise men to the infant Jesus

ANSWERS: 28. stigma, 29. catharsis, 30. bleak, 31. invariably, 32. bully, 33. macho, 34. candlelight, 35. ripple, 36. empower, 37. epiphany

38. can_____ht dinner *n.* light provided by a candle or candles
39. emotional li_____ne *n.* a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help
40. ver_____ar language *n.* a language or dialect spoken by the ordinary people in a particular country or region
41. in_____ed prejudice *adj.* deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
42. a suit of so____r black *adj.* having a serious or sad atmosphere or character; gloomy or dark
43. gr____e at the sad news *v.* to feel or show great sadness or sorrow, especially for someone who has died
44. co_____er of the university *n.* one of several people who establishes an organization or starts a business
45. environmental ad_____ty *n.* difficulties or hardships that someone faces
46. a fellow-tr_____an *n.* a person who works in a trade or commerce, such as a craftsman, merchant, or vendor
47. st____a against obesity *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
48. ga____e \$100 on the race *v.* to take risky action in the hope of being successful; to play or game for money or other stakes

ANSWERS: 38. candlelight, 39. lifeline, 40. vernacular, 41. ingrained, 42. somber, 43. grieve, 44. cofounder, 45. adversity, 46. tradesman, 47. stigma, 48. gamble

49. 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
50. st__c courage *adj.* calm and unemotional, especially in difficult situations; (noun) a member of the ancient Greek school of philosophy founded by Zeno
51. local bu_____r *n.* a person who prepares and sells meat, especially at a retail shop; a person who kills or slaughters animals, especially for food; a person who engages in the relentless or brutal treatment of others
52. chicken br__h *n.* a liquid in which meat, fish, or vegetables have been cooked, used as a base for soups and stews
53. 20/20 hi_____ht *n.* understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect
54. do st__c strength training *adj.* calm and unemotional, especially in difficult situations; (noun) a member of the ancient Greek school of philosophy founded by Zeno
55. shrine for pi_____ms *n.* a person who journeys, especially a long distance, to a sacred place as an act of religious devotion
56. ind_____us student *adj.* hardworking, diligent, and persistent in effort

ANSWERS: 49. bully, 50. stoic, 51. butcher, 52. broth, 53. hindsight, 54. stoic, 55. pilgrim, 56. industrious

57. bl__k future

adj. unlikely to be favorable; unpleasantly cold and damp; offering little or no hope

58. gr___e for loss

v. to feel or show great sadness or sorrow, especially for someone who has died

ANSWERS: 57. bleak, 58. grieve

Session 3: Fill in the Blanks

1. Many people find that physical exercise provides a sense of _____ helping to relieve stress and anxiety.
n. a release or purging of emotional or psychological tension, often through artistic or creative experiences or expressions
2. The political landscape looks _____ without a change of administration.
adj. unlikely to be favorable; unpleasantly cold and damp; offering little or no hope
3. They _____ the room with balloons and streamers for the birthday party.
v. to add beauty or distinction to something by the addition of ornament, art, etc
4. The company spent months researching and testing different brand _____ before finally settling on 'Just Do It' as their new tagline.
n. a short, catchy phrase or motto that is used by a person, organization, or company to promote a particular product, cause, or idea
5. He's a vegetarian and was shocked to see so much meat in the _____ shop.
n. a person who prepares and sells meat, especially at a retail shop; a person who kills or slaughters animals, especially for food; a person who engages in the relentless or brutal treatment of others
6. Many businesses felt the _____ effect of the economy's decline.
n. a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
7. Her fear of dogs was _____ after a traumatic experience in childhood.
adj. deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time

ANSWERS: 1. catharsis, 2. bleak, 3. decorated, 4. slogans, 5. butcher, 6. ripple, 7. ingrained

8. The team demonstrated great resilience in the face of _____ and won the game.
n. difficulties or hardships that someone faces
9. He is the _____ and chairman of this tech company.
n. one of several people who establishes an organization or starts a business
10. He was known for his _____ demeanor, never showing emotion or weakness.
adj. calm and unemotional, especially in difficult situations; (noun) a member of the ancient Greek school of philosophy founded by Zeno
11. He was known to be very _____ and would often work late into the night.
adj. hardworking, diligent, and persistent in effort
12. He led a _____ life.
adj. not drunk or affected by alcohol; dignified in manner or character and committed to keeping promises
13. She _____ the loss of her parents.
v. to feel or show great sadness or sorrow, especially for someone who has died
14. His _____ posturing was just a cover for his insecurities and lack of confidence.
adj. characterized by a strong sense of masculinity or male dominance, often in a way that is perceived as arrogant or aggressive
15. My best friend has been my _____ throughout all of my hardships.
n. a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help

ANSWERS: 8. adversity, 9. cofounder, 10. stoic, 11. industrious, 12. sober, 13. grieved, 14. macho, 15. lifeline

16. The company _____ employees to buy low-price items without approval to achieve efficient purchasing.
- v.* to give someone the power or authority to do something
17. The poet wrote in the _____ of ordinary people.
- n.* a language or dialect spoken by the ordinary people in a particular country or region
18. The intricate details and flawless craftsmanship in the furniture demonstrate exquisite _____.
- n.* the quality or skill with which something, especially a crafted item or construction, has been made or done; the level of artistry and craftsmanship displayed in a particular piece of work
19. With _____ we can see that investing in that company was a mistake.
- n.* understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect
20. The group of _____ walked in silence, deep in thought and prayer.
- n.* a person who journeys, especially a long distance, to a sacred place as an act of religious devotion
21. The _____ mood at the funeral was palpable.
- adj.* having a serious or sad atmosphere or character; gloomy or dark
22. The skilled _____ repaired the broken window with ease.
- n.* a person who works in a trade or commerce, such as a craftsman, merchant, or vendor
23. Will you _____ on the result of the fight?
- v.* to take risky action in the hope of being successful; to play or game for money or other stakes

ANSWERS: 16. empowered, 17. vernacular, 18. workmanship, 19. hindsight, 20. pilgrims, 21. somber, 22. tradesman, 23. gamble

24. The mental health _____ often prevents people from seeking treatment.
n. a mark of shame or disgrace associated with a particular circumstance, quality, or person
25. I always add a bit of _____ to my soup to give it more flavor.
n. a liquid in which meat, fish, or vegetables have been cooked, used as a base for soups and stews
26. The room was dimly lit by soft _____.
n. light provided by a candle or candles
27. She had an _____ while meditating and realized the answer to her problem.
n. a moment of sudden and great realization or revelation; a Christian festival, held on 6 January, celebrating the visit of the three wise men to the infant Jesus
28. 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
29. She _____ arrived at the office early each day.
adv. in every case or on every occasion; without exception

ANSWERS: 24. stigma, 25. broth, 26. candlelight, 27. epiphany, 28. bully, 29. invariably