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Vocabulary Builder Reference from...

Hui-wen Sato: How grief helped me become a better caregiver | TED Talk

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

Advanced Words Only

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Session 1: Word List

monologue

n. a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory

synonym : soliloquy, speech, address

(1) inner **monologue**, (2) deliver a **monologue**

The actor's **monologue** was so powerful that the audience was moved to tears.

astute

adj. having the ability to assess situations or people accurately and to act accordingly; mentally sharp or clever; showing practical wisdom or shrewdness

synonym : perceptive, shrewd, keen

(1) **astute** decision-making, (2) **astute** businessman

His **astute** observation allowed him to catch the mistake before anyone else did.

profoundly

adv. to a great or complete degree; deeply

synonym : deeply, greatly, completely

(1) **profoundly** insightful, (2) sleep **profoundly**

The novel affected her **profoundly**, causing her to question her beliefs and values.

envision

v. to imagine or expect what a situation will be like in the future

synonym: anticipate, foresee, picture

(1) **envision** the future, (2) **envision** the project's success

We cannot **envision** her as President.

elevate

v. to raise something from a lower to a higher position; to give a promotion to or assign to a higher position

synonym: lift, heighten, promote

(1) **elevate** educational standards, (2) **elevate** a close relationship

Eating food in a hurry **elevates** blood glucose levels.

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.

intermittent

adj. occurring at irregular intervals; not continuous or steady; stopping and starting periodically; sporadic

synonym: sporadic, irregular, periodic

(1) **intermittent** fever, (2) **intermittent** Wi-Fi

The **intermittent** rain made it difficult to plan a picnic.

burnout

n. the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking

synonym: breakdown, exhaustion, fatigue

(1) **burnout** syndrome, (2) mental **burnout**

He suffered from job **burnout** because of hard work.

exhaustion

n. the state of being extremely tired and lacking energy or strength

synonym: fatigue, weariness, tiredness

(1) **exhaustion** of energy, (2) emotional **exhaustion**

The long work hours were taking a toll on her mental

exhaustion.

detachment

n. a state of being disconnected or disinterested; impartiality or emotional distance; a military unit or formation that separates from a larger force and operates independently

synonym: separation, aloofness, indifference

(1) **detachment** from reality, (2) emotional **detachment**

The **detachment** of the soldiers was evident as they carried out their mission with precision and focus.

dishearten

v. to cause someone to lose hope, confidence, or enthusiasm; to discourage or demoralize

synonym: discourage, dismay, demoralize

(1) **dishearten** employees, (2) **dishearten** the hopeful job applicant

The team's loss in the semifinals did not **dishearten** their determination to return stronger next season.

helpless

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

synonym: defenseless, powerless, susceptible

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

I feel so **helpless** without you.

sever

v. to break or separate something by cutting, especially suddenly and forcibly

synonym: cut apart, separate, detach

(1) **sever** a rope, (2) **sever** a positive relationship

He **severed** a branch from a tree quickly.

predominant

adj. having control, authority, or influence that is greater than that of others; prevailing or vastly more abundant than others of the same kind

synonym: cardinal, prevailing, superior

(1) **predominant** color, (2) a **predominant** species

In this office, teamwork is the **predominant** factor in

achieving success.

raft *n.* a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer
synonym: flatboat, boat, barge
(1) a **raft** for carrying horses, (2) a life **raft**
The rubber **raft** was swept out to sea.

resilient *adj.* able to withstand or recover quickly from difficult conditions
synonym: robust, sturdy, tough
(1) a hard and **resilient** steel, (2) **resilient** population
She is a **resilient** person and has always bounced back from setbacks.

redefine *v.* to change the meaning or interpretation of something; to make people think about something in a new or different way
synonym: reconsider, reformulate, alter
(1) **redefine** customer experience, (2) **redefine** our role
The video telephony application has **redefined** the way we work.

cultivate *v.* to prepare and foster land for growing crops or plants
synonym: boost, foster, nurture
(1) **cultivate** a field, (2) **cultivate** relationships
University is a great place to **cultivate** our minds and expertise.

empathy *n.* the ability to share another person's feelings or experiences by imagining that person's situation
synonym: compassion, sympathy, tenderness
(1) full of **empathy**, (2) **empathy** for patients
Empathy is also necessary to understand history.

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.

shipwreck

n. the destruction or loss of a ship at sea, usually caused by sinking or running aground; the remains or wreckage of a ship that has been destroyed or lost at sea

synonym: wreckage, ocean disaster

(1) **shipwreck** site, (2) **shipwreck** survivor

Divers discovered the remains of an old **shipwreck** while exploring the reef.

instinct

n. an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true

synonym: intuition, aptitude, feeling

(1) **instinct** for self-preservation, (2) aggressive **instinct**

When faced with a dangerous situation, his initial **instinct** was to flee.

collide

v. to hit something violently when moving

synonym: clash, slam, contradict

(1) **collide** head-on, (2) **collide** in midair

The interests of the two countries **collide**.

courageous

adj. able to face and deal with danger or fear without flinching

synonym: brave, valiant, fearless

(1) make a **courageous** decision, (2) **courageous** rescue attempt

He was a **courageous** soldier who had served his country with honor.

muddle

v. to mix up or confuse something; to make a mess of something; to create disorder or chaos

synonym: confuse, jumble, mix up

(1) **muddle** the instructions, (2) **muddle** the situation
I accidentally **muddled** up the reports and need help to tell which.

purposeful

adj. having a specific aim or purpose; determined

synonym: determined, resolved, resolute

(1) **purposeful** series of actions, (2) at a **purposeful** pace
She had a **purposeful** look and was determined to complete the task.

Session 2: Spelling

- | | |
|-------------------------------|---|
| 1. aggressive in_____ct | <i>n.</i> an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true |
| 2. make a cou_____us decision | <i>adj.</i> able to face and deal with danger or fear without flinching |
| 3. deliver a mo_____ue | <i>n.</i> a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory |
| 4. he_____ss baby | <i>adj.</i> unable to take care of oneself or to do things without help |
| 5. full of em_____y | <i>n.</i> the ability to share another person's feelings or experiences by imagining that person's situation |
| 6. re_____nt population | <i>adj.</i> able to withstand or recover quickly from difficult conditions |
| 7. he_____ss victims | <i>adj.</i> unable to take care of oneself or to do things without help |
| 8. a life r__t | <i>n.</i> a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer |
| 9. inner mo_____ue | <i>n.</i> a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory |

ANSWERS: 1. instinct, 2. courageous, 3. monologue, 4. helpless, 5. empathy, 6. resilient, 7. helpless, 8. raft, 9. monologue

10. em____y for patients *n.* the ability to share another person's feelings or experiences by imagining that person's situation
11. mental bu____t *n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
12. cu____te a field *v.* to prepare and foster land for growing crops or plants
13. co____e in midair *v.* to hit something violently when moving
14. mu____e the situation *v.* to mix up or confuse something; to make a mess of something; to create disorder or chaos
15. 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
16. emotional exh____on *n.* the state of being extremely tired and lacking energy or strength
17. sh____ck survivor *n.* the destruction or loss of a ship at sea, usually caused by sinking or running aground; the remains or wreckage of a ship that has been destroyed or lost at sea
18. en____on the project's success *v.* to imagine or expect what a situation will be like in the future
19. mu____e the instructions *v.* to mix up or confuse something; to make a mess of something; to create disorder or chaos
20. as____e businessman *adj.* having the ability to assess situations or people accurately and to act accordingly; mentally sharp or clever; showing practical wisdom or shrewdness

ANSWERS: 10. empathy, 11. burnout, 12. cultivate, 13. collide, 14. muddle, 15. ache, 16. exhaustion, 17. shipwreck, 18. envision, 19. muddle, 20. astute

21. re_____ne our role *v.* to change the meaning or interpretation of something; to make people think about something in a new or different way
22. exh_____on of energy *n.* the state of being extremely tired and lacking energy or strength
23. el_____e educational standards *v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
24. en_____on the future *v.* to imagine or expect what a situation will be like in the future
25. det_____nt from reality *n.* a state of being disconnected or disinterested; impartiality or emotional distance; a military unit or formation that separates from a larger force and operates independently
26. co_____e head-on *v.* to hit something violently when moving
27. dis_____en employees *v.* to cause someone to lose hope, confidence, or enthusiasm; to discourage or demoralize
28. em_____r my life *v.* to give someone the power or authority to do something
29. a__e abominably *v.* to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain
30. pre_____nt color *adj.* having control, authority, or influence that is greater than that of others; prevailing or vastly more abundant than others of the same kind

ANSWERS: 21. redefine, 22. exhaustion, 23. elevate, 24. envision, 25. detachment, 26. collide, 27. dishearten, 28. empower, 29. ache, 30. predominant

31. sleep pro_____ly *adv.* to a great or complete degree; deeply
32. se__r a positive relationship *v.* to break or separate something by cutting, especially suddenly and forcibly
33. sh_____ck site *n.* the destruction or loss of a ship at sea, usually caused by sinking or running aground; the remains or wreckage of a ship that has been destroyed or lost at sea
34. cou_____us rescue attempt *adj.* able to face and deal with danger or fear without flinching
35. bu_____t syndrome *n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
36. emotional det_____nt *n.* a state of being disconnected or disinterested; impartiality or emotional distance; a military unit or formation that separates from a larger force and operates independently
37. at a pur_____ul pace *adj.* having a specific aim or purpose; determined
38. int_____ent fever *adj.* occurring at irregular intervals; not continuous or steady; stopping and starting periodically; sporadic
39. se__r a rope *v.* to break or separate something by cutting, especially suddenly and forcibly
40. dis_____en the hopeful job applicant *v.* to cause someone to lose hope, confidence, or enthusiasm; to discourage or demoralize
41. pur_____ul series of actions *adj.* having a specific aim or purpose; determined

ANSWERS: 31. profoundly, 32. sever, 33. shipwreck, 34. courageous, 35. burnout, 36. detachment, 37. purposeful, 38. intermittent, 39. sever, 40. dishearten, 41. purposeful

42. el_____e a close relationship *v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
43. a r__t for carrying horses *n.* a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer
44. cu_____te relationships *v.* to prepare and foster land for growing crops or plants
45. em_____r the secretary to do the same *v.* to give someone the power or authority to do something
46. as_____e decision-making *adj.* having the ability to assess situations or people accurately and to act accordingly; mentally sharp or clever; showing practical wisdom or shrewdness
47. a pre_____nt species *adj.* having control, authority, or influence that is greater than that of others; prevailing or vastly more abundant than others of the same kind
48. pro_____ly insightful *adv.* to a great or complete degree; deeply
49. in_____ct for self-preservation *n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
50. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions
51. re_____ne customer experience *v.* to change the meaning or interpretation of something; to make people think about something in a new or different way

ANSWERS: 42. elevate, 43. raft, 44. cultivate, 45. empower, 46. astute, 47. predominant, 48. profoundly, 49. instinct, 50. resilient, 51. redefine

52. int_____ent Wi-Fi

adj. occurring at irregular intervals; not continuous or steady; stopping and starting periodically; sporadic

ANSWERS: 52. intermittent

Session 3: Fill in the Blanks

1. Divers discovered the remains of an old _____ while exploring the reef.
n. the destruction or loss of a ship at sea, usually caused by sinking or running aground; the remains or wreckage of a ship that has been destroyed or lost at sea
2. The actor's _____ was so powerful that the audience was moved to tears.
n. a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory
3. She is a _____ person and has always bounced back from setbacks.
adj. able to withstand or recover quickly from difficult conditions
4. When faced with a dangerous situation, his initial _____ was to flee.
n. an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
5. We cannot _____ her as President.
v. to imagine or expect what a situation will be like in the future
6. His _____ observation allowed him to catch the mistake before anyone else did.
adj. having the ability to assess situations or people accurately and to act accordingly; mentally sharp or clever; showing practical wisdom or shrewdness
7. 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

ANSWERS: 1. shipwreck, 2. monologue, 3. resilient, 4. instinct, 5. envision, 6. astute, 7. ache

8. He _____ a branch from a tree quickly.
v. to break or separate something by cutting, especially suddenly and forcibly
9. She had a _____ look and was determined to complete the task.
adj. having a specific aim or purpose; determined
10. The interests of the two countries _____.
v. to hit something violently when moving
11. I accidentally _____ up the reports and need help to tell which.
v. to mix up or confuse something; to make a mess of something; to create disorder or chaos
12. I feel so _____ without you.
adj. unable to take care of oneself or to do things without help
13. _____ is also necessary to understand history.
n. the ability to share another person's feelings or experiences by imagining that person's situation
14. In this office, teamwork is the _____ factor in achieving success.
adj. having control, authority, or influence that is greater than that of others; prevailing or vastly more abundant than others of the same kind
15. The rubber _____ was swept out to sea.
n. a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer
16. The novel affected her _____ causing her to question her beliefs and values.
adv. to a great or complete degree; deeply

ANSWERS: 8. severed, 9. purposeful, 10. collide, 11. muddled, 12. helpless, 13. Empathy, 14. predominant, 15. raft, 16. profoundly,

17. Eating food in a hurry _____ blood glucose levels.
v. to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
18. 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
19. He suffered from job _____ because of hard work.
n. the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
20. The _____ of the soldiers was evident as they carried out their mission with precision and focus.
n. a state of being disconnected or disinterested; impartiality or emotional distance; a military unit or formation that separates from a larger force and operates independently
21. University is a great place to _____ our minds and expertise.
v. to prepare and foster land for growing crops or plants
22. The long work hours were taking a toll on her mental _____.
n. the state of being extremely tired and lacking energy or strength
23. The video telephony application has _____ the way we work.
v. to change the meaning or interpretation of something; to make people think about something in a new or different way
24. He was a _____ soldier who had served his country with honor.
adj. able to face and deal with danger or fear without flinching

ANSWERS: 17. elevates, 18. empowered, 19. burnout, 20. detachment, 21. cultivate, 22. exhaustion, 23. redefined, 24. courageous

25. The team's loss in the semifinals did not _____ their determination to return stronger next season.

- v.* to cause someone to lose hope, confidence, or enthusiasm; to discourage or demoralize

26. The _____ rain made it difficult to plan a picnic.

- adj.* occurring at irregular intervals; not continuous or steady; stopping and starting periodically; sporadic

ANSWERS: 25. dishearten, 26. intermittent