

# Englist.me



## Vocabulary Builder Reference from...

*Sangu Delle: There's no shame in taking care of your mental health | TED Talk*

[https://www.ted.com/talks/sangu\\_delle\\_there\\_s\\_no\\_shame\\_in\\_taking\\_care\\_of\\_your\\_mental\\_health](https://www.ted.com/talks/sangu_delle_there_s_no_shame_in_taking_care_of_your_mental_health)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### turmoil

*n.* a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions

*synonym*: chaos, confusion, disorder

(1) political **turmoil**, (2) the **turmoil** of the war

The company experienced financial **turmoil** after the CEO was arrested.

### clam

*n.* a marine mollusk that burrows and lives on sand or mud, the shell closes with viselike firmness

(1) giant **clam**, (2) shuck a **clam**

The **clam** digs through the sand to a significant depth.

### sham

*n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

*synonym*: bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**

The data he prepared was completely **sham**.

### 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.

## suffocate

*v.* to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression

*synonym* : choke, smother, stifle

(1) **suffocate** to death, (2) **suffocate** fire

People can **suffocate** from a lack of oxygen in confined spaces.

## masculinity

*n.* the qualities or attributes traditionally associated with men, such as physical strength, courage, assertiveness, and so on; the state of being male or manly

*synonym* : manliness, virility, machismo

(1) **masculinity** norms, (2) toxic **masculinity**

Research has shown that rigid ideas of **masculinity** can contribute to domestic violence and other forms of abuse.

## dreadlocks

*n.* a hairstyle in which the hair is left to grow into long, matted strands, often associated with Rastafarianism and Jamaican culture

(1) **dreadlocks** hairstyle, (2) tangled **dreadlocks**

Her long and thick **dreadlocks** were styled in a beautiful updo.

## bumble

*v.* to move or act clumsily or awkwardly; to speak or behave in an inept or confused manner

*synonym* : stumble, fumble, blunder

(1) **bumble** his way into a high-paying job, (2) **bumble** through his speeches

She tends to **bumble** through her work, making careless errors along the way.

## pneumonia

*n.* an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms

*synonym* : lung infection, bronchitis

(1) bacterial **pneumonia**, (2) viral **pneumonia**  
She was hospitalized with a severe case of **pneumonia**.

### stressor

*n.* something that causes stress or emotional tension  
*synonym*: pressure, strain, burden

(1) **stressor** event, (2) **stressor** management  
The deadline for the project was a major **stressor** for the team.

### well-being

*n.* the state of being happy and healthy and prosperous  
*synonym*: health, welfare, happiness

(1) the **well-being** of a nation, (2) a sense of **well-being**  
We are responsible for the care and **well-being** of all our employees.

### psychiatry

*n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness  
*synonym*: mental health, psychology, psychoanalysis

(1) **psychiatry** therapy, (2) biological **psychiatry**  
The field of **psychiatry** is constantly evolving, with new treatments and approaches being developed all the time.

### solitude

*n.* the state of being alone and isolated from others  
*synonym*: isolation, seclusion, loneliness

(1) live in **solitude**, (2) enjoyment of **solitude**  
He sought **solitude** in the wilderness to escape the distractions of modern life.

### 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.

### witchcraft

*n.* the practice of using magical or supernatural powers or abilities to influence events or people, often used to

describe ancient, mystical, or pagan practices

*synonym* : sorcery, magic, wizardry

(1) **witchcraft** belief, (2) the power of **witchcraft**

Many people were accused of **witchcraft** during the Salem Witch Trials in the late 1600s.

## socioeconomic

*adj.* relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class

*synonym* : social, economic, financial

(1) **socioeconomic** status, (2) **socioeconomic** issues

The **socioeconomic** conditions of a country can significantly affect its political stability.

## stigmatize

*v.* to accuse, condemn, or openly or formally consider somebody or something as not deserving respect

*synonym* : brand, mark, denounce

(1) **stigmatize** the deviant as criminal, (2) **stigmatize** him as a swindler

She was **stigmatized** by society because she had a child out of wedlock.

## ostracize

*v.* to exclude someone from a group or society by general consent; to avoid speaking to or dealing with intentionally

*synonym* : exclude, shun, isolate

(1) **ostracize** individual, (2) **ostracize** group

His peers **ostracized** him for his controversial beliefs.

## robin

*n.* a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America

*synonym* : thrush, red-breast, redbird

(1) **robin** eggs, (2) **robin's** nest

I love listening to the cheerful song of the **robin** in my garden.

## frantic

*adj.* marked by uncontrolled excitement or emotion; wild; frenzied

*synonym*: wild, frenzied, manic

(1) **frantic** pace, (2) with **frantic** haste

The mother was **frantic** as she searched for her lost child.

## schizophrenia

*n.* a severe mental disorder in which a person has a distorted view of reality and may experience hallucinations, delusions, and disordered thinking and behavior

*synonym*: psychosis, disorder, mental illness

(1) **schizophrenia** spectrum disorder, (2) **schizophrenia** treatment

The **schizophrenia** patient was experiencing severe auditory hallucinations.

## recoil

*v.* to spring or flinch back, as in surprise, fear, or pain

*synonym*: flinch, shy, shrink

(1) **recoil** in horror, (2) **recoil** from a snake

The gun **recoiled** with a loud bang.

## snicker

*v.* to laugh in a sly, suppressed, or scornful manner; to snigger; to express amusement or disdain in a quiet or subdued way

*synonym*: chuckle, snigger, giggle

(1) **snicker** quietly, (2) **snicker** to himself

He couldn't help but **snicker** at his friend's silly joke.

## whisper

*v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

*synonym*: murmur, rumor, mutter

(1) answer in a **whisper**, (2) the **whisper** of the leaves

He took me aside and **whispered** in my ear.

## derogatory

*adj.* expressing a low opinion; insulting

*synonym*: insulting, negative, pejorative

(1) have **derogatory** eyes, (2) **derogatory** language  
He made **derogatory** comments about her appearance and intelligence.

## demean

v. to lower or damage someone's dignity, honor, or reputation; to treat someone disrespectfully, often in a way that makes them feel inferior or humiliated

*synonym*: lower, degrade, humiliate

(1) **demean** the value, (2) **demean** the reputation

You shouldn't **demean** yourself by taking on tasks beneath your skill level.

## eviscerate

v. to remove the internal organs of an animal; to severely criticize or attack someone or something

*synonym*: disembowel, gut, devitalize

(1) **eviscerate** the infected organs, (2) **eviscerate** the movie

The predator **eviscerated** its prey and ate its internal organs.

## 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.

## waver

v. to move in a quivering manner; to become weak

*synonym*: lurch, sway, wobble

(1) **waver** in purpose, (2) **waver** between work and private life

She didn't **waver** in her decision to pursue her dream career, despite the challenges.

## tacit

adj. understood or implied without being stated outright; unspoken or inferred through context or implication

*synonym*: implicit, unspoken, inferred

(1) **tacit** support, (2) **tacit** consent

Their friendship was based on a **tacit** understanding of each

other's needs and desires.

## plight

*n.* a difficult or unfortunate situation

*synonym*: crisis, predicament, trouble

(1) miserable **plight**, (2) the **plight** of the poor

The government has ignored the **plight** of the homeless population.

## alumni

*n.* (the plural form of "alumnus" or "alumna") former students or graduates of an educational institution or program

*synonym*: graduates, former students, alum

(1) **alumni** network, (2) **alumni** relations

Many **alumni** of our college have become successful in their chosen fields.

## detract

*v.* to diminish the value or worth of a quality or performance

*synonym*: take away, draw away, diminish

(1) **detract** from quality of life, (2) **detract** from his fame

His terrible manners **detract** from his good character.

## virile

*adj.* having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male

*synonym*: manly, masculine, potent

(1) **virile** strength, (2) **virile** vitality

The doctor said that regular exercise could help maintain a **virile** physique.

## taint

*v.* to damage or spoil the quality or integrity of something, particularly through association with a negative or undesirable influence or element

*synonym*: corrupt, infect, spoil

(1) **taint** the government, (2) **taint** the atmosphere worldwide

The scandal will **taint** his reputation for years to come.

**afflict**

v. to cause pain, suffering, or distress to someone or something

*synonym*: trouble, distress, bother

(1) **afflict** with the plague, (2) **afflict** the economy

The disease can **afflict** both humans and animals.



## Session 2: Spelling

1. ro\_\_n's nest *n.* a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America
2. psy\_\_\_\_\_ry therapy *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
3. bu\_\_\_e his way into a high-paying job *v.* to move or act clumsily or awkwardly; to speak or behave in an inept or confused manner
4. sch\_\_\_\_\_nia spectrum disorder *n.* a severe mental disorder in which a person has a distorted view of reality and may experience hallucinations, delusions, and disordered thinking and behavior
5. giant c\_\_m *n.* a marine mollusk that burrows and lives on sand or mud, the shell closes with viselike firmness
6. sn\_\_\_\_\_r quietly *v.* to laugh in a sly, suppressed, or scornful manner; to snigger; to express amusement or disdain in a quiet or subdued way
7. the pl\_\_\_t of the poor *n.* a difficult or unfortunate situation
8. de\_\_\_n the value *v.* to lower or damage someone's dignity, honor, or reputation; to treat someone disrespectfully, often in a way that makes them feel inferior or humiliated

ANSWERS: 1. robin, 2. psychiatry, 3. bumble, 4. schizophrenia, 5. clam, 6. snicker, 7. plight, 8. demean

9. the power of wit\_\_\_\_\_ft      *n.* the practice of using magical or supernatural powers or abilities to influence events or people, often used to describe ancient, mystical, or pagan practices
10. wit\_\_\_\_\_ft belief      *n.* the practice of using magical or supernatural powers or abilities to influence events or people, often used to describe ancient, mystical, or pagan practices
11. wa\_\_r between work and private life      *v.* to move in a quivering manner; to become weak
12. sn\_\_\_\_\_r to himself      *v.* to laugh in a sly, suppressed, or scornful manner; to snigger; to express amusement or disdain in a quiet or subdued way
13. mas\_\_\_\_\_ty norms      *n.* the qualities or attributes traditionally associated with men, such as physical strength, courage, assertiveness, and so on; the state of being male or manly
14. af\_\_\_\_\_t with the plague      *v.* to cause pain, suffering, or distress to someone or something
15. ta\_\_t consent      *adj.* understood or implied without being stated outright; unspoken or inferred through context or implication
16. re\_\_\_l in horror      *v.* to spring or flinch back, as in surprise, fear, or pain
17. toxic mas\_\_\_\_\_ty      *n.* the qualities or attributes traditionally associated with men, such as physical strength, courage, assertiveness, and so on; the state of being male or manly

ANSWERS: 9. witchcraft, 10. witchcraft, 11. waver, 12. snicker, 13. masculinity, 14. afflict, 15. tacit, 16. recoil, 17. masculinity

18. vi\_\_\_e strength *adj.* having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male
19. soc\_\_\_\_\_mic issues *adj.* relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class
20. tangled dre\_\_\_\_\_ks *n.* a hairstyle in which the hair is left to grow into long, matted strands, often associated with Rastafarianism and Jamaican culture
21. social st\_\_\_a *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
22. al\_\_\_i relations *n.* (the plural form of "alumnus" or "alumna") former students or graduates of an educational institution or program
23. af\_\_\_\_\_t the economy *v.* to cause pain, suffering, or distress to someone or something
24. em\_\_\_\_\_y for patients *n.* the ability to share another person's feelings or experiences by imagining that person's situation
25. wa\_\_r in purpose *v.* to move in a quivering manner; to become weak
26. wr\_\_h of God *n.* extreme anger
27. a high person's wr\_\_h *n.* extreme anger

ANSWERS: 18. virile, 19. socioeconomic, 20. dreadlocks, 21. stigma, 22. alumni, 23. afflict, 24. empathy, 25. waver, 26. wrath, 27. wrath

28. ta\_\_t the government *v.* to damage or spoil the quality or integrity of something, particularly through association with a negative or undesirable influence or element
29. al\_\_\_i network *n.* (the plural form of "alumnus" or "alumna") former students or graduates of an educational institution or program
30. miserable pl\_\_\_t *n.* a difficult or unfortunate situation
31. st\_\_\_\_\_or event *n.* something that causes stress or emotional tension
32. sti\_\_\_\_\_ze him as a swindler *v.* to accuse, condemn, or openly or formally consider somebody or something as not deserving respect
33. turn out to be all s\_\_m *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
34. sch\_\_\_\_\_nia treatment *n.* a severe mental disorder in which a person has a distorted view of reality and may experience hallucinations, delusions, and disordered thinking and behavior
35. st\_\_\_a against obesity *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
36. evi\_\_\_\_\_te the movie *v.* to remove the internal organs of an animal; to severely criticize or attack someone or something
37. viral pn\_\_\_\_\_ia *n.* an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms

ANSWERS: 28. taint, 29. alumni, 30. plight, 31. stressor, 32. stigmatize, 33. sham, 34. schizophrenia, 35. stigma, 36. eviscerate, 37. pneumonia

38. the wel\_\_\_\_\_ng of a nation      *n.* the state of being happy and healthy and prosperous
39. vi\_\_\_e vitality      *adj.* having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male
40. ro\_\_n eggs      *n.* a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America
41. shuck a c\_\_m      *n.* a marine mollusk that burrows and lives on sand or mud, the shell closes with viselike firmness
42. su\_\_\_\_\_te to death      *v.* to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression
43. a s\_\_m battle      *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
44. der\_\_\_\_\_ry language      *adj.* expressing a low opinion; insulting
45. live in so\_\_\_\_de      *n.* the state of being alone and isolated from others
46. ta\_\_t support      *adj.* understood or implied without being stated outright; unspoken or inferred through context or implication
47. soc\_\_\_\_\_mic status      *adj.* relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class

ANSWERS: 38. well-being, 39. virile, 40. robin, 41. clam, 42. suffocate, 43. sham, 44. derogatory, 45. solitude, 46. tacit, 47. socioeconomic

48. a sense of wel\_\_\_\_\_ng *n.* the state of being happy and healthy and prosperous
49. answer in a wh\_\_\_\_\_r *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
50. os\_\_\_\_\_ze individual *v.* to exclude someone from a group or society by general consent; to avoid speaking to or dealing with intentionally
51. evi\_\_\_\_\_te the infected organs *v.* to remove the internal organs of an animal; to severely criticize or attack someone or something
52. the wh\_\_\_\_\_r of the leaves *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
53. have der\_\_\_\_\_ry eyes *adj.* expressing a low opinion; insulting
54. full of em\_\_\_\_\_y *n.* the ability to share another person's feelings or experiences by imagining that person's situation
55. with fr\_\_\_\_\_c haste *adj.* marked by uncontrolled excitement or emotion; wild; frenzied
56. fr\_\_\_\_\_c pace *adj.* marked by uncontrolled excitement or emotion; wild; frenzied
57. biological psy\_\_\_\_\_ry *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
58. political tu\_\_\_\_\_l *n.* a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions

ANSWERS: 48. well-being, 49. whisper, 50. ostracize, 51. eviscerate, 52. whisper, 53. derogatory, 54. empathy, 55. frantic, 56. frantic, 57. psychiatry, 58. turmoil

59. de\_\_\_\_t from quality of life      *v.* to diminish the value or worth of a quality or performance
60. the tu\_\_\_\_\_l of the war      *n.* a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions
61. bu\_\_\_e through his speeches      *v.* to move or act clumsily or awkwardly; to speak or behave in an inept or confused manner
62. os\_\_\_\_\_ze group      *v.* to exclude someone from a group or society by general consent; to avoid speaking to or dealing with intentionally
63. de\_\_\_\_t from his fame      *v.* to diminish the value or worth of a quality or performance
64. enjoyment of so\_\_\_\_de      *n.* the state of being alone and isolated from others
65. bacterial pn\_\_\_\_\_ia      *n.* an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms
66. sti\_\_\_\_\_ze the deviant as criminal      *v.* to accuse, condemn, or openly or formally consider somebody or something as not deserving respect
67. de\_\_\_n the reputation      *v.* to lower or damage someone's dignity, honor, or reputation; to treat someone disrespectfully, often in a way that makes them feel inferior or humiliated
68. ta\_\_t the atmosphere worldwide      *v.* to damage or spoil the quality or integrity of something, particularly through association with a negative or undesirable influence or element

ANSWERS: 59. detract, 60. turmoil, 61. bumble, 62. ostracize, 63. detract, 64. solitude, 65. pneumonia, 66. stigmatize, 67. demean, 68. taint

69. re\_\_\_l from a snake *v.* to spring or flinch back, as in surprise, fear, or pain
70. st\_\_\_\_or management *n.* something that causes stress or emotional tension
71. dre\_\_\_\_\_ks hairstyle *n.* a hairstyle in which the hair is left to grow into long, matted strands, often associated with Rastafarianism and Jamaican culture
72. su\_\_\_\_\_te fire *v.* to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression

ANSWERS: 69. recoil, 70. stressor, 71. dreadlocks, 72. suffocate



## Session 3: Fill in the Blanks

1. You shouldn't \_\_\_\_\_ yourself by taking on tasks beneath your skill level.
  - v. to lower or damage someone's dignity, honor, or reputation; to treat someone disrespectfully, often in a way that makes them feel inferior or humiliated
  
2. People can \_\_\_\_\_ from a lack of oxygen in confined spaces.
  - v. to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression
  
3. She didn't \_\_\_\_\_ in her decision to pursue her dream career, despite the challenges.
  - v. to move in a quivering manner; to become weak
  
4. He took me aside and \_\_\_\_\_ in my ear.
  - v. to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
  
5. The \_\_\_\_\_ patient was experiencing severe auditory hallucinations.
  - n. a severe mental disorder in which a person has a distorted view of reality and may experience hallucinations, delusions, and disordered thinking and behavior
  
6. Research has shown that rigid ideas of \_\_\_\_\_ can contribute to domestic violence and other forms of abuse.
  - n. the qualities or attributes traditionally associated with men, such as physical strength, courage, assertiveness, and so on; the state of being male or manly
  
7. The \_\_\_\_\_ conditions of a country can significantly affect its political stability.
  - adj. relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class

ANSWERS: 1. demean, 2. suffocate, 3. waver, 4. whispered, 5. schizophrenia, 6. masculinity, 7. socioeconomic

8. Many people were accused of \_\_\_\_\_ during the Salem Witch Trials in the late 1600s.
- n.* the practice of using magical or supernatural powers or abilities to influence events or people, often used to describe ancient, mystical, or pagan practices
9. He couldn't help but \_\_\_\_\_ at his friend's silly joke.
- v.* to laugh in a sly, suppressed, or scornful manner; to snigger; to express amusement or disdain in a quiet or subdued way
10. The scandal will \_\_\_\_\_ his reputation for years to come.
- v.* to damage or spoil the quality or integrity of something, particularly through association with a negative or undesirable influence or element
11. The gun \_\_\_\_\_ with a loud bang.
- v.* to spring or flinch back, as in surprise, fear, or pain
12. His peers \_\_\_\_\_ him for his controversial beliefs.
- v.* to exclude someone from a group or society by general consent; to avoid speaking to or dealing with intentionally
13. Many \_\_\_\_\_ of our college have become successful in their chosen fields.
- n.* (the plural form of "alumnus" or "alumna") former students or graduates of an educational institution or program
14. The deadline for the project was a major \_\_\_\_\_ for the team.
- n.* something that causes stress or emotional tension
15. He finally exploded with \_\_\_\_\_ due to the team's repeated failures.
- n.* extreme anger

ANSWERS: 8. witchcraft, 9. snicker, 10. taint, 11. recoiled, 12. ostracized, 13. alumni, 14. stressor, 15. wrath

16. Her long and thick \_\_\_\_\_ were styled in a beautiful updo.  
*n.* a hairstyle in which the hair is left to grow into long, matted strands, often associated with Rastafarianism and Jamaican culture
17. We are responsible for the care and \_\_\_\_\_ of all our employees.  
*n.* the state of being happy and healthy and prosperous
18. She was \_\_\_\_\_ by society because she had a child out of wedlock.  
*v.* to accuse, condemn, or openly or formally consider somebody or something as not deserving respect
19. The predator \_\_\_\_\_ its prey and ate its internal organs.  
*v.* to remove the internal organs of an animal; to severely criticize or attack someone or something
20. The \_\_\_\_\_ digs through the sand to a significant depth.  
*n.* a marine mollusk that burrows and lives on sand or mud, the shell closes with viselike firmness
21. The field of \_\_\_\_\_ is constantly evolving, with new treatments and approaches being developed all the time.  
*n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
22. He sought \_\_\_\_\_ in the wilderness to escape the distractions of modern life.  
*n.* the state of being alone and isolated from others
23. She tends to \_\_\_\_\_ through her work, making careless errors along the way.  
*v.* to move or act clumsily or awkwardly; to speak or behave in an inept or confused manner

ANSWERS: 16. dreadlocks, 17. well-being, 18. stigmatized, 19. eviscerated, 20. clam, 21. psychiatry, 22. solitude, 23. bumble

24. The mother was \_\_\_\_\_ as she searched for her lost child.  
*adj.* marked by uncontrolled excitement or emotion; wild; frenzied
25. The company experienced financial \_\_\_\_\_ after the CEO was arrested.  
*n.* a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions
26. He made \_\_\_\_\_ comments about her appearance and intelligence.  
*adj.* expressing a low opinion; insulting
27. The doctor said that regular exercise could help maintain a \_\_\_\_\_ physique.  
*adj.* having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male
28. The disease can \_\_\_\_\_ both humans and animals.  
*v.* to cause pain, suffering, or distress to someone or something
29. His terrible manners \_\_\_\_\_ from his good character.  
*v.* to diminish the value or worth of a quality or performance
30. The data he prepared was completely \_\_\_\_\_.  
*n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
31. She was hospitalized with a severe case of \_\_\_\_\_.  
*n.* an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms
32. \_\_\_\_\_ is also necessary to understand history.  
*n.* the ability to share another person's feelings or experiences by imagining that person's situation

ANSWERS: 24. frantic, 25. turmoil, 26. derogatory, 27. virile, 28. afflict, 29. detract, 30. sham, 31. pneumonia, 32. Empathy

33. I love listening to the cheerful song of the \_\_\_\_\_ in my garden.
- n.* a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America
34. The mental health \_\_\_\_\_ often prevents people from seeking treatment.
- n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
35. The government has ignored the \_\_\_\_\_ of the homeless population.
- n.* a difficult or unfortunate situation
36. Their friendship was based on a \_\_\_\_\_ understanding of each other's needs and desires.
- adj.* understood or implied without being stated outright; unspoken or inferred through context or implication

ANSWERS: 33. robin, 34. stigma, 35. plight, 36. tacit