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Vocabulary Builder Reference from...

Nikki Webber Allen: Don't suffer from your depression in silence | TED Talk

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

Advanced Words Only

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Session 1: Word List

doom

n. death, destruction, or some other terrible situation that cannot be avoided

synonym : judgment, destiny, fate

(1) economic **doom**, (2) prophet of **doom**

Everyone was aware of the impending **doom** but was unable to prevent it.

lurk

v. to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal

synonym : hide, creep, stalk

(1) **lurked** behind the words, (2) **lurk** in the darkness

In the city, the risk of traffic accidents **lurks** at every corner.

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.

misconception

n. a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis

synonym : fallacy, incomprehension, misunderstanding

(1) dispel the **misconception**, (2) commonly held **misconception**

There are numerous **misconceptions** about food and health.

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.

insomnia

n. the condition of being unable to sleep, usually a chronic one

synonym: sleeplessness, wakefulness, restlessness

(1) medication for **insomnia**, (2) alcohol-dependent **insomnia**

He suffered **insomnia** and loss of appetite after he began taking that medication.

deplete

v. to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials

synonym: exhaust, consume, use up

(1) **deplete** customer confidence, (2) **deplete** glycogen stores

If we continue to **deplete** the Earth's natural resources, we will cause severe damage to the environment.

unspeakable

adj. too terrible, shocking, or distressing to speak about

synonym: unspeakably horrible, indescribable, unutterable

(1) **unspeakable** crime, (2) **unspeakable** pain

The survivors of the plane crash could only describe the **unspeakable** horror of the experience.

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.

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**.

nephew

n. a son of your brother or sister

(1) three-year-old **nephew**, (2) nieces and **nephews**

My **nephew** is eight months old and still being breastfed.

devastation

n. the act of causing great destruction or damage, often on a large scale

synonym : destruction, ruin, havoc

(1) financial **devastation**, (2) **devastation** to life

The economic recession caused **devastation** in the housing market, with many people losing their homes.

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.

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.

imbalance

n. a situation in which two or more things are not equal or equally treated

synonym :

inequality, asymmetry, instability

(1) trade **imbalance**, (2) symptoms of hormonal **imbalance**

An **imbalance** in certain substances causes problems with brain function.

predisposition

n. a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors

synonym: tendency, inclination, disposition

(1) **predisposition** to anxiety, (2) genetic **predisposition**

Smoking can increase a person's **predisposition** to lung cancer.

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.

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.

disparity

n. a significant difference or inequality between two or more things

synonym: difference, inequality, gap

(1) the **disparity** between theory and reality, (2) income **disparity**

There is a significant **disparity** in pay between men and women in the company.

masculine

adj. having characteristics or an appearance that are usually regarded as typical or appropriate for men

synonym : male, mannish, manly

(1) wear **masculine** attire, (2) **masculine** beauty

Her allure lies in her **masculine** rather than feminine beauty.

mediate

v. to try to bring about an agreement or understanding between people who are in conflict

synonym : arbitrate, reconcile, intervene

(1) **mediate** allergic reaction, (2) **mediate** a negotiation

The teacher had to **mediate** a disagreement between two students over a stolen pencil.

Session 2: Spelling

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|------------------------------------|---|
| 1. re_____nt population | <i>adj.</i> able to withstand or recover quickly from difficult conditions |
| 2. me_____e allergic reaction | <i>v.</i> to try to bring about an agreement or understanding between people who are in conflict |
| 3. an_____or language | <i>n.</i> a person from whom one is descended; a forefather |
| 4. environmental ad_____ty | <i>n.</i> difficulties or hardships that someone faces |
| 5. de_____e glycogen stores | <i>v.</i> to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials |
| 6. a s__m battle | <i>n.</i> 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 |
| 7. st___a against obesity | <i>n.</i> a mark of shame or disgrace associated with a particular circumstance, quality, or person |
| 8. medication for in_____ia | <i>n.</i> the condition of being unable to sleep, usually a chronic one |
| 9. financial dev_____on | <i>n.</i> the act of causing great destruction or damage, often on a large scale |
| 10. symptoms of hormonal im_____ce | <i>n.</i> a situation in which two or more things are not equal or equally treated |

ANSWERS: 1. resilient, 2. mediate, 3. ancestor, 4. adversity, 5. deplete, 6. sham, 7. stigma, 8. insomnia, 9. devastation, 10. imbalance

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|--|---|
| 11. the di_____ty between theory and reality | <i>n.</i> a significant difference or inequality between two or more things |
| 12. I__k in the darkness | <i>v.</i> to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal |
| 13. turn out to be all s__m | <i>n.</i> 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 |
| 14. ind_____us worker | <i>adj.</i> hardworking, diligent, and persistent in effort |
| 15. I__ked behind the words | <i>v.</i> to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal |
| 16. uns_____le crime | <i>adj.</i> too terrible, shocking, or distressing to speak about |
| 17. earliest human an_____or | <i>n.</i> a person from whom one is descended; a forefather |
| 18. social st___a | <i>n.</i> a mark of shame or disgrace associated with a particular circumstance, quality, or person |
| 19. ma_____ne beauty | <i>adj.</i> having characteristics or an appearance that are usually regarded as typical or appropriate for men |
| 20. st_____or management | <i>n.</i> something that causes stress or emotional tension |
| 21. dev_____on to life | <i>n.</i> the act of causing great destruction or damage, often on a large scale |

ANSWERS: 11. disparity, 12. lurk, 13. sham, 14. industrious, 15. lurk, 16. unspeakable, 17. ancestor, 18. stigma, 19. masculine, 20. stressor, 21. devastation

22. uns_____le pain *adj.* too terrible, shocking, or distressing to speak about
23. struggling with ad_____ty *n.* difficulties or hardships that someone faces
24. nieces and ne____ws *n.* a son of your brother or sister
25. genetic pre_____ion *n.* a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors
26. prophet of d__m *n.* death, destruction, or some other terrible situation that cannot be avoided
27. pre_____ion to anxiety *n.* a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors
28. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions
29. alcohol-dependent in_____ia *n.* the condition of being unable to sleep, usually a chronic one
30. de_____e customer confidence *v.* to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials
31. economic d__m *n.* death, destruction, or some other terrible situation that cannot be avoided
32. three-year-old ne____w *n.* a son of your brother or sister
33. commonly held mis_____ion *n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
34. trade im_____ce *n.* a situation in which two or more things are not equal or equally treated

ANSWERS: 22. unspeakable, 23. adversity, 24. nephew, 25. predisposition, 26. doom, 27. predisposition, 28. resilient, 29. insomnia, 30. deplete, 31. doom, 32. nephew, 33. misconception, 34. imbalance

35. me_____e a negotiation
v. to try to bring about an agreement or understanding between people who are in conflict
36. 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
37. 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
38. st_____or event
n. something that causes stress or emotional tension
39. wear ma_____ne attire
adj. having characteristics or an appearance that are usually regarded as typical or appropriate for men
40. income di_____ty
n. a significant difference or inequality between two or more things
41. ind_____us student
adj. hardworking, diligent, and persistent in effort
42. dispel the mis_____ion
n. a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis

ANSWERS: 35. mediate, 36. socioeconomic, 37. socioeconomic, 38. stressor, 39. masculine, 40. disparity, 41. industrious, 42. misconception

Session 3: Fill in the Blanks

1. If we continue to _____ the Earth's natural resources, we will cause severe damage to the environment.
v. to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials
2. My _____ is eight months old and still being breastfed.
n. a son of your brother or sister
3. Her allure lies in her _____ rather than feminine beauty.
adj. having characteristics or an appearance that are usually regarded as typical or appropriate for men
4. The survivors of the plane crash could only describe the _____ horror of the experience.
adj. too terrible, shocking, or distressing to speak about
5. My remote _____ immigrated to the United States from Ireland in the 1800s.
n. a person from whom one is descended; a forefather
6. The economic recession caused _____ in the housing market, with many people losing their homes.
n. the act of causing great destruction or damage, often on a large scale
7. She is a _____ person and has always bounced back from setbacks.
adj. able to withstand or recover quickly from difficult conditions
8. An _____ in certain substances causes problems with brain function.
n. a situation in which two or more things are not equal or equally treated

ANSWERS: 1. deplete, 2. nephew, 3. masculine, 4. unspeakable, 5. ancestor, 6. devastation, 7. resilient, 8. imbalance

9. The deadline for the project was a major _____ for the team.
n. something that causes stress or emotional tension
10. There are numerous _____ about food and health.
n. a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
11. He was known to be very _____ and would often work late into the night.
adj. hardworking, diligent, and persistent in effort
12. The teacher had to _____ a disagreement between two students over a stolen pencil.
v. to try to bring about an agreement or understanding between people who are in conflict
13. The mental health _____ often prevents people from seeking treatment.
n. a mark of shame or disgrace associated with a particular circumstance, quality, or person
14. There is a significant _____ in pay between men and women in the company.
n. a significant difference or inequality between two or more things
15. He suffered _____ and loss of appetite after he began taking that medication.
n. the condition of being unable to sleep, usually a chronic one
16. Smoking can increase a person's _____ to lung cancer.
n. a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors

ANSWERS: 9. stressor, 10. misconceptions, 11. industrious, 12. mediate, 13. stigma, 14. disparity, 15. insomnia, 16. predisposition

17. The team demonstrated great resilience in the face of _____ and won the game.

n. difficulties or hardships that someone faces

18. Everyone was aware of the impending _____ but was unable to prevent it.

n. death, destruction, or some other terrible situation that cannot be avoided

19. 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

20. In the city, the risk of traffic accidents _____ at every corner.

v. to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal

21. 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: 17. adversity, 18. doom, 19. sham, 20. lurks, 21. socioeconomic