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Vocabulary Builder Reference from...

Justin Baldoni: Why I'm done trying to be "man enough" | TED Talk

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

Advanced Words Only

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Session 1: Word List

brood

v. to think much and deeply about something that makes one annoyed, anxious, or angry; (noun) a group of young birds or other animals all produced at one hatching or birth

synonym : offspring, hatch, family

(1) **brood** about the defeat, (2) a **brood** of chickens

The terrible result **brooded** over her all day long.

ooze

v. to flow or seep out slowly, often in a thick, viscous manner; to exude or emit slowly and steadily

synonym : flow, seep, drip

(1) **ooze** from the speakers, (2) **ooze** with confidence

The wound on his leg continued to **ooze** blood even after he applied pressure.

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.

charisma

n. a compelling charm or attractiveness that can inspire devotion and admiration from others, often associated with leadership or celebrity status

synonym : magnetism, allure, charm

(1) crowd-pulling **charisma**, (2) natural **charisma**

The politician's **charisma** won over the crowd at the rally.

pretension

n. the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

synonym : presumption, pretense, affectation

(1) **pretension** to authority, (2) baseless **pretension**

His **pretensions** of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

insecure

adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety

synonym : uncertain, unsure, unconfident

(1) an **insecure** future, (2) **insecure** attachment

Children in an unstructured environment often feel **insecure**.

disgust

n. a strong feeling of dislike or disapproval

synonym : nauseate, hate, dislike

(1) public **disgust**, (2) show **disgust** at his actions

He was filled with **disgust** and fear for the threat of war.

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.

embody

v. to represent or exemplify something; to give tangible form to an abstract idea

synonym : represent, exemplify, personify

(1) **embody** my goal, (2) **embody** a spirit of charity

The company's new products **embody** the values of

innovation and sustainability.

subconsciously

adv. in a way that is not fully conscious or aware of
synonym : unconsciously, without thinking

(1) **subconsciously** influenced, (2) controlled
subconsciously

He **subconsciously** picked at his cuticles while he was on the phone.

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.

nurture

v. to take care of, feed, and protect someone or something while they are growing and developing

synonym : boost, cultivate, enable

(1) **nurture** love, (2) **nurture** his talents

Schools should **nurture** children's mutual interest spirit.

resent

v. to feel anger, bitterness, or indignation towards someone or something as a result of unfair treatment or perceived injustice; to harbor negative feelings towards someone or something

synonym : dislike, begrudge, envy

(1) **resent** being called a fool, (2) **resent** their success

He couldn't help but **resent** his friend for always taking credit for his ideas.

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.

senator

n. a member of a legislative body, especially a member of the U.S. Senate

synonym: legislator, politician, representative

(1) junior **senator**, (2) **senator** term

The hawkish **senator** gave a speech on the new bill in the Senate.

janitor

n. a person whose job is to clean and maintain a large building, such as a school or a block of flats

synonym: keeper, guardian, custodian

(1) part-time **janitor**, (2) duty of the **janitor**

The school **janitor** was laid off.

paralyze

v. to cause a person or part of the body to become unable to move or feel

synonym: immobilize, disable, numb

(1) **paralyze** a city, (2) **paralyze** a person

The venom from the snake bite **paralyzed** his arm.

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**.

wherein

adv. in or during which; in the place, time, or situation that

(1) progress to a level **wherein**, (2) **wherein** he is mistaken

The court ruled in favor of the plaintiff, **wherein** they were awarded damages for the defendant's negligence.

heartwarming

adj. seeming to be something good and therefore causing gladness and pleasure

synonym: pleasant, exhilarating, inspiring

(1) **heartwarming** letter, (2) a **heartwarming** tale of love
We enjoyed the **heartwarming** hospitality of the host.

afterward

adv. after the time mentioned

synonym: later, thereafter, following

(1) a few years **afterward**, (2) go there **afterward**

We will explain the countermeasure concerning this problem **afterward**.

politely

adv. in a courteous or respectful manner, showing good manners or consideration for others

synonym: courteously, respectfully, graciously

(1) **politely** ask, (2) nodded **politely**

She **politely** declined the invitation to the party, saying she had other plans.

stereotype

n. a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense

(1) avoid **stereotype**, (2) negative **stereotypes**

Changing **stereotypes** about LGBTQ requires considerable effort.

dysmorphia

n. abnormal development or malformations of anatomical structures in plants, animals, or humans; a mental health condition characterized by obsessive concern with one's appearance and a preoccupation with perceived flaws or defects that are not noticeable or are only slight and which often leads to anxiety, depression, and avoidance behaviors

(1) gender **dysmorphia**, (2) muscle **dysmorphia**

Body **dysmorphia** can be a severe mental health condition that requires professional help.

bravery

n. courage in the face of danger

synonym: courage, valor, heroism

(1) **bravery** against the enemy, (2) **bravery** under fire

His **bravery** in the face of danger saved the lives of his comrades.

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.

headfirst

adv. with the head leading or going first or in front of the rest of the body while moving forward; in a daring, impulsive, or reckless manner without proper caution or preparation

synonym: dive, plunge, recklessly

(1) jump **headfirst**, (2) dive **headfirst**

She dove **headfirst** into the ocean, eager to cool off from the summer heat.

anguish

n. severe physical or emotional pain or suffering; distress or mental agony

synonym: distress, torment, agony

(1) **anguish** and pain, (2) emotional **anguish**

She suffered from a deep sense of **anguish** following the loss of her loved one.

amplify

v. to enhance something, particularly sound or brightness

synonym: intensify, boost, argument

(1) **amplify** a signal, (2) **amplify** the effect

You might need to **amplify** this point.

applause

n. a demonstration of approval or praise by clapping the hands together

synonym: clapping, cheering, acclaim

(1) round of **applause**, (2) earn **applause**

The **applause** burst from the audience.

offend

v. to cause someone to feel upset, angry, or annoyed
synonym: insult, hurt, anger

(1) **offend** his sensibilities, (2) **offend** a customer

His rude comments **offended** many people at the party.

resentment

n. bitterness or indignation at being treated unfairly
synonym: bitterness, enmity, animosity

(1) abiding **resentment**, (2) bitter **resentment**

She felt **resentment** towards her boss for not giving her a promotion.

Session 2: Spelling

- | | | |
|---------------------------------|------|---|
| 1. re__t their success | v. | to feel anger, bitterness, or indignation towards someone or something as a result of unfair treatment or perceived injustice; to harbor negative feelings towards someone or something |
| 2. earn ap____se | n. | a demonstration of approval or praise by clapping the hands together |
| 3. pa____ze a person | v. | to cause a person or part of the body to become unable to move or feel |
| 4. 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 |
| 5. o__e from the speakers | v. | to flow or seep out slowly, often in a thick, viscous manner; to exude or emit slowly and steadily |
| 6. o__e with confidence | v. | to flow or seep out slowly, often in a thick, viscous manner; to exude or emit slowly and steadily |
| 7. pa____ze a city | v. | to cause a person or part of the body to become unable to move or feel |
| 8. am____y a signal | v. | to enhance something, particularly sound or brightness |
| 9. ma____ne beauty | adj. | having characteristics or an appearance that are usually regarded as typical or appropriate for men |

ANSWERS: 1. resent, 2. applause, 3. paralyze, 4. redefine, 5. ooze, 6. ooze, 7. paralyze, 8. amplify, 9. masculine

10. wh____n he is mistaken *adv.* in or during which; in the place, time, or situation that
11. controlled sub_____sly *adv.* in a way that is not fully conscious or aware of
12. bitter res_____nt *n.* bitterness or indignation at being treated unfairly
13. a br__d of chickens *v.* to think much and deeply about something that makes one annoyed, anxious, or angry; (noun) a group of young birds or other animals all produced at one hatching or birth
14. 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
15. br_____y under fire *n.* courage in the face of danger
16. dive he_____st *adv.* with the head leading or going first or in front of the rest of the body while moving forward; in a daring, impulsive, or reckless manner without proper caution or preparation
17. an in_____re future *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
18. 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
19. 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

ANSWERS: 10. wherein, 11. subconsciously, 12. resentment, 13. brood, 14. masculinity, 15. bravery, 16. headfirst, 17. insecure, 18. masculinity, 19. sham

20. am_____y the effect *v.* to enhance something, particularly sound or brightness
21. emotional an_____h *n.* severe physical or emotional pain or suffering; distress or mental agony
22. nu_____e his talents *v.* to take care of, feed, and protect someone or something while they are growing and developing
23. of____d his sensibilities *v.* to cause someone to feel upset, angry, or annoyed
24. po_____ly ask *adv.* in a courteous or respectful manner, showing good manners or consideration for others
25. natural ch_____ma *n.* a compelling charm or attractiveness that can inspire devotion and admiration from others, often associated with leadership or celebrity status
26. duty of the ja_____r *n.* a person whose job is to clean and maintain a large building, such as a school or a block of flats
27. show di_____t at his actions *n.* a strong feeling of dislike or disapproval
28. gender dys_____ia *n.* abnormal development or malformations of anatomical structures in plants, animals, or humans; a mental health condition characterized by obsessive concern with one's appearance and a preoccupation with perceived flaws or defects that are not noticeable or are only slight and which often leads to anxiety, depression, and avoidance behaviors

ANSWERS: 20. amplify, 21. anguish, 22. nurture, 23. offend, 24. politely, 25. charisma, 26. janitor, 27. disgust, 28. dysmorphia

29. em___y my goal *v.* to represent or exemplify something; to give tangible form to an abstract idea
30. negative ste_____pes *n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
31. sub_____sly influenced *adv.* in a way that is not fully conscious or aware of
32. progress to a level wh_____n *adv.* in or during which; in the place, time, or situation that
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. em___y a spirit of charity *v.* to represent or exemplify something; to give tangible form to an abstract idea
35. of___d a customer *v.* to cause someone to feel upset, angry, or annoyed
36. se_____r term *n.* a member of a legislative body, especially a member of the U.S. Senate
37. an_____h and pain *n.* severe physical or emotional pain or suffering; distress or mental agony
38. part-time ja_____r *n.* a person whose job is to clean and maintain a large building, such as a school or a block of flats
39. jump he_____st *adv.* with the head leading or going first or in front of the rest of the body while moving forward; in a daring, impulsive, or reckless manner without proper caution or preparation

ANSWERS: 29. embody, 30. stereotype, 31. subconsciously, 32. wherein, 33. macho, 34. embody, 35. offend, 36. senator, 37. anguish, 38. janitor, 39. headfirst

40. 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
41. br____y against the enemy *n.* courage in the face of danger
42. a hea_____ing tale of love *adj.* seeming to be something good and therefore causing gladness and pleasure
43. go there af_____rd *adv.* after the time mentioned
44. nodded po_____ly *adv.* in a courteous or respectful manner, showing good manners or consideration for others
45. crowd-pulling ch_____ma *n.* a compelling charm or attractiveness that can inspire devotion and admiration from others, often associated with leadership or celebrity status
46. 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
47. 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
48. abiding res_____nt *n.* bitterness or indignation at being treated unfairly
49. nu_____e love *v.* to take care of, feed, and protect someone or something while they are growing and developing

ANSWERS: 40. bully, 41. bravery, 42. heartwarming, 43. afterward, 44. politely, 45. charisma, 46. sham, 47. bully, 48. resentment, 49. nurture

50. br__d about the defeat
v. to think much and deeply about something that makes one annoyed, anxious, or angry; (noun) a group of young birds or other animals all produced at one hatching or birth
51. wear ma_____ne attire
adj. having characteristics or an appearance that are usually regarded as typical or appropriate for men
52. hea_____ing letter
adj. seeming to be something good and therefore causing gladness and pleasure
53. muscle dys_____ia
n. abnormal development or malformations of anatomical structures in plants, animals, or humans; a mental health condition characterized by obsessive concern with one's appearance and a preoccupation with perceived flaws or defects that are not noticeable or are only slight and which often leads to anxiety, depression, and avoidance behaviors
54. baseless pre_____on
n. the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
55. public di_____t
n. a strong feeling of dislike or disapproval
56. pre_____on to authority
n. the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

ANSWERS: 50. brood, 51. masculine, 52. heartwarming, 53. dysmorphia, 54. pretension, 55. disgust, 56. pretension

57. 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
58. in____re attachment
adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety
59. junior se____r
n. a member of a legislative body, especially a member of the U.S. Senate
60. 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
61. a few years af____rd
adv. after the time mentioned
62. re__t being called a fool
v. to feel anger, bitterness, or indignation towards someone or something as a result of unfair treatment or perceived injustice; to harbor negative feelings towards someone or something
63. avoid ste____pe
n. a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
64. round of ap____se
n. a demonstration of approval or praise by clapping the hands together

ANSWERS: 57. redefine, 58. insecure, 59. senator, 60. macho, 61. afterward, 62. resent, 63. stereotype, 64. applause

Session 3: Fill in the Blanks

1. The politician's _____ won over the crowd at the rally.
 - n.* a compelling charm or attractiveness that can inspire devotion and admiration from others, often associated with leadership or celebrity status

2. The court ruled in favor of the plaintiff, _____ they were awarded damages for the defendant's negligence.
 - adv.* in or during which; in the place, time, or situation that

3. Changing _____ about LGBTQ requires considerable effort.
 - n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense

4. 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

5. Schools should _____ children's mutual interest spirit.
 - v.* to take care of, feed, and protect someone or something while they are growing and developing

6. Body _____ can be a severe mental health condition that requires professional help.
 - n.* abnormal development or malformations of anatomical structures in plants, animals, or humans; a mental health condition characterized by obsessive concern with one's appearance and a preoccupation with perceived flaws or defects that are not noticeable or are only slight and which often leads to anxiety, depression, and avoidance behaviors

ANSWERS: 1. charisma, 2. wherein, 3. stereotypes, 4. sham, 5. nurture, 6. dysmorphia

7. The wound on his leg continued to _____ blood even after he applied pressure.
v. to flow or seep out slowly, often in a thick, viscous manner; to exude or emit slowly and steadily
8. 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
9. You might need to _____ this point.
v. to enhance something, particularly sound or brightness
10. The company's new products _____ the values of innovation and sustainability.
v. to represent or exemplify something; to give tangible form to an abstract idea
11. 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
12. 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
13. He _____ picked at his cuticles while he was on the phone.
adv. in a way that is not fully conscious or aware of
14. She felt _____ towards her boss for not giving her a promotion.
n. bitterness or indignation at being treated unfairly

ANSWERS: 7. ooze, 8. bully, 9. amplify, 10. embody, 11. masculinity, 12. masculine, 13. subconsciously, 14. resentment

15. We enjoyed the _____ hospitality of the host.

adj. seeming to be something good and therefore causing gladness and pleasure

16. 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

17. His rude comments _____ many people at the party.

v. to cause someone to feel upset, angry, or annoyed

18. Children in an unstructured environment often feel _____.

adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety

19. He was filled with _____ and fear for the threat of war.

n. a strong feeling of dislike or disapproval

20. The venom from the snake bite _____ his arm.

v. to cause a person or part of the body to become unable to move or feel

21. The terrible result _____ over her all day long.

v. to think much and deeply about something that makes one annoyed, anxious, or angry; (noun) a group of young birds or other animals all produced at one hatching or birth

22. The _____ burst from the audience.

n. a demonstration of approval or praise by clapping the hands together

23. She suffered from a deep sense of _____ following the loss of her loved one.

n. severe physical or emotional pain or suffering; distress or mental agony

ANSWERS: 15. heartwarming, 16. redefined, 17. offended, 18. insecure, 19. disgust, 20. paralyzed, 21. brooded, 22. applause, 23. anguish

24. 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
25. She dove _____ into the ocean, eager to cool off from the summer heat.
adv. with the head leading or going first or in front of the rest of the body while moving forward; in a daring, impulsive, or reckless manner without proper caution or preparation
26. The school _____ was laid off.
n. a person whose job is to clean and maintain a large building, such as a school or a block of flats
27. The hawkish _____ gave a speech on the new bill in the Senate.
n. a member of a legislative body, especially a member of the U.S. Senate
28. We will explain the countermeasure concerning this problem _____.
adv. after the time mentioned
29. He couldn't help but _____ his friend for always taking credit for his ideas.
v. to feel anger, bitterness, or indignation towards someone or something as a result of unfair treatment or perceived injustice; to harbor negative feelings towards someone or something
30. His _____ in the face of danger saved the lives of his comrades.
n. courage in the face of danger
31. She _____ declined the invitation to the party, saying she had other plans.
adv. in a courteous or respectful manner, showing good manners or consideration for others

ANSWERS: 24. macho, 25. headfirst, 26. janitor, 27. senator, 28. afterward, 29. resent, 30. bravery, 31. politely

32. His _____ of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

- n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

ANSWERS: 32. pretensions