

Englist.me



Vocabulary Builder Reference from...

Melissa Walker: Art can heal PTSD's invisible wounds
| TED Talk

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

Advanced Words Only

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

mortar

n. a mixture of cement, sand, and water used for binding building materials together; a heavy, deep bowl used to pound or grind substances

synonym: howitzer, cement mixer, masonry tool

(1) **mortar** joints, (2) apply **mortar**

The bricklayer started on the second course of bricks, laying them in fresh **mortar**.

explode

v. to burst or break open violently and noisily; to cause something to burst or break open

synonym: detonate, blast, rupture

(1) **explode** in anger, (2) **explode** in popularity

The old building **exploded** in a fiery inferno.

bunker

n. a concrete shelter or underground room, typically for storing ammunition or protecting people from enemy fire; a hazard on a golf course; a large container for storing fuel

synonym: shelter, fortification, defense

(1) coal **bunker**, (2) **bunker** facility

The soldiers took cover in the dug-out **bunker** during the bombing.

daze

n. the feeling of distress and disbelief that you have when something bad happens accidentally; (verb) to confuse or stun someone with a sudden intense light or loud noise

synonym: stupor, confusion, (verb) stun

(1) walk around in a **daze**, (2) **daze** of sleep

He was in a **daze** from the sudden news and couldn't process it properly.

terrifying

adj. very frightening or intimidating

synonym: frightening, intimidating, alarming

(1) **terrifying** experience, (2) **terrifying** events

Large earthquakes often generate **terrifying** tsunamis.

haunting

adj. lingering in the mind or memory, often in a disturbing or unsettling way; (noun) something difficult to forget or shake off

synonym: lingering, disturbing, unsettling

(1) **haunting** memory, (2) a **haunting** sense of fear

The song's **haunting** melody stayed with me long after I heard it.

grandparent

n. a parent of one's father or mother

(1) great- **grandparent**, (2) person of **grandparent** age

She was close to her paternal **grandparents** and often spent summers with them.

psyche

n. the human soul, mind, or spirit

synonym: mind, soul, spirit

(1) deep **psyche**, (2) **psyche** healing

The therapist helped her understand the workings of her **psyche** and how to cope with her anxiety.

pierce

v. to cut or make a way through with a sharp instrument

synonym: jab, penetrate, stab

(1) **pierce** the armored shells, (2) **pierce** a mystery

The extreme cold **pierced** our bones.

obscene

adj. offensive, rude, or disgusting, usually because of being related to sex

synonym: improper, nasty, lewd

(1) **obscene** literature, (2) an **obscene** story

He made an **obscene** gesture.

startle

v. to cause a sudden or unexpected reaction of surprise, alarm, or fear in someone, typically by means of a sudden and loud noise, movement, or event

synonym: frighten, shock, surprise

(1) **startle** for a moment, (2) **startle** the world

The loud bang outside the window caused him to **startle** and spill his coffee.

agitate

v. to disturb or upset someone's emotions, peace, or tranquility; to stir or shake something up, often to mix or dissolve it

synonym: disturb, unsettle, ruffle

(1) **agitate** a mixture, (2) **agitate** for independence

The loud noise from the construction site next door continued to **agitate** the residents of the apartment building.

gravitation

n. the force by which a celestial body, such as the Earth, pulls objects toward its center; the attraction between two or more objects due to their mass

synonym: attraction, pull, gravity

(1) terrestrial **gravitation**, (2) universal **gravitation**

The force of **gravitation** keeps the planets in our solar system in orbit around the sun.

homesick

adj. feeling sad or nostalgic for one's home, family, or familiar surroundings, especially when away from them for a significant length of time

synonym: nostalgic, longing, yearning

(1) suffer from **homesick**, (2) **homesick** for home

The military personnel stationed overseas often feel **homesick** for their loved ones.

neuron

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

synonym: nerve cell

(1) excite the **neurons**, (2) **neuron** cell body

Our body transfers information along each **neuron** using an electrical impulse.

speechless

adj. unable to speak because of shock, fear, surprise, or other strong emotion; so impressive or awe-inspiring that one cannot find adequate words to express one's thoughts or feelings

synonym: wordless, mute, speech-impaired

(1) **speechless** reaction, (2) **speechless** with shock

The breathtaking view left me **speechless** for a minute.

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.

misunderstand

v. to interpret or understand something in the wrong way

synonym: misinterpret, misperceive, misapprehend

(1) **misunderstand** each other, (2) **misunderstand** entirely about her

You should not **misunderstand** the meaning of freedom.

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.

reed

n. a tall, slender-leaved plant that grows in water; a thin strip of wood or metal that vibrates to produce sound in certain musical instruments such as oboe, clarinet, and saxophone

synonym : cane, grass

(1) **reed** instrument, (2) a young bud of **reed**

The **reed** in the wind instrument needs to be replaced.

intrepid

adj. courageous and not afraid of danger or difficulties

synonym : unfearing, courageous, dauntless

(1) **intrepid** personality, (2) **intrepid** travelers

There were still **intrepid** pioneers who planned to start their businesses

psychotherapy

n. the treatment of mental or emotional problems by talking with a therapist

(1) field of **psychotherapy**, (2) **psychotherapy** for depression

He took **psychotherapy** to help him deal with his accident trauma.

hemisphere

n. half of the terrestrial globe; half of a sphere

(1) northern **hemisphere**, (2) cerebral **hemisphere**

This weather pattern is unique to the southern **hemisphere**.

collage

n. a work of art composed by assembling various materials, such as photographs, newspaper clippings, and other objects, onto a surface; any composition made by combining various distinct elements

synonym : montage, assemblage, mosaic

(1) **collage** art, (2) digital **collage**

She made a beautiful **collage** of photos from her travels to display in her home.

daunting

adj. looking challenging to manage in prospect; making someone anxious and less confident about carrying out something

synonym : intimidating, stunning, disheartening

(1) face the **daunting** reality, (2) seem like a **daunting** task

My homework was **daunting** and complex, but it was also intriguing.

haunted

adj. inhabited, visited, or frequented by ghosts or spirits; disturbed or troubled by persistent or disturbing memories or emotions

synonym : spooky, eerie, ghostly

(1) **haunted** house, (2) **haunted** by memories

The old mansion was known to be **haunted**, with strange noises and eerie sightings reported by visitors.

disturb

v. to interrupt someone who is trying to work, sleep, etc.

synonym : agitate, bother, intrude

(1) **disturb** the peace, (2) **disturb** his sleep

Tourists frequently **disturb** the island's delicate natural balance.

soar

v. to fly or rise very high or to a great height, often with great grace or ease

synonym : fly, rise, ascend

(1) **soar** in popularity, (2) **soar** to new heights

The bird **soared** through the sky, and its wings spread wide.

Session 2: Spelling

1. live in so ____de *n.* the state of being alone and isolated from others
2. enjoyment of so ____de *n.* the state of being alone and isolated from others
3. st ____e for a moment *v.* to cause a sudden or unexpected reaction of surprise, alarm, or fear in someone, typically by means of a sudden and loud noise, movement, or event
4. ho ____ck for home *adj.* feeling sad or nostalgic for one's home, family, or familiar surroundings, especially when away from them for a significant length of time
5. coal bu ____r *n.* a concrete shelter or underground room, typically for storing ammunition or protecting people from enemy fire; a hazard on a golf course; a large container for storing fuel
6. ex ____e in popularity *v.* to burst or break open violently and noisily; to cause something to burst or break open
7. seem like a da ____ng task *adj.* looking challenging to manage in prospect; making someone anxious and less confident about carrying out something
8. ha ____d by memories *adj.* inhabited, visited, or frequented by ghosts or spirits; disturbed or troubled by persistent or disturbing memories or emotions

ANSWERS: 1. solitude, 2. solitude, 3. startle, 4. homesick, 5. bunker, 6. explode, 7. daunting, 8. haunted

9. great-gra_____nt *n.* a parent of one's father or mother
10. ag_____e a mixture *v.* to disturb or upset someone's emotions, peace, or tranquility; to stir or shake something up, often to mix or dissolve it
11. northern hem_____re *n.* half of the terrestrial globe; half of a sphere
12. spe_____ss reaction *adj.* unable to speak because of shock, fear, surprise, or other strong emotion; so impressive or awe-inspiring that one cannot find adequate words to express one's thoughts or feelings
13. mis_____and entirely about her *v.* to interpret or understand something in the wrong way
14. digital co_____e *n.* a work of art composed by assembling various materials, such as photographs, newspaper clippings, and other objects, onto a surface; any composition made by combining various distinct elements
15. terrestrial gra_____on *n.* the force by which a celestial body, such as the Earth, pulls objects toward its center; the attraction between two or more objects due to their mass
16. d__e of sleep *n.* the feeling of distress and disbelief that you have when something bad happens accidentally; (verb) to confuse or stun someone with a sudden intense light or loud noise
17. ps___e healing *n.* the human soul, mind, or spirit
18. ter_____ng experience *adj.* very frightening or intimidating

ANSWERS: 9. grandparent, 10. agitate, 11. hemisphere, 12. speechless, 13. misunderstand, 14. collage, 15. gravitation, 16. daze, 17. psyche, 18. terrifying

19. in____id travelers *adj.* courageous and not afraid of danger or difficulties
20. an ob____e story *adj.* offensive, rude, or disgusting, usually because of being related to sex
21. pi____e the armored shells *v.* to cut or make a way through with a sharp instrument
22. mis____and each other *v.* to interpret or understand something in the wrong way
23. suffer from ho____ck *adj.* feeling sad or nostalgic for one's home, family, or familiar surroundings, especially when away from them for a significant length of time
24. bu____r facility *n.* a concrete shelter or underground room, typically for storing ammunition or protecting people from enemy fire; a hazard on a golf course; a large container for storing fuel
25. ter____ng events *adj.* very frightening or intimidating
26. cerebral hem____re *n.* half of the terrestrial globe; half of a sphere
27. deep ps____e *n.* the human soul, mind, or spirit
28. ne____n cell body *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
29. r__d instrument *n.* a tall, slender-leaved plant that grows in water; a thin strip of wood or metal that vibrates to produce sound in certain musical instruments such as oboe, clarinet, and saxophone

ANSWERS: 19. intrepid, 20. obscene, 21. pierce, 22. misunderstand, 23. homesick, 24. bunker, 25. terrifying, 26. hemisphere, 27. psyche, 28. neuron, 29. reed

30. st____e the world
v. to cause a sudden or unexpected reaction of surprise, alarm, or fear in someone, typically by means of a sudden and loud noise, movement, or event
31. ag____e for independence
v. to disturb or upset someone's emotions, peace, or tranquility; to stir or shake something up, often to mix or dissolve it
32. ha____d house
adj. inhabited, visited, or frequented by ghosts or spirits; disturbed or troubled by persistent or disturbing memories or emotions
33. a ha____ng sense of fear
adj. lingering in the mind or memory, often in a disturbing or unsettling way; (noun) something difficult to forget or shake off
34. ha____ng memory
adj. lingering in the mind or memory, often in a disturbing or unsettling way; (noun) something difficult to forget or shake off
35. person of gra____nt age
n. a parent of one's father or mother
36. walk around in a d__e
n. the feeling of distress and disbelief that you have when something bad happens accidentally; (verb) to confuse or stun someone with a sudden intense light or loud noise
37. spe____ss with shock
adj. unable to speak because of shock, fear, surprise, or other strong emotion; so impressive or awe-inspiring that one cannot find adequate words to express one's thoughts or feelings

ANSWERS: 30. startle, 31. agitate, 32. haunted, 33. haunting, 34. haunting, 35. grandparent, 36. daze, 37. speechless

38. field of psy_____apy *n.* the treatment of mental or emotional problems by talking with a therapist
39. pi___e a mystery *v.* to cut or make a way through with a sharp instrument
40. di_____b the peace *v.* to interrupt someone who is trying to work, sleep, etc.
41. s__r in popularity *v.* to fly or rise very high or to a great height, often with great grace or ease
42. face the da_____ng reality *adj.* looking challenging to manage in prospect; making someone anxious and less confident about carrying out something
43. apply mo____r *n.* a mixture of cement, sand, and water used for binding building materials together; a heavy, deep bowl used to pound or grind substances
44. a young bud of r__d *n.* a tall, slender-leaved plant that grows in water; a thin strip of wood or metal that vibrates to produce sound in certain musical instruments such as oboe, clarinet, and saxophone
45. ex_____e in anger *v.* to burst or break open violently and noisily; to cause something to burst or break open
46. universal gra_____on *n.* the force by which a celestial body, such as the Earth, pulls objects toward its center; the attraction between two or more objects due to their mass
47. excite the ne____ns *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body

ANSWERS: 38. psychotherapy, 39. pierce, 40. disturb, 41. soar, 42. daunting, 43. mortar, 44. reed, 45. explode, 46. gravitation, 47. neuron

48. in____id personality *adj.* courageous and not afraid of danger or difficulties
49. s__r to new heights *v.* to fly or rise very high or to a great height, often with great grace or ease
50. mo____r joints *n.* a mixture of cement, sand, and water used for binding building materials together; a heavy, deep bowl used to pound or grind substances
51. psy_____apy for depression *n.* the treatment of mental or emotional problems by talking with a therapist
52. ob____e literature *adj.* offensive, rude, or disgusting, usually because of being related to sex
53. di____b his sleep *v.* to interrupt someone who is trying to work, sleep, etc.
54. co____e art *n.* a work of art composed by assembling various materials, such as photographs, newspaper clippings, and other objects, onto a surface; any composition made by combining various distinct elements
55. st___a against obesity *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
56. social st___a *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person

ANSWERS: 48. intrepid, 49. soar, 50. mortar, 51. psychotherapy, 52. obscene, 53. disturb, 54. collage, 55. stigma, 56. stigma

Session 3: Fill in the Blanks

1. She made a beautiful _____ of photos from her travels to display in her home.
n. a work of art composed by assembling various materials, such as photographs, newspaper clippings, and other objects, onto a surface; any composition made by combining various distinct elements
2. The old building _____ in a fiery inferno.
v. to burst or break open violently and noisily; to cause something to burst or break open
3. You should not _____ the meaning of freedom.
v. to interpret or understand something in the wrong way
4. This weather pattern is unique to the southern _____.
n. half of the terrestrial globe; half of a sphere
5. She was close to her paternal _____ and often spent summers with them.
n. a parent of one's father or mother
6. The military personnel stationed overseas often feel _____ for their loved ones.
adj. feeling sad or nostalgic for one's home, family, or familiar surroundings, especially when away from them for a significant length of time
7. He was in a _____ from the sudden news and couldn't process it properly.
n. the feeling of distress and disbelief that you have when something bad happens accidentally; (verb) to confuse or stun someone with a sudden intense light or loud noise

ANSWERS: 1. collage, 2. exploded, 3. misunderstand, 4. hemisphere, 5. grandparents, 6. homesick, 7. daze

8. The loud bang outside the window caused him to _____ and spill his coffee.
v. to cause a sudden or unexpected reaction of surprise, alarm, or fear in someone, typically by means of a sudden and loud noise, movement, or event
9. The bird _____ through the sky, and its wings spread wide.
v. to fly or rise very high or to a great height, often with great grace or ease
10. The bricklayer started on the second course of bricks, laying them in fresh _____.
n. a mixture of cement, sand, and water used for binding building materials together; a heavy, deep bowl used to pound or grind substances
11. Large earthquakes often generate _____ tsunamis.
adj. very frightening or intimidating
12. The breathtaking view left me _____ for a minute.
adj. unable to speak because of shock, fear, surprise, or other strong emotion; so impressive or awe-inspiring that one cannot find adequate words to express one's thoughts or feelings
13. He sought _____ in the wilderness to escape the distractions of modern life.
n. the state of being alone and isolated from others
14. The _____ in the wind instrument needs to be replaced.
n. a tall, slender-leaved plant that grows in water; a thin strip of wood or metal that vibrates to produce sound in certain musical instruments such as oboe, clarinet, and saxophone
15. The old mansion was known to be _____ with strange noises and eerie sightings reported by visitors.
adj. inhabited, visited, or frequented by ghosts or spirits; disturbed or troubled by persistent or disturbing memories or emotions

ANSWERS: 8. startle, 9. soared, 10. mortar, 11. terrifying, 12. speechless, 13. solitude, 14. reed, 15. haunted,

16. The song's _____ melody stayed with me long after I heard it.
adj. lingering in the mind or memory, often in a disturbing or unsettling way; (noun) something difficult to forget or shake off
17. Our body transfers information along each _____ using an electrical impulse.
n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body
18. The therapist helped her understand the workings of her _____ and how to cope with her anxiety.
n. the human soul, mind, or spirit
19. The mental health _____ often prevents people from seeking treatment.
n. a mark of shame or disgrace associated with a particular circumstance, quality, or person
20. The soldiers took cover in the dug-out _____ during the bombing.
n. a concrete shelter or underground room, typically for storing ammunition or protecting people from enemy fire; a hazard on a golf course; a large container for storing fuel
21. He took _____ to help him deal with his accident trauma.
n. the treatment of mental or emotional problems by talking with a therapist
22. He made an _____ gesture.
adj. offensive, rude, or disgusting, usually because of being related to sex
23. The loud noise from the construction site next door continued to _____ the residents of the apartment building.
v. to disturb or upset someone's emotions, peace, or tranquility; to stir or shake something up, often to mix or dissolve it

ANSWERS: 16. haunting, 17. neuron, 18. psyche, 19. stigma, 20. bunker, 21. psychotherapy, 22. obscene, 23. agitate

24. There were still _____ pioneers who planned to start their businesses

adj. courageous and not afraid of danger or difficulties

25. My homework was _____ and complex, but it was also intriguing.

adj. looking challenging to manage in prospect; making someone anxious and less confident about carrying out something

26. The extreme cold _____ our bones.

v. to cut or make a way through with a sharp instrument

27. Tourists frequently _____ the island's delicate natural balance.

v. to interrupt someone who is trying to work, sleep, etc.

28. The force of _____ keeps the planets in our solar system in orbit around the sun.

n. the force by which a celestial body, such as the Earth, pulls objects toward its center; the attraction between two or more objects due to their mass

ANSWERS: 24. intrepid, 25. daunting, 26. pierced, 27. disturb, 28. gravitation