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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

All Words

IMPORTANT

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Session 1: Word List

rank

n. a position in a hierarchy of status or authority; (verb) to take or have a position relative to others

synonym : position, status, standing

(1) **rank** amateur, (2) high **rank**

He was promoted to the **rank** of captain in the military.

military

adj. relating to or characteristic of members of the armed forces; of or relating to war or warfare

synonym : armed, martial, warlike

(1) a **military** operation, (2) a **military** leader

The **military** academy was known for its strict discipline and training.

deploy

v. to move troops or weapons into a position or military action; to bring into something in an effective way

synonym : set up, expand, launch

(1) **deploy** troops for battle, (2) **deploy** safety measures

This country **deployed** its weapons in the east region.

responsible

adj. answerable or accountable for something within one's power, control, or management

synonym : accountable, answerable, liable

(1) **responsible** action, (2) **responsible** for a customer

service

She's a **responsible** pet owner who ensures her dog gets enough exercise and a healthy diet.

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.

struggle

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

synonym: toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

assist

v. to help someone in doing anything

synonym: help, support, aid

(1) **assist** a patient, (2) **assist** his goal

Please **assist** her with the furniture relocation.

crawl

v. to move forward slowly, as people or animals with their bodies near the ground

synonym: creep, drag

(1) **crawl** across the floor, (2) **crawl** away from a car

Along the gravel roads, sizeable yellow school buses **crawl**.

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.

conscious

adj. being aware of and able to respond to what is happening around you

synonym: aware, cognizant, deliberate

(1) **conscious** effort, (2) **conscious** of having succeeded

He became **conscious** that he was being followed.

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.

blast

n. explosion, or a strong current of air, usually caused by an explosion; a sudden, thunderous noise

synonym: blow, burst, explosion

(1) a **blast** of wind, (2) an icy **blast**

The **blast** shattered the laboratory equipment.

attempt

n. an act or effort of trying to do something, especially something difficult

synonym: endeavor, effort, try

(1) the **attempt** to rescue the hostages, (2) a reckless **attempt**

The third **attempt** was far more successful.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym: procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

regain

v. to get something back or recover something after it has been lost or taken away

synonym: recover, reclaim, retrieve

(1) **regain** our reputation, (2) **regain** my health

After years of hard work, he finally **regained** his financial stability.

vision

n. the ability to think about or see the future with imagination and intelligence; the faculty of being able to see

synonym: sight, image, concept

(1) a prodigious **vision**, (2) telescopic **vision**

Driving is difficult for me because of my poor **vision**.

bloody

adj. covered in or smeared with blood; involving or characterized by bloodshed or brutality

synonym: gory, gruesome, savage

(1) **bloody** massacre, (2) **bloody** diarrhea

The crime scene was **bloody** and gruesome.

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.

invisible

adj. impossible or nearly impossible to see

synonym: hidden, imperceptible, unseen

(1) an **invisible** asset, (2) **invisible** stars

The phenomenon is **invisible** at optical wavelengths.

traumatic

adj. relating to or caused by injury, especially emotional injury

synonym: distressing

(1) **traumatic** event, (2) **traumatic** brain injury

The experience was so **traumatic** that it left a lasting impact on the survivor's mental health.

disorder

n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

synonym: chaos, disturbance, disease

(1) the files are in complete **disorder**, (2) people with bipolar **disorder**

The doctor prescribed some medicine for the mental **disorder**.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

injury

n. harm done to a person's or an animal's body caused by an accident or an attack

synonym: wound, damage, hurt

(1) without **injury**, (2) a fatal **injury**
My accidental **injury** got better right away.

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.

introduction

n. a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

synonym: initiation, preamble, prologue

(1) **introduction** education, (2) self- **introduction**
The **introduction** to the new class was informative and engaging.

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.

marine

adj. relating to the sea and the creatures and plants that live there

synonym: sea-dwelling, maritime, aquatic

(1) **marine** insurance, (2) variety of **marine** life
Seals and whales are **marine** animals beloved by the people.

bullet

n. a metal projectile that is shot from a gun

synonym: projectile, slug, shot

(1) **bullet** wound, (2) **bullet** train
The stray **bullet** went through the window and hit the wall.

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.

render

v. to bring someone or something into a particular state; to provide something such as service, help, etc.

synonym: deliver, give, provide

(1) **render** an assessment, (2) **render** the contract void
The jury must **render** a decision on this complex case.

declare

v. to say, state, or announce something clearly, officially, or publicly

synonym: announce, state, affirm

(1) **declare** independence, (2) **declare** my love
Foreign goods from abroad must be **declared** to customs when entering a country.

heal

v. to make a wound or injury to become well again

synonym: recover, bring around, mend

(1) **heal** a broken bone, (2) **heal** the hurt mind
It will take time for her mental scars to **heal**.

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.

announce

v. to make something known or officially inform people about something

synonym: disclose, declare, broadcast

(1) **announce** candidacy, (2) **announce** the award winners
The third season of the anime show has been **announced**.

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.

remainder

n. the part of something that is left over when the rest has been used or taken

synonym : balance, leftover, residue

(1) division with **remainder**, (2) the **remainder** of my life

The **remainder** of the cake was put in the fridge for tomorrow.

isolate

v. to physically or socially separate someone or something from other people or things

synonym : separate, sequester, insulate

(1) **isolate** a compound, (2) **isolate** a patient

You should not **isolate** them from the community.

tight

adj. fixed, fastened, or kept together firmly or closely

synonym : closed, secured, cramped

(1) a **tight** game, (2) student on a **tight** budget

The national election was held amid **tight** security.

graduate

n. a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

synonym : alumna, alum, grad

(1) **graduate** degree program, (2) honor **graduate**

Many employers hire **graduate** trainees to train as managers.

degree

n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

synonym : level, qualification, diploma

(1) bachelor's **degree**, (2) **degree** centigrade

She received her **degree** in psychology from the university.

therapy

n. the act of caring for someone through medication, remedial training, etc.

synonym : antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**

I underwent aversion **therapy** for my addiction to alcohol.

naturally

adv. as might be expected; by natural manners

synonym : by nature, inherently, intrinsically

(1) **naturally** arising, (2) **naturally** regenerated forest

He was **naturally** gifted.

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.

trauma

n. an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

synonym : agony, injury, ordeal

(1) psychic **trauma**, (2) **trauma** care

Many civilians have suffered **trauma** as a result of the war.

suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym : endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

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.

shell

n. hard outer covering or case of eggs, nuts, some seeds, and some animals

synonym : ammunition, armor, cover

(1) an egg **shell**, (2) a mollusk **shell**

The outermost electron **shell** determines the chemical properties of an atom.

shock

n. a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant

synonym : amazement, surprise, stunner

(1) death from **shock**, (2) **shock-resistant**

He got an electric **shock** at work.

instance

n. a particular example or single occurrence of something

synonym : example, sample, illustration

(1) for **instance**, (2) notable **instance**

These articles cite five **instances** of climate change.

pursue

v. to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

synonym : seek, hunt, chase

(1) **pursue** a goal, (2) **pursue** freedoms

She intends to **pursue** a political career.

rage

n. a strong feeling of anger or violence

synonym: fury, anger, outrage

(1) uncontrollable **rage**, (2) fall into a **rage**

She was filled with a burning **rage** at the injustice she had witnessed.

modern

adj. of or belonging to the present time or recent times

synonym: contemporary, stylish, current

(1) **modern** poetry, (2) pre- **modern** agricultural society

Their headquarters are in a **modern** skyscraper.

survive

v. to live or exist despite a dangerous event or period

synonym: endure, persist, stay

(1) **survive** a blizzard, (2) **survive** a plane crash

These birds can only **survive** in temperate climates.

advance

v. to go or move forward; to develop in a positive way

synonym: progress, boost, come along

(1) **advance** the technology, (2) **advance** a cooperative relationship

Scientific knowledge will **advance** significantly with the power of AI.

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.

shutdown

n. the act of stopping or ceasing operation or activity; a temporary or permanent closure or halt to a system, organization, or service

synonym: stoppage, closure, cessation

(1) **shutdown** operation, (2) government **shutdown**

The company announced a temporary **shutdown** due to the

pandemic.

individual

n. a single person or thing, as distinct from a group
synonym : person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

physiological

adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

synonym : biological, organic, bodily

(1) **physiological** response, (2) **physiological** activity

The doctor explained the various **physiological** changes that occur during pregnancy.

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.

judge

n. a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something

synonym : arbiter, justice, (verb) deduce

(1) **judge** a competition, (2) an associate **judge**

The strict **judge** ruled in favor of the plaintiff in the case.

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.

generation

n. all the people born and living at about the same time, regarded collectively; the production of heat or electricity
synonym: cohort, age group, era

(1) **generation** gap, (2) the **generation** of electricity

The younger **generation** has different values and beliefs than the older one.

veteran

n. a person who has had long experience in a particular area or activity

synonym: expert, pro, vet

(1) A 20-year **veteran** in the industry, (2) **veteran** teacher

The **veteran** soldiers have the role of teaching recruits the stringencies of training.

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.

nation

n. a large organized community of people living in a particular country or region and having a particular culture

synonym: country, state, sovereign entity

(1) **nation-state**, (2) a seafaring **nation**

The **nation** of Japan is known for its unique culture and advanced technology.

medical

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

synonym: health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's 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.

lock-in

n. an event or situation in which people are unable to leave a specific location, such as a building or room until a particular condition is met or the time has passed

synonym: commitment, obligation, restriction

(1) **lock-in** period, (2) **lock-in** policy

The **lock-in** agreement prevented the parties from changing terms until a certain period had passed.

patient

n. a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

synonym: client, recipient, subject

(1) **patient** in the hospital, (2) **patient** with weight loss

The doctor carefully examined the **patient's** medical history.

psychiatric

adj. of or relating to the treatment or study of mental illness or disorders

synonym: mental, psychological, psychotherapeutic

(1) people with **psychiatric** disorders, (2) **psychiatric** hospital

The **psychiatric** evaluation revealed that the patient had been suffering from anxiety.

eventually

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym : finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

transfer

v. to move, pass, or change from one person, place, or situation to another

synonym : move, relocate, shift

(1) **transfer** a file, (2) **transfer** power

She **transferred** the money from her savings account to her checking account.

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

excellence

n. the quality of being extremely good

synonym : distinction, goodness, superiority

(1) **excellence** in product design, (2) highest standards of **excellence**

He has also won many marketing **excellence** awards.

convince

v. to persuade someone or make someone believe that something is true

synonym : persuade, win over, convert

(1) **convince** her to go with us, (2) **convince** an opponent

I am considering what I should do to **convince** him.

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.

intervention

n. the action or process of being done to improve or help a circumstance, often they have not been asked to do so
synonym : interference, intercession, treatment

(1) **intervention** by foreign powers, (2) surgical **intervention**

This **intervention** does not require the patient's consent.

spectacular

adj. striking or impressive to look at or in performance or achievement

synonym : breathtaking, impressive, grand

(1) **spectacular** view, (2) achieve **spectacular** growth

The **spectacular** fireworks display was the highlight of the festival.

vivid

adj. producing very clear, powerful, and detailed images in the mind

synonym : intense, powerful, dazzling

(1) **vivid** colors, (2) still **vivid** in my memory

She made a **vivid** impression.

symbol

n. something visible that is used to represent something else

synonym : mark, character, insignia

(1) **symbol** color, (2) **symbol** for happiness

The dragon is considered a **symbol** of bravery.

artwork

n. the pieces of art, such as pictures and photographs used in books, magazines, etc.

synonym : painting, picture, graphics

(1) ancient **artwork**, (2) **artwork** conservation

Videos documenting the process of creating this pencil **artwork** have been popular worldwide.

observe

v. to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion

synonym: watch, monitor, scrutinize

(1) **observe** a tradition, (2) **observe** wildlife

It is important to **observe** safety procedures in the workplace to prevent accidents.

bypass

n. an alternative road, channel, pipe, or connection that allows flow while the main one is closed or obstructed; (verb) to go past or round

(1) gastric **bypass** operation, (2) **bypass** circuit

This patient must undergo **bypass** surgery.

encode

v. to convert information into a code or format suitable for storage or transmission

synonym: transcribe, convert

(1) **encode** data, (2) **encode** information

The software can **encode** and decode encrypted messages.

threaten

v. to utter intentions of injury or punishment against someone

synonym: endanger, terrorize, intimidate

(1) **threaten** a healthy relationship, (2) **threaten** national security

Various artificially induced causes are **threatening** our ecosystem.

integrate

v. to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups

synonym: mix, merge, combine

(1) **integrate** into the existing system, (2) **integrate** both businesses

He found that it is difficult to **integrate** socially.

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.

mask

v. to conceal something; (noun) a covering that you wear over your face to hide it

synonym: disguise, camouflage, conceal

(1) **mask** body odor, (2) an oxygen **mask**

The politician tried to **mask** the corruption.

fin

n. a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance

synonym: flipper, appendage, stabilizer

(1) back **fin**, (2) a **fin** of a plane

The shark's powerful **fins** allowed it to swim at high speeds.

grip

n. the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly

synonym: grasp, clasp, (verb) hold

(1) **grip** of fear, (2) lose my **grip**

He had a firm **grip** on the rope as he climbed the mountain.

amazing

adj. extremely surprising, especially in a way that you like or admire

synonym: exceptional, extraordinary, wonderful

(1) **amazing** advances, (2) the most **amazing** feeling

The golfer recorded an **amazing** distance.

initially

adv. at the beginning; at first

synonym : originally, primarily, firstly

(1) **initially** anticipated, (2) diagnosed **initially** as a tumor
This train departed later than **initially** scheduled.

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.

internal

adj. of or relating to the inside of something

synonym : interior, inner, domestic

(1) **internal** organs, (2) the **internal** economy

The prime minister canceled visits to other countries to resolve **internal** disputes.

session

n. a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity

synonym : conference, gathering

(1) the morning **session**, (2) the court **session**

Parliament is now in **session**.

anxious

adj. worried and nervous

synonym : nervous, uneasy, afraid

(1) **anxious** about his health, (2) an **anxious** look

He cast **anxious** glances behind her.

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.

philosophy

n. the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

synonym : doctrine, attitude, creed

(1) **philosophy** of education, (2) western **philosophy**

Ethics is a branch of **philosophy**.

destroy

v. to ruin or damage severely or completely; to eradicate or eliminate completely

synonym : demolish, ruin, obliterate

(1) **destroy** the ecosystem, (2) **destroyed** evidence

The building was **destroyed** in the fire and had to be rebuilt.

healing

n. the process of becoming or making somebody or something well again

synonym : recovery, recuperation, convalescence

(1) natural **healing** ability, (2) part of the **healing** process

Each ancient tribe has its **healing** traditions.

zone

n. a specific area, region, or section that is marked off or defined in some way

synonym : area, region, territory

(1) time **zone**, (2) **zone** defense

He was reluctant to leave his comfort **zone** and try something new.

release

v. to set free or allow to escape from confinement

synonym : free, let go, discharge

(1) **release** a prisoner, (2) **release** CO2 into the air
The animal rights group worked to **release** the dolphins back into the wild.

holy

adj. of or related to a god, divine power, or a particular religion

synonym: sacred, religious, divine

(1) a **holy** man, (2) a **holy** shrine

They gathered to hear the **holy** teachings of the guru.

puzzle

n. a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand

synonym: plight, maze, (verb) perplex

(1) crossword **puzzle**, (2) mathematical **puzzle**

This jigsaw **puzzle** is challenging because there are no pictures.

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.

sight

n. the ability to see; anything that is seen

synonym: vision, spectacle, view

(1) an unexpected **sight**, (2) dull **sight**

Many famous **sights** are within walking distance.

unlock

v. to open something, such as a door, window, etc., usually using a key

synonym: open, solve, unravel

(1) **unlock** a door with a key, (2) **unlock** value

The customs officer required the traveler to **unlock** his suitcase.

thrill

n. a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion

synonym: exhilaration, delight, rush

(1) the **thrill** of speed, (2) incredible **thrill**

Skydiving is an overwhelming **thrill** for many people.

Session 2: Spelling

1. th____en national security *v.* to utter intentions of injury or punishment against someone
2. 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
3. re____e a prisoner *v.* to set free or allow to escape from confinement
4. surgical int______ion *n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so
5. di____b his sleep *v.* to interrupt someone who is trying to work, sleep, etc.
6. for in____ce *n.* a particular example or single occurrence of something
7. an____ce candidacy *v.* to make something known or officially inform people about something
8. pu____e freedoms *v.* to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them
9. 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
10. de____e independence *v.* to say, state, or announce something clearly, officially, or publicly

ANSWERS: 1. threaten, 2. mortar, 3. release, 4. intervention, 5. disturb, 6. instance, 7. announce, 8. pursue, 9. neuron, 10. declare

11. am____g advances *adj.* extremely surprising, especially in a way that you like or admire
12. telescopic vi____n *n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
13. 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
14. the th____l of speed *n.* a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion
15. z__e defense *n.* a specific area, region, or section that is marked off or defined in some way
16. res____le action *adj.* answerable or accountable for something within one's power, control, or management
17. uncontrollable r__e *n.* a strong feeling of anger or violence
18. re____e CO2 into the air *v.* to set free or allow to escape from confinement
19. ha____d house *adj.* inhabited, visited, or frequented by ghosts or spirits; disturbed or troubled by persistent or disturbing memories or emotions
20. psy____ic hospital *adj.* of or relating to the treatment or study of mental illness or disorders
21. pa____t with weight loss *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

ANSWERS: 11. amazing, 12. vision, 13. reed, 14. thrill, 15. zone, 16. responsible, 17. rage, 18. release, 19. haunted, 20. psychiatric, 21. patient

22. h__l the hurt mind *v.* to make a wound or injury to become well again
23. gen_____on gap *n.* all the people born and living at about the same time, regarded collectively; the production of heat or electricity
24. the gen_____on of electricity *n.* all the people born and living at about the same time, regarded collectively; the production of heat or electricity
25. mis_____and entirely about her *v.* to interpret or understand something in the wrong way
26. st___a against obesity *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
27. in_____te into the existing system *v.* to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups
28. a bl__t of wind *n.* explosion, or a strong current of air, usually caused by an explosion; a sudden, thunderous noise
29. tr_____er a file *v.* to move, pass, or change from one person, place, or situation to another
30. ad_____e a cooperative relationship *v.* to go or move forward; to develop in a positive way
31. ancient ar_____k *n.* the pieces of art, such as pictures and photographs used in books, magazines, etc.
32. su___r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

ANSWERS: 22. heal, 23. generation, 24. generation, 25. misunderstand, 26. stigma, 27. integrate, 28. blast, 29. transfer, 30. advance, 31. artwork, 32. suffer

33. ter_____ng events *adj.* very frightening or intimidating
34. by___s circuit *n.* an alternative road, channel, pipe, or connection that allows flow while the main one is closed or obstructed; (verb) to go past or round
35. a seafaring na___n *n.* a large organized community of people living in a particular country or region and having a particular culture
36. 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
37. 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
38. seem like a da_____ng task *adj.* looking challenging to manage in prospect; making someone anxious and less confident about carrying out something
39. mathematical pu___e *n.* a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand
40. de_____e my love *v.* to say, state, or announce something clearly, officially, or publicly

ANSWERS: 33. terrifying, 34. bypass, 35. nation, 36. collage, 37. neuron, 38. daunting, 39. puzzle, 40. declare

41. mo___n poetry *adj.* of or belonging to the present time or recent times
42. cr__l away from a car *v.* to move forward slowly, as people or animals with their bodies near the ground
43. 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
44. ju__e a competition *n.* a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something
45. a private ind_____al *n.* a single person or thing, as distinct from a group
46. deep ps___e *n.* the human soul, mind, or spirit
47. dull si__t *n.* the ability to see; anything that is seen
48. ex_____e in popularity *v.* to burst or break open violently and noisily; to cause something to burst or break open
49. live in so_____de *n.* the state of being alone and isolated from others
50. pi___e a mystery *v.* to cut or make a way through with a sharp instrument
51. su_____e a plane crash *v.* to live or exist despite a dangerous event or period
52. natural he_____g ability *n.* the process of becoming or making somebody or something well again

ANSWERS: 41. modern, 42. crawl, 43. startle, 44. judge, 45. individual, 46. psyche, 47. sight, 48. explode, 49. solitude, 50. pierce, 51. survive, 52. healing

53. person of gra_____nt age *n.* a parent of one's father or mother
54. en___e information *v.* to convert information into a code or format suitable for storage or transmission
55. a mi_____ry operation *adj.* relating to or characteristic of members of the armed forces; of or relating to war or warfare
56. as___t his goal *v.* to help someone in doing anything
57. pi___e the armored shells *v.* to cut or make a way through with a sharp instrument
58. an in_____le asset *adj.* impossible or nearly impossible to see
59. phi_____hy of education *n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind
60. variety of ma___e life *adj.* relating to the sea and the creatures and plants that live there
61. the in_____al economy *adj.* of or relating to the inside of something
62. re___r an assessment *v.* to bring someone or something into a particular state; to provide something such as service, help, etc.
63. de___e centigrade *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
64. 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

ANSWERS: 53. grandparent, 54. encode, 55. military, 56. assist, 57. pierce, 58. invisible, 59. philosophy, 60. marine, 61. internal, 62. render, 63. degree, 64. mortar

65. an egg sh__l *n.* hard outer covering or case of eggs, nuts, some seeds, and some animals
66. an icy bl__t *n.* explosion, or a strong current of air, usually caused by an explosion; a sudden, thunderous noise
67. g__p of fear *n.* the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly
68. 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
69. lo____n period *n.* an event or situation in which people are unable to leave a specific location, such as a building or room until a particular condition is met or the time has passed
70. phy_____cal response *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body
71. co____us of having succeeded *adj.* being aware of and able to respond to what is happening around you
72. phy_____cal activity *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

ANSWERS: 65. shell, 66. blast, 67. grip, 68. reed, 69. lock-in, 70. physiological, 71. conscious, 72. physiological

73. a reckless at_____t *n.* an act or effort of trying to do something, especially something difficult
74. sy____l color *n.* something visible that is used to represent something else
75. 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
76. su____r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
77. in_____id personality *adj.* courageous and not afraid of danger or difficulties
78. m__k body odor *v.* to conceal something; (noun) a covering that you wear over your face to hide it
79. death from sh__k *n.* a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant
80. bu____t train *n.* a metal projectile that is shot from a gun
81. spe_____ar view *adj.* striking or impressive to look at or in performance or achievement
82. de_____yed evidence *v.* to ruin or damage severely or completely; to eradicate or eliminate completely
83. the court se_____n *n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity

ANSWERS: 73. attempt, 74. symbol, 75. startle, 76. suffer, 77. intrepid, 78. mask, 79. shock, 80. bullet, 81. spectacular, 82. destroy, 83. session

84. de____y the ecosystem *v.* to ruin or damage severely or completely; to eradicate or eliminate completely
85. r__k amateur *n.* a position in a hierarchy of status or authority; (verb) to take or have a position relative to others
86. st_____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
87. people with psy_____ic disorders *adj.* of or relating to the treatment or study of mental illness or disorders
88. still vi__d in my memory *adj.* producing very clear, powerful, and detailed images in the mind
89. incredible th____l *n.* a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion
90. a h__y shrine *adj.* of or related to a god, divine power, or a particular religion
91. ha_____d by memories *adj.* inhabited, visited, or frequented by ghosts or spirits; disturbed or troubled by persistent or disturbing memories or emotions
92. time z__e *n.* a specific area, region, or section that is marked off or defined in some way
93. cerebral hem_____re *n.* half of the terrestrial globe; half of a sphere
94. eve_____ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on

ANSWERS: 84. destroy, 85. rank, 86. struggle, 87. psychiatric, 88. vivid, 89. thrill, 90. holy, 91. haunted, 92. zone, 93. hemisphere, 94. eventually

95. in_____le stars *adj.* impossible or nearly impossible to see
96. mis_____and each other *v.* to interpret or understand something in the wrong way
97. high r__k *n.* a position in a hierarchy of status or authority; (verb) to take or have a position relative to others
98. 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
99. an unexpected si__t *n.* the ability to see; anything that is seen
100. s__r in popularity *v.* to fly or rise very high or to a great height, often with great grace or ease
101. the at_____t to rescue the hostages *n.* an act or effort of trying to do something, especially something difficult
102. a mollusk sh__l *n.* hard outer covering or case of eggs, nuts, some seeds, and some animals
103. sh_____wn operation *n.* the act of stopping or ceasing operation or activity; a temporary or permanent closure or halt to a system, organization, or service
104. sy___l for happiness *n.* something visible that is used to represent something else
105. achieve spe_____ar growth *adj.* striking or impressive to look at or in performance or achievement
106. decision-making pr_____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 95. invisible, 96. misunderstand, 97. rank, 98. bunker, 99. sight, 100.

soar, 101. attempt, 102. shell, 103. shutdown, 104. symbol, 105. spectacular, 106.
process

107. 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
108. 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
109. 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
110. field of psy_____apy *n.* the treatment of mental or emotional problems by talking with a therapist
111. enjoyment of so_____de *n.* the state of being alone and isolated from others
112. the most am_____g feeling *adj.* extremely surprising, especially in a way that you like or admire
113. tr____a care *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
114. re____r the contract void *v.* to bring someone or something into a particular state; to provide something such as service, help, etc.
115. ps____e healing *n.* the human soul, mind, or spirit
116. pu____e a goal *v.* to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

ANSWERS: 107. speechless, 108. homesick, 109. haunting, 110. psychotherapy, 111. solitude, 112. amazing, 113. trauma, 114. render, 115. psyche, 116. pursue

117. int_____ion education *n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
118. crossword pu___e *n.* a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand
119. bu___t wound *n.* a metal projectile that is shot from a gun
120. fall into a r___e *n.* a strong feeling of anger or violence
121. government sh_____wn *n.* the act of stopping or ceasing operation or activity; a temporary or permanent closure or halt to a system, organization, or service
122. diagnosed in_____ly as a tumor *adv.* at the beginning; at first
123. is_____e a patient *v.* to physically or socially separate someone or something from other people or things
124. part of the he_____g process *n.* the process of becoming or making somebody or something well again
125. a me_____l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
126. ex_____e in anger *v.* to burst or break open violently and noisily; to cause something to burst or break open

ANSWERS: 117. introduction, 118. puzzle, 119. bullet, 120. rage, 121. shutdown, 122. initially, 123. isolate, 124. healing, 125. medical, 126. explode

127. ar____k conservation *n.* the pieces of art, such as pictures and photographs used in books, magazines, etc.
128. int_____ion by foreign powers *n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so
129. temporary me_____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
130. eve_____ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
131. an oxygen m__k *v.* to conceal something; (noun) a covering that you wear over your face to hide it
132. co_____ce her to go with us *v.* to persuade someone or make someone believe that something is true
133. the files are in complete di_____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
134. na_____ly regenerated forest *adv.* as might be expected; by natural manners
135. ob_____e wildlife *v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion
136. h__l a broken bone *v.* to make a wound or injury to become well again
137. back f_n *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance

ANSWERS: 127. artwork, 128. intervention, 129. medical, 130. eventually, 131. mask, 132. convince, 133. disorder, 134. naturally, 135. observe, 136. heal, 137. fin

138. di____b the peace *v.* to interrupt someone who is trying to work, sleep, etc.
139. an____s about his health *adj.* worried and nervous
140. bachelor's de____e *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
141. 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
142. ve____n teacher *n.* a person who has had long experience in a particular area or activity
143. the morning se____n *n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity
144. sh__k-resistant *n.* a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant
145. 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
146. a prodigious vi____n *n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see

ANSWERS: 138. disturb, 139. anxious, 140. degree, 141. daze, 142. veteran, 143. session, 144. shock, 145. gravitation, 146. vision

147. lo____n policy *n.* an event or situation in which people are unable to leave a specific location, such as a building or room until a particular condition is met or the time has passed
148. in____id travelers *adj.* courageous and not afraid of danger or difficulties
149. an ob____e story *adj.* offensive, rude, or disgusting, usually because of being related to sex
150. re____n our reputation *v.* to get something back or recover something after it has been lost or taken away
151. is____e a compound *v.* to physically or socially separate someone or something from other people or things
152. th____y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
153. a mi____ry leader *adj.* relating to or characteristic of members of the armed forces; of or relating to war or warfare
154. 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
155. people with bipolar di____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
156. en____e data *v.* to convert information into a code or format suitable for storage or transmission

ANSWERS: 147. lock-in, 148. intrepid, 149. obscene, 150. regain, 151. isolate, 152. therapy, 153. military, 154. agitate, 155. disorder, 156. encode

157. tr_____er power *v.* to move, pass, or change from one person, place, or situation to another
158. co_____us effort *adj.* being aware of and able to respond to what is happening around you
159. western phi_____hy *n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind
160. ma___e insurance *adj.* relating to the sea and the creatures and plants that live there
161. student on a ti__t budget *adj.* fixed, fastened, or kept together firmly or closely
162. ind_____al freedom *n.* a single person or thing, as distinct from a group
163. tr_____ic event *adj.* relating to or caused by injury, especially emotional injury
164. northern hem_____re *n.* half of the terrestrial globe; half of a sphere
165. a ti__t game *adj.* fixed, fastened, or kept together firmly or closely
166. social st___a *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
167. res_____le for a customer service *adj.* answerable or accountable for something within one's power, control, or management
168. co_____ce an opponent *v.* to persuade someone or make someone believe that something is true

ANSWERS: 157. transfer, 158. conscious, 159. philosophy, 160. marine, 161. tight, 162. individual, 163. traumatic, 164. hemisphere, 165. tight, 166. stigma, 167. responsible, 168. convince

169. 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
170. an_____ce the award winners *v.* to make something known or officially inform people about something
171. a f_n of a plane *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
172. division with re_____er *n.* the part of something that is left over when the rest has been used or taken
173. notable in_____ce *n.* a particular example or single occurrence of something
174. lose my g__p *n.* the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly
175. A 20-year ve_____n in the industry *n.* a person who has had long experience in a particular area or activity
176. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
177. highest standards of exc_____ce *n.* the quality of being extremely good
178. great-gra_____nt *n.* a parent of one's father or mother
179. ob_____e literature *adj.* offensive, rude, or disgusting, usually because of being related to sex
180. an associate ju__e *n.* a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something

ANSWERS: 169. speechless, 170. announce, 171. fin, 172. remainder, 173. instance, 174. grip, 175. veteran, 176. brain, 177. excellence, 178. grandparent, 179. obscene, 180. judge

181. 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
182. na_____ly arising
adv. as might be expected; by natural manners
183. an an_____s look
adj. worried and nervous
184. ter_____ng experience
adj. very frightening or intimidating
185. psychic tr____a
n. an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
186. 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
187. 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
188. gastric by____s operation
n. an alternative road, channel, pipe, or connection that allows flow while the main one is closed or obstructed; (verb) to go past or round
189. ad_____e the technology
v. to go or move forward; to develop in a positive way
190. na____n-state
n. a large organized community of people living in a particular country or region and having a particular culture

ANSWERS: 181. collage, 182. naturally, 183. anxious, 184. terrifying, 185. trauma, 186. daze, 187. haunting, 188. bypass, 189. advance, 190. nation

191. in_____ly anticipated *adv.* at the beginning; at first
192. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
193. exc_____ce in product design *n.* the quality of being extremely good
194. cr__l across the floor *v.* to move forward slowly, as people or animals with their bodies near the ground
195. field of gene th_____y *n.* the act of caring for someone through medication, remedial training, etc.
196. st_____le to get the job *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
197. s__r to new heights *v.* to fly or rise very high or to a great height, often with great grace or ease
198. de_____y troops for battle *v.* to move troops or weapons into a position or military action; to bring into something in an effective way
199. without in_____y *n.* harm done to a person's or an animal's body caused by an accident or an attack
200. pa_____t in the hospital *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

ANSWERS: 191. initially, 192. process, 193. excellence, 194. crawl, 195. therapy, 196. struggle, 197. soar, 198. deploy, 199. injury, 200. patient

201. a h__y man	<i>adj.</i> of or related to a god, divine power, or a particular religion
202. th____en a healthy relationship	<i>v.</i> to utter intentions of injury or punishment against someone
203. in_____te both businesses	<i>v.</i> to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups
204. a fatal in___y	<i>n.</i> harm done to a person's or an animal's body caused by an accident or an attack
205. tr_____ic brain injury	<i>adj.</i> relating to or caused by injury, especially emotional injury
206. vi__d colors	<i>adj.</i> producing very clear, powerful, and detailed images in the mind
207. re___n my health	<i>v.</i> to get something back or recover something after it has been lost or taken away
208. ag_____e a mixture	<i>v.</i> to disturb or upset someone's emotions, peace, or tranquility; to stir or shake something up, often to mix or dissolve it
209. un___k a door with a key	<i>v.</i> to open something, such as a door, window, etc., usually using a key
210. face the da_____ng reality	<i>adj.</i> looking challenging to manage in prospect; making someone anxious and less confident about carrying out something
211. psy_____apy for depression	<i>n.</i> the treatment of mental or emotional problems by talking with a therapist

ANSWERS: 201. holy, 202. threaten, 203. integrate, 204. injury, 205. traumatic, 206. vivid, 207. regain, 208. agitate, 209. unlock, 210. daunting, 211. psychotherapy

212. as___t a patient *v.* to help someone in doing anything
213. self-int_____ion *n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
214. un___k value *v.* to open something, such as a door, window, etc., usually using a key
215. de___y safety measures *v.* to move troops or weapons into a position or military action; to bring into something in an effective way
216. ob_____e a tradition *v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion
217. gr_____te degree program *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
218. 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
219. in_____al organs *adj.* of or relating to the inside of something
220. 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

ANSWERS: 212. assist, 213. introduction, 214. unlock, 215. deploy, 216. observe, 217. graduate, 218. bunker, 219. internal, 220. gravitation

221. pre-mo___n agricultural society *adj.* of or belonging to the present time or recent times
222. the re_____er of my life *n.* the part of something that is left over when the rest has been used or taken
223. su_____e a blizzard *v.* to live or exist despite a dangerous event or period
224. 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
225. bl___y massacre *adj.* covered in or smeared with blood; involving or characterized by bloodshed or brutality
226. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
227. honor gr_____te *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
228. bl___y diarrhea *adj.* covered in or smeared with blood; involving or characterized by bloodshed or brutality

ANSWERS: 221. modern, 222. remainder, 223. survive, 224. homesick, 225. bloody, 226. brain, 227. graduate, 228. bloody

Session 3: Fill in the Blanks

1. Tourists frequently _____ the island's delicate natural balance.
v. to interrupt someone who is trying to work, sleep, etc.
2. Various artificially induced causes are _____ our ecosystem.
v. to utter intentions of injury or punishment against someone
3. He could not _____ against temptation.
v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
4. She _____ the money from her savings account to her checking account.
v. to move, pass, or change from one person, place, or situation to another
5. The software can _____ and decode encrypted messages.
v. to convert information into a code or format suitable for storage or transmission
6. It will take time for her mental scars to _____.
v. to make a wound or injury to become well again
7. He took _____ to help him deal with his accident trauma.
n. the treatment of mental or emotional problems by talking with a therapist
8. The experience was so _____ that it left a lasting impact on the survivor's mental health.
adj. relating to or caused by injury, especially emotional injury
9. The doctor carefully examined the _____ medical history.
n. a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

ANSWERS: 1. disturb, 2. threatening, 3. struggle, 4. transferred, 5. encode, 6. heal, 7. psychotherapy, 8. traumatic, 9. patient's

10. The _____ for applying for a visa can be lengthy and complicated.
- n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
11. The _____ team worked quickly to save the patient's life.
- adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
12. The _____ agreement prevented the parties from changing terms until a certain period had passed.
- n.* an event or situation in which people are unable to leave a specific location, such as a building or room until a particular condition is met or the time has passed
13. He had a firm _____ on the rope as he climbed the mountain.
- n.* the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly
14. 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
15. 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
16. The doctor prescribed some medicine for the mental _____.
- n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

ANSWERS: 10. process, 11. medical, 12. lock-in, 13. grip, 14. soared, 15. homesick, 16. disorder

17. This _____ does not require the patient's consent.
n. the action or process of being done to improve or help a circumstance, often they have not been asked to do so
18. He made an _____ gesture.
adj. offensive, rude, or disgusting, usually because of being related to sex
19. Scientific knowledge will _____ significantly with the power of AI.
v. to go or move forward; to develop in a positive way
20. Foreign goods from abroad must be _____ to customs when entering a country.
v. to say, state, or announce something clearly, officially, or publicly
21. The _____ of Japan is known for its unique culture and advanced technology.
n. a large organized community of people living in a particular country or region and having a particular culture
22. He was reluctant to leave his comfort _____ and try something new.
n. a specific area, region, or section that is marked off or defined in some way
23. The mental health _____ often prevents people from seeking treatment.
n. a mark of shame or disgrace associated with a particular circumstance, quality, or person
24. 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

ANSWERS: 17. intervention, 18. obscene, 19. advance, 20. declared, 21. nation, 22. zone, 23. stigma, 24. startle

25. She intends to _____ a political career.

- v. to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

26. You should not _____ the meaning of freedom.

- v. to interpret or understand something in the wrong way

27. Please _____ her with the furniture relocation.

- v. to help someone in doing anything

28. She was filled with a burning _____ at the injustice she had witnessed.

- n. a strong feeling of anger or violence

29. The golfer recorded an _____ distance.

- adj. extremely surprising, especially in a way that you like or admire

30. He cast _____ glances behind her.

- adj. worried and nervous

31. The therapist helped her understand the workings of her _____ and how to cope with her anxiety.

- n. the human soul, mind, or spirit

32. The _____ of the cake was put in the fridge for tomorrow.

- n. the part of something that is left over when the rest has been used or taken

33. You should not _____ them from the community.

- v. to physically or socially separate someone or something from other people or things

ANSWERS: 25. pursue, 26. misunderstand, 27. assist, 28. rage, 29. amazing, 30. anxious, 31. psyche, 32. remainder, 33. isolate

34. The strict _____ ruled in favor of the plaintiff in the case.

n. a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something

35. The _____ evaluation revealed that the patient had been suffering from anxiety.

adj. of or relating to the treatment or study of mental illness or disorders

36. My accidental _____ got better right away.

n. harm done to a person's or an animal's body caused by an accident or an attack

37. 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

38. X-rays revealed a small tumor in his _____.

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

39. Ethics is a branch of _____.

n. the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

40. As an _____ he had the right to make his own decisions and live his life as he saw fit.

n. a single person or thing, as distinct from a group

41. Seals and whales are _____ animals beloved by the people.

adj. relating to the sea and the creatures and plants that live there

ANSWERS: 34. judge, 35. psychiatric, 36. injury, 37. mortar, 38. brain, 39. philosophy, 40. individual, 41. marine

42. Skydiving is an overwhelming _____ for many people.

n. a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion

43. The doctor explained the various _____ changes that occur during pregnancy.

adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

44. 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

45. 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

46. The third _____ was far more successful.

n. an act or effort of trying to do something, especially something difficult

47. She made a _____ impression.

adj. producing very clear, powerful, and detailed images in the mind

48. 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

ANSWERS: 42. thrill, 43. physiological, 44. haunted, 45. haunting, 46. attempt, 47. vivid, 48. speechless

49. 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
50. Their headquarters are in a _____ skyscraper.
adj. of or belonging to the present time or recent times
51. Many famous _____ are within walking distance.
n. the ability to see; anything that is seen
52. The national election was held amid _____ security.
adj. fixed, fastened, or kept together firmly or closely
53. The corporation _____ dominated the entire tobacco business.
adv. finally, particularly after a long time or a lot of struggle, complications, and so on
54. Driving is difficult for me because of my poor _____.
n. the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
55. The younger _____ has different values and beliefs than the older one.
n. all the people born and living at about the same time, regarded collectively; the production of heat or electricity
56. The _____ to the new class was informative and engaging.
n. a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

ANSWERS: 49. daze, 50. modern, 51. sights, 52. tight, 53. eventually, 54. vision, 55. generation, 56. introduction

57. He has also won many marketing _____ awards.

n. the quality of being extremely good

58. The _____ soldiers have the role of teaching recruits the stringencies of training.

n. a person who has had long experience in a particular area or activity

59. This country _____ its weapons in the east region.

v. to move troops or weapons into a position or military action; to bring into something in an effective way

60. The crime scene was _____ and gruesome.

adj. covered in or smeared with blood; involving or characterized by bloodshed or brutality

61. Many employers hire _____ trainees to train as managers.

n. a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

62. After years of hard work, he finally _____ his financial stability.

v. to get something back or recover something after it has been lost or taken away

63. 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

64. The jury must _____ a decision on this complex case.

v. to bring someone or something into a particular state; to provide something such as service, help, etc.

ANSWERS: 57. excellence, 58. veteran, 59. deployed, 60. bloody, 61. graduate, 62. regained, 63. daunting, 64. render

65. The dragon is considered a _____ of bravery.

n. something visible that is used to represent something else

66. The phenomenon is _____ at optical wavelengths.

adj. impossible or nearly impossible to see

67. He was _____ gifted.

adv. as might be expected; by natural manners

68. This weather pattern is unique to the southern _____.

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

69. The company announced a temporary _____ due to the pandemic.

n. the act of stopping or ceasing operation or activity; a temporary or permanent closure or halt to a system, organization, or service

70. Videos documenting the process of creating this pencil _____ have been popular worldwide.

n. the pieces of art, such as pictures and photographs used in books, magazines, etc.

71. 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

72. She was close to her paternal _____ and often spent summers with them.

n. a parent of one's father or mother

ANSWERS: 65. symbol, 66. invisible, 67. naturally, 68. hemisphere, 69. shutdown, 70. artwork, 71. collage, 72. grandparents

73. He got an electric _____ at work.

- n.* a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant

74. The shark's powerful _____ allowed it to swim at high speeds.

- n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance

75. The building was _____ in the fire and had to be rebuilt.

- v.* to ruin or damage severely or completely; to eradicate or eliminate completely

76. Along the gravel roads, sizeable yellow school buses _____.

- v.* to move forward slowly, as people or animals with their bodies near the ground

77. Large earthquakes often generate _____ tsunamis.

- adj.* very frightening or intimidating

78. Many civilians have suffered _____ as a result of the war.

- n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

79. She's a _____ pet owner who ensures her dog gets enough exercise and a healthy diet.

- adj.* answerable or accountable for something within one's power, control, or management

80. 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

ANSWERS: 73. shock, 74. fins, 75. destroyed, 76. crawl, 77. terrifying, 78. trauma, 79. responsible, 80. reed

81. The third season of the anime show has been _____.
- v.* to make something known or officially inform people about something
82. I underwent aversion _____ for my addiction to alcohol.
- n.* the act of caring for someone through medication, remedial training, etc.
83. The prime minister canceled visits to other countries to resolve _____ disputes.
- adj.* of or relating to the inside of something
84. The old building _____ in a fiery inferno.
- v.* to burst or break open violently and noisily; to cause something to burst or break open
85. These birds can only _____ in temperate climates.
- v.* to live or exist despite a dangerous event or period
86. He sought _____ in the wilderness to escape the distractions of modern life.
- n.* the state of being alone and isolated from others
87. The older man _____ from arthritis and finds it difficult to move around.
- v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
88. The outermost electron _____ determines the chemical properties of an atom.
- n.* hard outer covering or case of eggs, nuts, some seeds, and some animals
89. The animal rights group worked to _____ the dolphins back into the wild.
- v.* to set free or allow to escape from confinement

ANSWERS: 81. announced, 82. therapy, 83. internal, 84. exploded, 85. survive, 86. solitude, 87. suffers, 88. shell, 89. release

90. 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
91. He found that it is difficult to _____ socially.
- v.* to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups
92. 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
93. These articles cite five _____ of climate change.
- n.* a particular example or single occurrence of something
94. The stray _____ went through the window and hit the wall.
- n.* a metal projectile that is shot from a gun
95. The _____ fireworks display was the highlight of the festival.
- adj.* striking or impressive to look at or in performance or achievement
96. There were still _____ pioneers who planned to start their businesses
- adj.* courageous and not afraid of danger or difficulties
97. Each ancient tribe has its _____ traditions.
- n.* the process of becoming or making somebody or something well again

ANSWERS: 90. gravitation, 91. integrate, 92. bunker, 93. instances, 94. bullet, 95. spectacular, 96. intrepid, 97. healing

98. 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
99. This patient must undergo _____ surgery.
n. an alternative road, channel, pipe, or connection that allows flow while the main one is closed or obstructed; (verb) to go past or round
100. He was promoted to the _____ of captain in the military.
n. a position in a hierarchy of status or authority; (verb) to take or have a position relative to others
101. The politician tried to _____ the corruption.
v. to conceal something; (noun) a covering that you wear over your face to hide it
102. Parliament is now in _____.
n. a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity
103. The _____ academy was known for its strict discipline and training.
adj. relating to or characteristic of members of the armed forces; of or relating to war or warfare
104. He became _____ that he was being followed.
adj. being aware of and able to respond to what is happening around you
105. This jigsaw _____ is challenging because there are no pictures.
n. a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand

ANSWERS: 98. neuron, 99. bypass, 100. rank, 101. mask, 102. session, 103. military, 104. conscious, 105. puzzle

106. The extreme cold _____ our bones.

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

107. 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

108. She received her _____ in psychology from the university.

n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

109. This train departed later than _____ scheduled.

adv. at the beginning; at first

110. I am considering what I should do to _____ him.

v. to persuade someone or make someone believe that something is true

111. The customs officer required the traveler to _____ his suitcase.

v. to open something, such as a door, window, etc., usually using a key

112. It is important to _____ safety procedures in the workplace to prevent accidents.

v. to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion

113. The _____ shattered the laboratory equipment.

n. explosion, or a strong current of air, usually caused by an explosion; a sudden, thunderous noise

ANSWERS: 106. pierced, 107. agitate, 108. degree, 109. initially, 110. convince, 111. unlock, 112. observe, 113. blast

114. They gathered to hear the _____ teachings of the guru.

adj. of or related to a god, divine power, or a particular religion

ANSWERS: 114. holy