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Vocabulary Builder Reference from...

Joe Kowan: How I beat stage fright | TED Talk

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

Advanced Words Only

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Session 1: Word List

fright

n. a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a sudden, unexpected event or situation

synonym: terror, panic, fear

(1) **fright** response, (2) shiver in **fright**

The dog's barking gave the mailperson a terrible **fright**.

irrational

adj. not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers

synonym: illogical, ludicrous, senseless

(1) an **irrational** request, (2) **irrational** numbers

They continued to endure **irrational** treatment by the dictatorship.

adrenaline

n. (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

synonym: epinephrine

(1) **adrenaline** receptor, (2) **adrenaline** addiction

The band has released a lot of **adrenaline-pumping** rock music.

digestion

n. the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas

synonym: absorption, assimilation, metabolism

(1) poor **digestion**, (2) impaired **digestion**

Overeating can lead to discomfort and slower **digestion**.

extremity

n. the farthest or most remote point or the greatest or the highest degree

synonym: end, tip, limit

(1) **extremity** injury, (2) **extremity** amputation

He broke his arm at the **extremity** of the bone.

dilate

v. to make something wider, larger, or more open

synonym: widen, open, enlarge

(1) **dilate** the bronchial tubes, (2) **dilate** blood vessel

The pupils of the eyes **dilate** in low light.

tingle

v. to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

synonym: feel tickled, itch, prickle

(1) **tingle** up my spine, (2) **tingle** with anticipation

My nerves began to **tingle** before the show started.

conducive

adj. tending to make something likely or possible

synonym: beneficial, advantageous, helpful

(1) **conducive** question, (2) **conducive** to growth

The quiet and peaceful environment was **conducive** to concentration and productivity.

saber

n. a type of sword with a curved blade, typically used in cavalry or fencing

synonym: sword, cutlass, blade

(1) **saber** fencing, (2) ceremonial **saber**

The military commander drew his **saber** and shouted orders to the troops.

terrify

v. to frighten someone very much

synonym: unnerve, scare, horrify

(1) **terrify** people, (2) the threats **terrify** him

It would be best not to **terrify** your associates into doing complex tasks.

vibrato

n. a musical technique in which a sustained note is varied in pitch and volume to produce a pulsating or wavering effect; a similar effect produced in speech or other forms of sound production

synonym: tremolo, fluctuation, modulation

(1) sing with **vibrato**, (2) **vibrato** technique

The violinist added a **vibrato** to the final notes of the piece, creating a beautiful effect.

waver

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

synonym: lurch, sway, wobble

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

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

convulse

v. to experience a sudden and violent contraction of the muscles, often caused by pain, illness, or emotional distress, or to make someone or something do this

synonym: spasm, tremble, seize

(1) **convulse** with laughter, (2) **convulse** with anger

He **convulsed** in pain as the injury was severe.

embarrass

v. to cause someone to feel awkward, worried, or ashamed

synonym: disconcert, unsettle, agitate

(1) **embarrass** political enemy, (2) **embarrass** my project

He looked for an opportunity to **embarrass** that actor in

public.

epiphany

n. a moment of sudden and great realization or revelation; a Christian festival, held on 6 January, celebrating the visit of the three wise men to the infant Jesus

synonym: revelation, enlightenment, insight

(1) **epiphany** about life, (2) Feast of **Epiphany**

She had an **epiphany** while meditating and realized the answer to her problem.

manifestation

n. a visible or tangible form of something, especially a particular sign of a disease or condition

synonym: expression, embodiment, presentation

(1) **manifestation** of a deeper problem, (2) **manifestation** of psychological stress

The **manifestation** of his anxiety was evident in his shaking hands.

octave

n. a musical interval encompassing eight diatonic scale degrees, such as the interval from C to the next C in a C major scale

synonym: eighth, interval, range

(1) **octave** key, (2) **octave** range

The singer's range was impressive, covering three **octaves** with ease.

sip

v. to drink a liquid by taking small mouthfuls; (noun) a small drink

synonym: taste, sample, drink

(1) **sip** a drink, (2) take a **sip** of beer

He **sipped** his tea slowly, savoring the taste.

tremble

v. to shake slightly in a way that you cannot control, for example, because you are frightened, angry, or excited, or because of illness

synonym: shiver, flutter, quaver

(1) **tremble** in fear, (2) **tremble** violently with emotion

When I heard the news, my whole body **trembled** with excitement.

tremolo

n. a musical effect or technique where a note is rapidly and repeatedly alternated in volume or pitch, creating a wavering or trembling sound

synonym : vibration, quiver, oscillation

(1) **tremolo** picking, (2) play with **tremolo**

The musician added a beautiful **tremolo** effect to the guitar solo.

patronizing

adj. displaying an air of condescension or superiority towards others, often in a way that comes across as insincere or manipulative; demonstrating a condescending or dismissive attitude

synonym : condescending, superior

(1) **patronizing** remark, (2) **patronizing** behavior

The manager's attitude towards his employees was **patronizing**.

sarcastic

adj. using irony and cutting language to mock, ridicule, or convey contempt; saying the opposite of what is meant in a mocking tone

synonym : mocking, ironic, sardonic

(1) use **sarcastic** language, (2) **sarcastic** sense of humor

Her **sarcastic** remarks made it clear that she wasn't happy with the situation.

nurture

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

synonym : boost, cultivate, enable

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

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

Session 2: Spelling

1. pat_____ng remark *adj.* displaying an air of condescension or superiority towards others, often in a way that comes across as insincere or manipulative; demonstrating a condescending or dismissive attitude
2. use sa_____ic language *adj.* using irony and cutting language to mock, ridicule, or convey contempt; saying the opposite of what is meant in a mocking tone
3. ex_____ty injury *n.* the farthest or most remote point or the greatest or the highest degree
4. tr_____o picking *n.* a musical effect or technique where a note is rapidly and repeatedly alternated in volume or pitch, creating a wavering or trembling sound
5. em_____ss my project *v.* to cause someone to feel awkward, worried, or ashamed
6. vi_____o technique *n.* a musical technique in which a sustained note is varied in pitch and volume to produce a pulsating or wavering effect; a similar effect produced in speech or other forms of sound production
7. man_____ion of psychological stress *n.* a visible or tangible form of something, especially a particular sign of a disease or condition
8. wa__r in purpose *v.* to move in a quivering manner; to become weak

ANSWERS: 1. patronizing, 2. sarcastic, 3. extremity, 4. tremolo, 5. embarrass, 6. vibrato, 7. manifestation, 8. waver

9. di___e the bronchial tubes *v.* to make something wider, larger, or more open
10. the threats te_____y him *v.* to frighten someone very much
11. play with tr_____o *n.* a musical effect or technique where a note is rapidly and repeatedly alternated in volume or pitch, creating a wavering or trembling sound
12. tr_____e violently with emotion *v.* to shake slightly in a way that you cannot control, for example, because you are frightened, angry, or excited, or because of illness
13. te_____y people *v.* to frighten someone very much
14. adr_____ne receptor *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
15. ceremonial sa__r *n.* a type of sword with a curved blade, typically used in cavalry or fencing
16. poor di_____on *n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas
17. sa_____ic sense of humor *adj.* using irony and cutting language to mock, ridicule, or convey contempt; saying the opposite of what is meant in a mocking tone

ANSWERS: 9. dilate, 10. terrify, 11. tremolo, 12. tremble, 13. terrify, 14. adrenaline, 15. saber, 16. digestion, 17. sarcastic

18. Feast of Ep____ny *n.* a moment of sudden and great realization or revelation; a Christian festival, held on 6 January, celebrating the visit of the three wise men to the infant Jesus
19. co_____ve question *adj.* tending to make something likely or possible
20. co_____se with laughter *v.* to experience a sudden and violent contraction of the muscles, often caused by pain, illness, or emotional distress, or to make someone or something do this
21. ep____ny about life *n.* a moment of sudden and great realization or revelation; a Christian festival, held on 6 January, celebrating the visit of the three wise men to the infant Jesus
22. adr_____ne addiction *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
23. tr_____e in fear *v.* to shake slightly in a way that you cannot control, for example, because you are frightened, angry, or excited, or because of illness
24. fr___t response *n.* a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a sudden, unexpected event or situation

ANSWERS: 18. epiphany, 19. conducive, 20. convulse, 21. epiphany, 22. adrenaline, 23. tremble, 24. fright

25. pat_____ng behavior *adj.* displaying an air of condescension or superiority towards others, often in a way that comes across as insincere or manipulative; demonstrating a condescending or dismissive attitude
26. shiver in fr____t *n.* a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a sudden, unexpected event or situation
27. man_____ion of a deeper problem *n.* a visible or tangible form of something, especially a particular sign of a disease or condition
28. sing with vi____o *n.* a musical technique in which a sustained note is varied in pitch and volume to produce a pulsating or wavering effect; a similar effect produced in speech or other forms of sound production
29. an irr_____al request *adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers
30. ex_____ty amputation *n.* the farthest or most remote point or the greatest or the highest degree
31. nu_____e love *v.* to take care of, feed, and protect someone or something while they are growing and developing
32. co_____se with anger *v.* to experience a sudden and violent contraction of the muscles, often caused by pain, illness, or emotional distress, or to make someone or something do this

ANSWERS: 25. patronizing, 26. fright, 27. manifestation, 28. vibrato, 29. irrational, 30. extremity, 31. nurture, 32. convulse

33. take a s_p of beer *v.* to drink a liquid by taking small mouthfuls; (noun) a small drink
34. ti___e up my spine *v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement
35. oc___e key *n.* a musical interval encompassing eight diatonic scale degrees, such as the interval from C to the next C in a C major scale
36. sa__r fencing *n.* a type of sword with a curved blade, typically used in cavalry or fencing
37. wa__r between work and private life *v.* to move in a quivering manner; to become weak
38. s_p a drink *v.* to drink a liquid by taking small mouthfuls; (noun) a small drink
39. nu_____e his talents *v.* to take care of, feed, and protect someone or something while they are growing and developing
40. impaired di_____on *n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas
41. irr_____al numbers *adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers

ANSWERS: 33. sip, 34. tingle, 35. octave, 36. saber, 37. waver, 38. sip, 39. nurture, 40. digestion, 41. irrational

42. di___e blood vessel *v.* to make something wider, larger, or more open
43. oc___e range *n.* a musical interval encompassing eight diatonic scale degrees, such as the interval from C to the next C in a C major scale
44. ti___e with anticipation *v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement
45. em_____ss political enemy *v.* to cause someone to feel awkward, worried, or ashamed
46. co_____ve to growth *adj.* tending to make something likely or possible

ANSWERS: 42. dilate, 43. octave, 44. tingle, 45. embarrass, 46. conducive

Session 3: Fill in the Blanks

1. He looked for an opportunity to _____ that actor in public.
v. to cause someone to feel awkward, worried, or ashamed
2. She didn't _____ in her decision to pursue her dream career, despite the challenges.
v. to move in a quivering manner; to become weak
3. The military commander drew his _____ and shouted orders to the troops.
n. a type of sword with a curved blade, typically used in cavalry or fencing
4. She had an _____ while meditating and realized the answer to her problem.
n. a moment of sudden and great realization or revelation; a Christian festival, held on 6 January, celebrating the visit of the three wise men to the infant Jesus
5. Her _____ remarks made it clear that she wasn't happy with the situation.
adj. using irony and cutting language to mock, ridicule, or convey contempt; saying the opposite of what is meant in a mocking tone
6. It would be best not to _____ your associates into doing complex tasks.
v. to frighten someone very much
7. The violinist added a _____ to the final notes of the piece, creating a beautiful effect.
n. a musical technique in which a sustained note is varied in pitch and volume to produce a pulsating or wavering effect; a similar effect produced in speech or other forms of sound production

ANSWERS: 1. embarrass, 2. waver, 3. saber, 4. epiphany, 5. sarcastic, 6. terrify, 7. vibrato

8. The singer's range was impressive, covering three _____ with ease.
n. a musical interval encompassing eight diatonic scale degrees, such as the interval from C to the next C in a C major scale
9. The band has released a lot of _____ rock music.
n. (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
10. The dog's barking gave the mailperson a terrible _____.
n. a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a sudden, unexpected event or situation
11. The pupils of the eyes _____ in low light.
v. to make something wider, larger, or more open
12. The quiet and peaceful environment was _____ to concentration and productivity.
adj. tending to make something likely or possible
13. They continued to endure _____ treatment by the dictatorship.
adj. not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers
14. Overeating can lead to discomfort and slower _____.
n. the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas
15. He _____ in pain as the injury was severe.
v. to experience a sudden and violent contraction of the muscles, often caused by pain, illness, or emotional distress, or to make someone or something do this

ANSWERS: 8. octaves, 9. adrenaline-pumping, 10. fright, 11. dilate, 12. conducive, 13. irrational, 14. digestion, 15. convulsed

16. My nerves began to _____ before the show started.

- v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

17. Schools should _____ children's mutual interest spirit.

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

18. When I heard the news, my whole body _____ with excitement.

- v.* to shake slightly in a way that you cannot control, for example, because you are frightened, angry, or excited, or because of illness

19. He _____ his tea slowly, savoring the taste.

- v.* to drink a liquid by taking small mouthfuls; (noun) a small drink

20. He broke his arm at the _____ of the bone.

- n.* the farthest or most remote point or the greatest or the highest degree

21. The manager's attitude towards his employees was _____.

- adj.* displaying an air of condescension or superiority towards others, often in a way that comes across as insincere or manipulative; demonstrating a condescending or dismissive attitude

22. The musician added a beautiful _____ effect to the guitar solo.

- n.* a musical effect or technique where a note is rapidly and repeatedly alternated in volume or pitch, creating a wavering or trembling sound

23. The _____ of his anxiety was evident in his shaking hands.

- n.* a visible or tangible form of something, especially a particular sign of a disease or condition

ANSWERS: 16. tingle, 17. nurture, 18. trembled, 19. sipped, 20. extremity, 21. patronizing, 22. tremolo, 23. manifestation

ANSWERS: