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Vocabulary Builder Reference from...

Kevin Breele: Confessions of a depressed comic | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

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.

intense

adj. (especially of a feeling) very strong; extremely sharp or severe

synonym : extreme, fierce, harsh

(1) **intense** heat, (2) develop **intense** itching

That statement by the prime minister drew **intense** international criticism.

depression

n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

synonym : recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

Depression symptoms might include a decrease in appetite and weight loss.

misconception

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

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

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

emotion

n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
synonym: feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**

Some **emotions** are common across cultures and backgrounds.

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.

massive

adj. enormous amount; very heavy and solid
synonym: enormous, giant, immense

(1) **massive** amounts, (2) **massive** stars

The recent economic downturn has resulted in **massive** layoffs.

severity

n. the quality or condition of being severe, strict, or harsh
synonym: harshness, rigidity, austerity

(1) the **severity** of cold, (2) high **severity**

The **severity** of the drought was a major concern for farmers.

continent

n. one of the earth's large landmasses; (adjective) abstaining from your feelings, especially your desire to have sex

synonym: landmass, (adjective) chaste, (adjective) pure

(1) the inland of a **continent**, (2) **continent** urinary diversion
Flight across the **continent** was a daring adventure in its day.

suicide

n. the act of killing yourself intentionally

synonym: self-destruction, self-annihilation, felo-de-se

(1) commit **suicide**, (2) **suicide** attack

In an economically prosperous country, most male **suicide** is due to child support problems.

captain

n. the leader of a group of people, especially who is in charge of a ship or aircraft

synonym: boss, director, leader

(1) the **captain** of an opposing team, (2) **captain** of industry

The **captain** ordered the troops to fire.

drama

n. a play in a theatre, television, or radio, or performance on a stage

synonym: acting, play, theater

(1) secular **drama**, (2) upcoming crime **drama**

She had an audition for **drama** school.

consistent

adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.

synonym: coherent, constant, compatible

(1) do on a **consistent** basis, (2) get **consistent** results

You are not **consistent** in your behavior.

roll

v. to move in a particular direction by turning over and over or from side to side

synonym: spin, swirl, wheel

(1) **roll** a ball, (2) **roll** down his cheeks

He was exhausted and **rolled** into bed as soon as he got home.

depressed

adj. sad and without any hope

synonym: despondent, despairing, sad

(1) **depressed** feeling, (2) the market is **depressed**
After his mother died, he got **depressed**.

ledge

n. a narrow, flat surface or shelf that juts out from a wall or cliff; a projecting rib or molding along the edge of a surface

synonym: shelf, edge, brink

(1) **ledge** overlooking the ocean, (2) wooden **ledge**
He stood on the narrow **ledge**, looking down at the busy street below.

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.

beneath

adv. in or to a lower place than someone or something
synonym: down, under, low

(1) the ground **beneath** my feet, (2) **beneath** contempt
A great stretch of the lake lay **beneath** them.

shark

n. a long-bodied, mostly predatory marine fish that has sharp teeth and a pointed fin on its back; a person who is ruthless, greedy, and dishonest

synonym: swindler, con artist, crook

(1) a man-eating **shark**, (2) card **shark**
He borrowed money from a loan **shark**.

honesty

n. the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles

synonym: sincerity, integrity, truthfulness

(1) **honesty** policy, (2) **honesty** box
A culture of **honesty** in the workplace leads to better communication and productivity.

vulnerable

adj. capable of being hurt or influenced physically or mentally

synonym : susceptible, exposed, weak

(1) a **vulnerable** bridge, (2) **vulnerable** parts of the body
Infants and pregnant women are particularly **vulnerable**.

pox

n. a group of infectious diseases that cause skin eruptions and fever, such as smallpox, chicken pox, and cowpox; often used to refer specifically to the skin eruptions caused by these diseases

synonym : rash, infection, disease

(1) deadly **pox** disease, (2) **pox** virus

The child had a severe chicken **pox** and had to stay home for over a week.

ignore

v. to intentionally not listen or pay attention to

synonym : neglect, disregard, shun

(1) **ignore** her advice, (2) **ignore** a ban

Since independence, the area has been completely **ignored**.

scary

adj. causing fear or fright; frightening; intimidating

synonym : terrifying, frightening, alarming

(1) **scary** dream, (2) **scary** story

The horror movie was so **scary** that I couldn't watch it alone.

numb

adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity

synonym : dazed, insensitive, emotionless

(1) **numb** with cold, (2) a **numb** mind

My left arm became **numb**.

norm

n. something that is regarded as usual, typical, or standard

synonym : criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

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.

sham

n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

synonym: bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**

The data he prepared was completely **sham**.

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.

disapprove

v. to have or express an unfavorable opinion or judgment about something or someone

synonym: object, reject, condemn

(1) **disapprove** of the government, (2) publicly **disapprove**

I **disapprove** of my friend's decision to drop out of school and pursue a career in music instead.

whisper

v. to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

synonym: murmur, rumor, mutter

(1) answer in a **whisper**, (2) the **whisper** of the leaves

He took me aside and **whispered** in my ear.

hallway

n. an interior passage or corridor onto which rooms open

synonym: foyer, corridor, entrance

(1) the head of a **hallway**, (2) wax a **hallway** floor

He dashed down a **hallway** to a bathroom.

crazy

adj. stupid or not sensible; very angry

synonym : insane, absurd, bizarre

(1) **crazy** about cars and racing, (2) a **crazy** scheme

The rain and thunder are **crazy** today.

unfortunately

adv. by bad luck; unluckily

synonym : regrettably, unluckily, alas

(1) **unfortunately** caught in a shower, (2) even more **unfortunately**

The treatments were done but, **unfortunately**, were unsuccessful.

cast

v. to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process

synonym : throw, project, select

(1) **cast** a ballot, (2) **cast** a charming eye

This accident **cast** a dark shadow over their lives.

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**.

ignorance

n. lack of knowledge or information about a particular subject or fact

synonym : unintelligence, inexperience, unawareness

(1) **ignorance** of the law, (2) **ignorance** is bliss

His **ignorance** of the situation led him to make a poor decision.

ironic

adj. using words to express something different from and often opposite to their literal or usual meaning, often for humorous or rhetorical effect

synonym : sarcastic, wry, sardonic

(1) **ironic** result, (2) an **ironic** turn of events

It was **ironic** that the heavy rain started just as they set up for an outdoor picnic.

discuss

v. to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic

synonym : talk about, converse, debate

(1) **discuss** options, (2) **discuss** solutions

We need to **discuss** the next steps for the project during our meeting tomorrow.

pretension

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

synonym : presumption, pretense, affectation

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

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

procrastinate

v. to postpone doing what you should do, often because it is unpleasant or boring

synonym : delay, dawdle, hesitate

(1) **procrastinate** about a big challenge, (2) **procrastinate** on my homework

He **procrastinated** the matter until it was almost too late.

recognize

v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

synonym : acknowledge, identify, admit

(1) **recognize** talent, (2) **recognize** achievement

It's important to **recognize** your strengths and weaknesses.

shadow

n. a dark area or shape cast by an object blocking the passage of light; an area in darkness or shade; a

reflected image or copy of something; a person, activity, or influence that follows or accompanies someone or something closely and persistently, often in a secretive or ominous manner

synonym : shade, silhouette, outline

(1) **shadow** cast, (2) **shadow** puppetry

The tree cast a **shadow** over the picnic area, providing relief from the sun.

silent

adj. without any or little sound

synonym : quiet, hushed, mute

(1) **silent** reading, (2) give **silent** consent

The politician remained **silent** despite intense media scrutiny.

brave

adj. showing courage or fearlessness in the face of danger, difficulty, or adversity

synonym : courageous, valiant, heroic

(1) **brave** soldier, (2) **brave** decision

The **brave** firefighter rescued the family from the burning building.

eliminate

v. to remove or get rid of someone or something

synonym : wipe out, destroy, eradicate

(1) **eliminate** contestants, (2) **eliminate** sexual barriers

We can **eliminate** this possibility from those consumptions.

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**.

band-aid

n. a small strip or patch of adhesive material, with a sterile gauze pad in the center, used to cover a minor wound or injury and help promote healing

synonym : adhesive strip, sticking plaster

(1) **band-aid** solution, (2) temporary **band-aid** fix

I cut my finger, so I put a **band-aid** on the wound.

identity

n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another

synonym: character, personality, individuality

(1) mistaken **identity**, (2) **identity** as an individual

The terrorist's **identity** remains unknown.

ridicule

n. speech or behavior that makes fun of or mocks someone or something; teasing, sarcasm, or scornful remarks that are intended to belittle or humiliate; (verb) to mock, criticize, or make fun of someone or something in a scornful or derisive way

synonym: derision, mockery, satire

(1) public **ridicule**, (2) **ridicule** at his expense

The **ridicule** from his classmates made him feel embarrassed and ashamed.

judgment

n. the ability to form valuable opinions and make reasonable decisions

synonym: conclusion, decision, determination

(1) an emotional **judgment**, (2) deliver a **judgment**

Her **judgments** are consistently rational and sensible.

drag

v. to pull or haul with force

synonym: haul, pull, draw

(1) **drag** a chair over, (2) **drag** a team down

He **dragged** the heavy suitcase behind him as he walked.

grateful

adj. feeling or showing an appreciation of kindness; thankful

synonym: thankful, appreciative, indebted

(1) a **grateful** breeze, (2) put a **grateful** expression

She was **grateful** for the help he provided.

valley

n. a long depression on the surface of the land, which typically contains a river

synonym : canyon, gorge, dale

(1) **valley** bottom, (2) basin-shaped **valley**

The **valley** had received a mild snowfall the previous week.

peak

n. the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain

synonym : summit, vertex, apex

(1) at **peak** hour, (2) the **peak** current in the circuit

This measurement aims to reduce traffic at **peak** periods.

planet

n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

synonym : earth, world, globe

(1) **planet** like the Earth, (2) save the **planet**

Mercury is the closest **planet** to the sun.

perspective

n. a confident attitude toward something; a particular style of thinking about something

synonym : viewpoint, standpoint, outlook

(1) a **perspective** view, (2) the **perspective** of the battle

His father's death changed his whole **perspective** on life.

faith

n. complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc.

synonym : belief, trust, confidence

(1) religious **faith**, (2) **faith** in government

He kept his robust **faith** in his company.

intolerant

adj. the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects

synonym : failure, impotence, shortcoming

(1) an **intolerant** person, (2) **intolerant** of criticism

His **intolerant** attitude towards other cultures made it difficult for him to get along with others.

embrace

v. to accept something willingly and enthusiastically;
(noun) the act of clasping another person in the arms as in greeting or affection

synonym : grasp, hold tightly, accept

(1) **embrace** an opportunity, (2) a warm **embrace**

The woods **embrace** the house.

overcome

v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

synonym : beat, confound, overwhelm

(1) **overcome** opponents, (2) **overcome** all difficulties

He tried to **overcome** a bad reputation and win the election.

adversity

n. difficulties or hardships that someone faces

synonym : hardship, difficulty, trial

(1) environmental **adversity**, (2) struggling with **adversity**

The team demonstrated great resilience in the face of **adversity** and won the game.

hell

n. the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place

synonym : inferno, agony, misery

(1) run like **hell**, (2) **hell** broke loose

The battlefield became **hell** on earth.

strength

n. the quality or state of being physically, or sometimes mentally, strong

synonym : resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

opposition

n. the act of disagreeing or resisting; the state of strong disagreement

synonym : resistance, hostility, antagonism

(1) **opposition** campaign, (2) meet with **opposition**
The **opposition** party strongly disagreed with the government's proposed legislation.

taboo

adj. prohibited or restricted by social custom

synonym: forbidden, prohibited, proscribed

(1) a **taboo** word, (2) academic **taboo**

In this society, discussing politics in public is a **taboo** subject.

Session 2: Spelling

- | | |
|---------------------------------------|---|
| 1. the per_____ve of the battle | <i>n.</i> a confident attitude toward something; a particular style of thinking about something |
| 2. give si___t consent | <i>adj.</i> without any or little sound |
| 3. ho_____y box | <i>n.</i> the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles |
| 4. the root problem of her dep_____on | <i>n.</i> a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market |
| 5. even more unf_____ely | <i>adv.</i> by bad luck; unluckily |
| 6. the market is de_____ed | <i>adj.</i> sad and without any hope |
| 7. ho_____y policy | <i>n.</i> the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles |
| 8. a per_____ve view | <i>n.</i> a confident attitude toward something; a particular style of thinking about something |
| 9. su___r a setback | <i>v.</i> to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant |
| 10. meet with opp_____on | <i>n.</i> the act of disagreeing or resisting; the state of strong disagreement |
| 11. deliver a ju_____nt | <i>n.</i> the ability to form valuable opinions and make reasonable decisions |

ANSWERS: 1. perspective, 2. silent, 3. honesty, 4. depression, 5. unfortunately, 6. depressed, 7. honesty, 8. perspective, 9. suffer, 10. opposition, 11. judgment

12. the p__k current in the circuit *n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
13. si___t reading *adj.* without any or little sound
14. the head of a ha____y *n.* an interior passage or corridor onto which rooms open
15. co_____nt urinary diversion *n.* one of the earth's large landmasses; (adjective) abstaining from your feelings, especially your desire to have sex
16. the se_____ty of cold *n.* the quality or condition of being severe, strict, or harsh
17. sc__y dream *adj.* causing fear or fright; frightening; intimidating
18. temporary ba_____id fix *n.* a small strip or patch of adhesive material, with a sterile gauze pad in the center, used to cover a minor wound or injury and help promote healing
19. d__g a chair over *v.* to pull or haul with force
20. at p__k hour *n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
21. h__l broke loose *n.* the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place

ANSWERS: 12. peak, 13. silent, 14. hallway, 15. continent, 16. severity, 17. scary, 18. band-aid, 19. drag, 20. peak, 21. hell

22. card sh__k *n.* a long-bodied, mostly predatory marine fish that has sharp teeth and a pointed fin on its back; a person who is ruthless, greedy, and dishonest
23. commonly held mis_____ion *n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
24. a man-eating sh__k *n.* a long-bodied, mostly predatory marine fish that has sharp teeth and a pointed fin on its back; a person who is ruthless, greedy, and dishonest
25. su_____e a plane crash *v.* to live or exist despite a dangerous event or period
26. academic ta__o *adj.* prohibited or restricted by social custom
27. sc__y story *adj.* causing fear or fright; frightening; intimidating
28. basin-shaped va____y *n.* a long depression on the surface of the land, which typically contains a river
29. cultural n__m *n.* something that is regarded as usual, typical, or standard
30. unf_____ely caught in a shower *adv.* by bad luck; unluckily
31. le__e overlooking the ocean *n.* a narrow, flat surface or shelf that juts out from a wall or cliff; a projecting rib or molding along the edge of a surface
32. c__t a charming eye *v.* to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process

ANSWERS: 22. shark, 23. misconception, 24. shark, 25. survive, 26. taboo, 27. scary, 28. valley, 29. norm, 30. unfortunately, 31. ledge, 32. cast

33. va___y bottom *n.* a long depression on the surface of the land, which typically contains a river
34. an ir___c turn of events *adj.* using words to express something different from and often opposite to their literal or usual meaning, often for humorous or rhetorical effect
35. baseless pre_____on *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
36. ig___e her advice *v.* to intentionally not listen or pay attention to
37. p_x virus *n.* a group of infectious diseases that cause skin eruptions and fever, such as smallpox, chicken pox, and cowpox; often used to refer specifically to the skin eruptions caused by these diseases
38. an int_____nt person *adj.* the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects
39. afraid to show em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
40. the Great Dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

ANSWERS: 33. valley, 34. ironic, 35. pretension, 36. ignore, 37. pox, 38. intolerant, 39. emotion, 40. depression

41. publicly dis_____ve *v.* to have or express an unfavorable opinion or judgment about something or someone
42. the ca_____n of an opposing team *n.* the leader of a group of people, especially who is in charge of a ship or aircraft
43. a ta__o word *adj.* prohibited or restricted by social custom
44. pl____t like the Earth *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
45. wax a ha_____y floor *n.* an interior passage or corridor onto which rooms open
46. n__b with cold *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
47. d__g a team down *v.* to pull or haul with force
48. de_____ed feeling *adj.* sad and without any hope
49. get con_____nt results *adj.* always behaving or happening in the same way, or having the same thoughts, standards, etc.
50. em_____ss my project *v.* to cause someone to feel awkward, worried, or ashamed
51. re_____ze achievement *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
52. put a gr_____ul expression *adj.* feeling or showing an appreciation of kindness; thankful

ANSWERS: 41. disapprove, 42. captain, 43. taboo, 44. planet, 45. hallway, 46. numb, 47. drag, 48. depressed, 49. consistent, 50. embarrass, 51. recognize, 52. grateful

53. a s__m battle *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
54. ma____e amounts *adj.* enormous amount; very heavy and solid
55. br__e decision *adj.* showing courage or fearlessness in the face of danger, difficulty, or adversity
56. the inland of a co_____nt *n.* one of the earth's large landmasses; (adjective) abstaining from your feelings, especially your desire to have sex
57. ma____e stars *adj.* enormous amount; very heavy and solid
58. deadly p_x disease *n.* a group of infectious diseases that cause skin eruptions and fever, such as smallpox, chicken pox, and cowpox; often used to refer specifically to the skin eruptions caused by these diseases
59. ir___c result *adj.* using words to express something different from and often opposite to their literal or usual meaning, often for humorous or rhetorical effect
60. su____e attack *n.* the act of killing yourself intentionally
61. a warm em____e *v.* to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection
62. a cr__y scheme *adj.* stupid or not sensible; very angry

ANSWERS: 53. sham, 54. massive, 55. brave, 56. continent, 57. massive, 58. pox, 59. ironic, 60. suicide, 61. embrace, 62. crazy

63. be____h contempt *adv.* in or to a lower place than someone or something
64. a gr____ul breeze *adj.* feeling or showing an appreciation of kindness; thankful
65. c__t a ballot *v.* to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process
66. dis____ve of the government *v.* to have or express an unfavorable opinion or judgment about something or someone
67. an emotional ju____nt *n.* the ability to form valuable opinions and make reasonable decisions
68. ca____n of industry *n.* the leader of a group of people, especially who is in charge of a ship or aircraft
69. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
70. 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
71. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
72. r__l down his cheeks *v.* to move in a particular direction by turning over and over or from side to side

ANSWERS: 63. beneath, 64. grateful, 65. cast, 66. disapprove, 67. judgment, 68. captain, 69. brain, 70. struggle, 71. brain, 72. roll

73. di_____s solutions *v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
74. ov_____me opponents *v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
75. ig____e a ban *v.* to intentionally not listen or pay attention to
76. mistaken id_____ty *n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
77. the wh_____r of the leaves *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
78. struggling with ad_____ty *n.* difficulties or hardships that someone faces
79. develop in_____e itching *adj.* (especially of a feeling) very strong; extremely sharp or severe
80. environmental ad_____ty *n.* difficulties or hardships that someone faces
81. opp_____on campaign *n.* the act of disagreeing or resisting; the state of strong disagreement
82. re_____ze talent *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

ANSWERS: 73. discuss, 74. overcome, 75. ignore, 76. identity, 77. whisper, 78. adversity, 79. intense, 80. adversity, 81. opposition, 82. recognize

83. turn out to be all s__m *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
84. wooden le__e *n.* a narrow, flat surface or shelf that juts out from a wall or cliff; a projecting rib or molding along the edge of a surface
85. control my em____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
86. dispel the mis_____ion *n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
87. in_____e heat *adj.* (especially of a feeling) very strong; extremely sharp or severe
88. el_____te sexual barriers *v.* to remove or get rid of someone or something
89. st___a against obesity *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
90. cr__y about cars and racing *adj.* stupid or not sensible; very angry
91. secular dr__a *n.* a play in a theatre, television, or radio, or performance on a stage
92. ig_____ce is bliss *n.* lack of knowledge or information about a particular subject or fact
93. su_____e a blizzard *v.* to live or exist despite a dangerous event or period
94. n__m of action *n.* something that is regarded as usual, typical, or standard

ANSWERS: 83. sham, 84. ledge, 85. emotion, 86. misconception, 87. intense, 88. eliminate, 89. stigma, 90. crazy, 91. drama, 92. ignorance, 93. survive, 94. norm

95. upcoming crime dr__a *n.* a play in a theatre, television, or radio, or performance on a stage
96. public ri____le *n.* speech or behavior that makes fun of or mocks someone or something; teasing, sarcasm, or scornful remarks that are intended to belittle or humiliate; (verb) to mock, criticize, or make fun of someone or something in a scornful or derisive way
97. pro_____ate on my homework *v.* to postpone doing what you should do, often because it is unpleasant or boring
98. el_____te contestants *v.* to remove or get rid of someone or something
99. sh___w puppetry *n.* a dark area or shape cast by an object blocking the passage of light; an area in darkness or shade; a reflected image or copy of something; a person, activity, or influence that follows or accompanies someone or something closely and persistently, often in a secretive or ominous manner
100. ov_____me all difficulties *v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
101. 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
102. h__l a broken bone *v.* to make a wound or injury to become well again

ANSWERS: 95. drama, 96. ridicule, 97. procrastinate, 98. eliminate, 99. shadow, 100. overcome, 101. struggle, 102. heal

103. muscular st____th *n.* the quality or state of being physically, or sometimes mentally, strong
104. save the pl____t *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
105. sh____w cast *n.* a dark area or shape cast by an object blocking the passage of light; an area in darkness or shade; a reflected image or copy of something; a person, activity, or influence that follows or accompanies someone or something closely and persistently, often in a secretive or ominous manner
106. st____th of the economy *n.* the quality or state of being physically, or sometimes mentally, strong
107. religious fa__h *n.* complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc.
108. di____s options *v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
109. int____nt of criticism *adj.* the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects
110. id____ty as an individual *n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another

ANSWERS: 103. strength, 104. planet, 105. shadow, 106. strength, 107. faith, 108. discuss, 109. intolerant, 110. identity

111. r__l a ball	<i>v.</i> to move in a particular direction by turning over and over or from side to side
112. h__l the hurt mind	<i>v.</i> to make a wound or injury to become well again
113. run like h__l	<i>n.</i> the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place
114. pro_____ate about a big challenge	<i>v.</i> to postpone doing what you should do, often because it is unpleasant or boring
115. vul_____le parts of the body	<i>adj.</i> capable of being hurt or influenced physically or mentally
116. the ground be_____h my feet	<i>adv.</i> in or to a lower place than someone or something
117. ba_____id solution	<i>n.</i> a small strip or patch of adhesive material, with a sterile gauze pad in the center, used to cover a minor wound or injury and help promote healing
118. high se_____ty	<i>n.</i> the quality or condition of being severe, strict, or harsh
119. do on a con_____nt basis	<i>adj.</i> always behaving or happening in the same way, or having the same thoughts, standards, etc.
120. su___r bad grades	<i>v.</i> to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
121. commit su_____e	<i>n.</i> the act of killing yourself intentionally

ANSWERS: 111. roll, 112. heal, 113. hell, 114. procrastinate, 115. vulnerable, 116. beneath, 117. band-aid, 118. severity, 119. consistent, 120. suffer, 121. suicide

122. ig_____ce of the law *n.* lack of knowledge or information about a particular subject or fact
123. fa__h in government *n.* complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc.
124. ri_____le at his expense *n.* speech or behavior that makes fun of or mocks someone or something; teasing, sarcasm, or scornful remarks that are intended to belittle or humiliate; (verb) to mock, criticize, or make fun of someone or something in a scornful or derisive way
125. social st___a *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
126. em_____ss political enemy *v.* to cause someone to feel awkward, worried, or ashamed
127. a vul_____le bridge *adj.* capable of being hurt or influenced physically or mentally
128. em_____e an opportunity *v.* to accept something willingly and enthusiastically; (noun) the act of claspng another person in the arms as in greeting or affection
129. br__e soldier *adj.* showing courage or fearlessness in the face of danger, difficulty, or adversity
130. answer in a wh_____r *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

ANSWERS: 122. ignorance, 123. faith, 124. ridicule, 125. stigma, 126. embarrass, 127. vulnerable, 128. embrace, 129. brave, 130. whisper

131. pre_____on to authority

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

132. a n__b mind

adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity

ANSWERS: 131. pretension, 132. numb

Session 3: Fill in the Blanks

1. The systems we have developed has accepted as industry _____.
n. something that is regarded as usual, typical, or standard
2. His father's death changed his whole _____ on life.
n. a confident attitude toward something; a particular style of thinking about something
3. It was _____ that the heavy rain started just as they set up for an outdoor picnic.
adj. using words to express something different from and often opposite to their literal or usual meaning, often for humorous or rhetorical effect
4. The _____ of the drought was a major concern for farmers.
n. the quality or condition of being severe, strict, or harsh
5. Infants and pregnant women are particularly _____.
adj. capable of being hurt or influenced physically or mentally
6. I cut my finger, so I put a _____ on the wound.
n. a small strip or patch of adhesive material, with a sterile gauze pad in the center, used to cover a minor wound or injury and help promote healing
7. He took me aside and _____ in my ear.
v. to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
8. He kept his robust _____ in his company.
n. complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc.

ANSWERS: 1. norms, 2. perspective, 3. ironic, 4. severity, 5. vulnerable, 6. band-aid, 7. whispered, 8. faith

9. The recent economic downturn has resulted in _____ layoffs.

adj. enormous amount; very heavy and solid

10. In this society, discussing politics in public is a _____ subject.

adj. prohibited or restricted by social custom

11. He dashed down a _____ to a bathroom.

n. an interior passage or corridor onto which rooms open

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

n. difficulties or hardships that someone faces

13. It will take time for her mental scars to _____.

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

14. He tried to _____ a bad reputation and win the election.

v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

15. The tree cast a _____ over the picnic area, providing relief from the sun.

n. a dark area or shape cast by an object blocking the passage of light; an area in darkness or shade; a reflected image or copy of something; a person, activity, or influence that follows or accompanies someone or something closely and persistently, often in a secretive or ominous manner

16. That statement by the prime minister drew _____ international criticism.

adj. (especially of a feeling) very strong; extremely sharp or severe

ANSWERS: 9. massive, 10. taboo, 11. hallway, 12. adversity, 13. heal, 14. overcome, 15. shadow, 16. intense

17. The mental health _____ often prevents people from seeking treatment.
n. a mark of shame or disgrace associated with a particular circumstance, quality, or person
18. This measurement aims to reduce traffic at _____ periods.
n. the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
19. My left arm became _____.
adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity
20. The data he prepared was completely _____.
n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
21. The _____ party strongly disagreed with the government's proposed legislation.
n. the act of disagreeing or resisting; the state of strong disagreement
22. These birds can only _____ in temperate climates.
v. to live or exist despite a dangerous event or period
23. The child had a severe chicken ____ and had to stay home for over a week.
n. a group of infectious diseases that cause skin eruptions and fever, such as smallpox, chicken pox, and cowpox; often used to refer specifically to the skin eruptions caused by these diseases
24. _____ symptoms might include a decrease in appetite and weight loss.
n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

ANSWERS: 17. stigma, 18. peak, 19. numb, 20. sham, 21. opposition, 22. survive, 23. pox, 24. Depression

25. 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

26. He borrowed money from a loan _____.

- n.* a long-bodied, mostly predatory marine fish that has sharp teeth and a pointed fin on its back; a person who is ruthless, greedy, and dishonest

27. A culture of _____ in the workplace leads to better communication and productivity.

- n.* the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles

28. The treatments were done but, _____ were unsuccessful.

- adv.* by bad luck; unluckily

29. You are not _____ in your behavior.

- adj.* always behaving or happening in the same way, or having the same thoughts, standards, etc.

30. The politician remained _____ despite intense media scrutiny.

- adj.* without any or little sound

31. The woods _____ the house.

- v.* to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection

32. Her _____ are consistently rational and sensible.

- n.* the ability to form valuable opinions and make reasonable decisions

ANSWERS: 25. brain, 26. shark, 27. honesty, 28. unfortunately, 29. consistent, 30. silent, 31. embrace, 32. judgments

33. The horror movie was so _____ that I couldn't watch it alone.

adj. causing fear or fright; frightening; intimidating

34. There are numerous _____ about food and health.

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

35. A great stretch of the lake lay _____ them.

adv. in or to a lower place than someone or something

36. Mercury is the closest _____ to the sun.

n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

37. The _____ firefighter rescued the family from the burning building.

adj. showing courage or fearlessness in the face of danger, difficulty, or adversity

38. 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

39. Flight across the _____ was a daring adventure in its day.

n. one of the earth's large landmasses; (adjective) abstaining from your feelings, especially your desire to have sex

40. We need to _____ the next steps for the project during our meeting tomorrow.

v. to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic

ANSWERS: 33. scary, 34. misconceptions, 35. beneath, 36. planet, 37. brave, 38. suffers, 39. continent, 40. discuss

41. Health and _____ are, above all, gold.

n. the quality or state of being physically, or sometimes mentally, strong

42. Some _____ are common across cultures and backgrounds.

n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

43. She had an audition for _____ school.

n. a play in a theatre, television, or radio, or performance on a stage

44. Since independence, the area has been completely _____.

v. to intentionally not listen or pay attention to

45. The rain and thunder are _____ today.

adj. stupid or not sensible; very angry

46. The terrorist's _____ remains unknown.

n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another

47. His _____ attitude towards other cultures made it difficult for him to get along with others.

adj. the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects

48. The _____ ordered the troops to fire.

n. the leader of a group of people, especially who is in charge of a ship or aircraft

49. This accident _____ a dark shadow over their lives.

v. to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process

ANSWERS: 41. strength, 42. emotions, 43. drama, 44. ignored, 45. crazy, 46. identity, 47. intolerant, 48. captain, 49. cast

50. The battlefield became _____ on earth.

- n.* the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place

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

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

52. He _____ the matter until it was almost too late.

- v.* to postpone doing what you should do, often because it is unpleasant or boring

53. The _____ from his classmates made him feel embarrassed and ashamed.

- n.* speech or behavior that makes fun of or mocks someone or something; teasing, sarcasm, or scornful remarks that are intended to belittle or humiliate; (verb) to mock, criticize, or make fun of someone or something in a scornful or derisive way

54. After his mother died, he got _____.

- adj.* sad and without any hope

55. 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

56. He stood on the narrow _____ looking down at the busy street below.

- n.* a narrow, flat surface or shelf that juts out from a wall or cliff; a projecting rib or molding along the edge of a surface

ANSWERS: 50. hell, 51. pretensions, 52. procrastinated, 53. ridicule, 54. depressed, 55. struggle, 56. ledge,

57. We can _____ this possibility from those assumptions.
v. to remove or get rid of someone or something
58. The _____ had received a mild snowfall the previous week.
n. a long depression on the surface of the land, which typically contains a river
59. I _____ of my friend's decision to drop out of school and pursue a career in music instead.
v. to have or express an unfavorable opinion or judgment about something or someone
60. He _____ the heavy suitcase behind him as he walked.
v. to pull or haul with force
61. He looked for an opportunity to _____ that actor in public.
v. to cause someone to feel awkward, worried, or ashamed
62. She was _____ for the help he provided.
adj. feeling or showing an appreciation of kindness; thankful
63. It's important to _____ your strengths and weaknesses.
v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
64. His _____ of the situation led him to make a poor decision.
n. lack of knowledge or information about a particular subject or fact
65. In an economically prosperous country, most male _____ is due to child support problems.
n. the act of killing yourself intentionally

ANSWERS: 57. eliminate, 58. valley, 59. disapprove, 60. dragged, 61. embarrass, 62. grateful, 63. recognize, 64. ignorance, 65. suicide

66. He was exhausted and _____ into bed as soon as he got home.

v. to move in a particular direction by turning over and over or from side to side

ANSWERS: 66. rolled