# **Englist.me**

### Vocabulary Builder Reference from...

Joan Halifax: Compassion and the true meaning of

empathy | TED Talk

https://www.ted.com/talks/joan\_halifax\_compassion\_

and\_the\_true\_meaning\_of\_empathy



### **Advanced Words Only**

#### **IMPORTANT**

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### **Session 1: Word List**

#### wrath

*n.* extreme anger

synonym: fury, irritation, anger

(1) wrath of God, (2) a high person's wrath

He finally exploded with wrath due to the team's repeated

failures.

#### plankton

- tiny forms of plant and animal life that live in water or air on which other animals feed
- (1) plankton blooms, (2) plankton community

**Plankton** is generally the foundation of the ocean food chain.

#### hospice

n. a specialized care facility or service for terminally ill patients intended to provide comfort and support in the final stages of life; any program, organization, or approach focused on end-of-life care and support

*synonym*: palliative care, nursing home, care center

(1) hospice care, (2) home hospice

The **hospice** team includes nurses, social workers, chaplains, and volunteers who work together to provide comprehensive care.

#### outskirt

n. the part of a town or city away from the center, typically the suburbs; the fringe or border of something.

synonym: suburb, periphery, edge

(1) the **outskirt** of the forest, (2) on the western **outskirts** The **outskirt** of the city was quieter and more peaceful than the busy downtown area.

rive

 to tear or split apart forcefully; to break or divide by a sharp blow or force

synonym: split, cleave, rip

(1) **rive** the sails of the ship, (2) **rive** the stone into precise shapes

The lumberjack used a strong axe to **rive** the logs into smaller pieces.

#### wondrous

adj. inspiring amazement or admiration; extremely beautiful and impressive

synonym: amazing, fantastic, miraculous

(1) **wondrous** sight, (2) **wondrous** adventure

The **wondrous** beauty of the sunset left us all in awe.

#### clinician

a practitioner, especially of medicine or psychology, who has direct contact with patients

*synonym*: psychiatrist, therapist, doctor

(1) experienced **clinician**, (2) from a **clinician's** perspective Some **clinicians** believe that psychological characteristics alone may cause mental disorders.

#### plateau

n. an elevated, relatively level expanse of land, typically vast and extending over a large area; a state or period of little or no change following a period of growth, development, or progress

synonym: mesa, tableland, plain

(1) **plateau** region, (2) **plateau** in performance

The hikers finally reached the **plateau** after a long climb up the mountain.

### impoverished

adj. reduced to poverty or destitution; lacking in resources, means, or vitality; depleted or exhausted

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synonym: destitute, bankrupt, famished

(1) impoverished nation, (2) impoverished family

The **impoverished** villagers struggled to make ends meet with little access to food and clean water.

rag

 a piece of cloth, especially an old one, torn or cut into strips and used for cleaning

*synonym*: cloth, fragment

(1) a rag of cloud, (2) rag doll

He used an old **rag** to clean the grease off the car's engine.

### eyesight

- n. the ability to see; visual acuity or sharpnesssynonym: vision, sight, eyes
- (1) impaired **eyesight**, (2) acute **eyesight**His excellent **eyesight** allowed him to spot the bird in the dense foliage.

#### paralyze

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

synonym: immobilize, disable, numb

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

The venom from the snake bite paralyzed his arm.

#### sentimental

adj. connected with or resulting from someone's emotions, rather than reason or realism

synonym: bathetic, drippy, maudlin

(1) in a **sentimental** mood, (2) **sentimental** damage Stop being **sentimental** and always speak the truth.

### phenomenal

adj. extremely good or impressive; outstanding synonym: extraordinary, remarkable, impressive

(1) **phenomenal** success, (2) **phenomenal** growth The athlete's **phenomenal** performance broke all previous records.

#### imprimatur

 official approval or endorsement, especially by a person in authority; formal permission or sanction, often given to printed or published material

synonym: authorization, approval, endorsement

(1) official **imprimatur**, (2) the **imprimatur** of the Catholic Church

The author eagerly awaited the publisher's **imprimatur** before releasing the book.

#### facet

 one of the many aspects or sides of a subject or situation, especially when seen from different angles or perspectives; a particular feature or characteristic of something

synonym: aspect, side, angle

(1) facet to a question, (2) important facet

The different **facets** of his personality make him a complex individual.

#### referential

 adj. containing or relating to a reference to something or someone else; indicating, representing, or denoting something else

synonym: allusive, alluding

(1) **referential** database, (2) **referential** language
The **referential** footnote provided additional information about the source of the data.

#### aspire

v. to have an ambition or a desire to achieve something, typically something high or great

synonym: aim, desire, strive

(1) **aspire** to greatness, (2) **aspire** after perfection She **aspired** to become a successful businesswoman.

### caregiving

 the act of providing care and support for someone who is ill, disabled, or elderly

synonym: nurturing, caring, assisting

caregiving process, (2) caregiving responsibilities
 She devoted her life to caregiving, looking after her aging

#### parents.

#### distort

v. to change something's shape, appearance, or sound so that it appears weird or unclear

synonym: fudge, deform, contort

(1) distort the facts, (2) distort the economy

Economists contend that taxes **distort** consumer behavior in general.

#### catastrophe

- n. a sudden event that causes extreme ruin and misfortunesynonym: disaster, calamity, cataclysm
- (1) **catastrophe** risk management, (2) avoid climate **catastrophe**

The lack of funds has resulted in a **catastrophe** for our university system.

#### paralysis

 a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

synonym: immobility, stiffness, palsy

(1) moral **paralysis**, (2) **paralysis** in the leg Massive demonstrations lead to total **paralysis** of transportation.

imago

n. the final, adult stage of an insect's development that typically follows the larval or pupal stage; (of psychology) an idealized mental image of someone, often a parental figure, that influences a person's behavior

synonym: adult, mature form, final stage

(1) the **imago** of the butterfly, (2) **imago** development The **imago** stage is an insect's life cycle's final and fully mature form.

archetype

 a very typical example of a certain person or thing; a recurrent symbol or motif in literature, art, or mythology that represents a universal pattern of human nature *synonym*: prototype, model, paradigm

(1) archetype symbol, (2) feminine archetype

The hero's journey is a common **archetype** in many myths and stories.

#### pervade

- v. to spread throughout something; to permeate synonym: permeate, penetrate, suffuse
- (1) **pervade** society, (2) **pervade** an atmosphere The smell of baking bread **pervaded** the kitchen.

#### 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.

#### neuroscience

- the scientific study of the function, structure, and disorder of the brain and the nervous system
- (1) the branch of **neuroscience**, (2) a theoretical concept in **neuroscience**

Our university is famous for its professors, who are well-versed in behavioral **neuroscience**.

#### resilient

adj. able to withstand or recover quickly from difficult conditions

synonym: robust, sturdy, tough

(1) a hard and **resilient** steel, (2) **resilient** population She is a **resilient** person and has always bounced back from setbacks.

#### enliven

v. to make something more interesting, active, or appealing; to give life or energy to something, often by adding new or creative elements

synonym: invigorate, animate, stimulate

(1) **enliven** a party, (2) **enliven** a conversation The party music helped **enliven** the atmosphere and get

#### people dancing.

#### noxious

adj. harmful or poisonous to living beings; having an unpleasant or offensive smell or taste; causing intense or unpleasant emotions or feelings

synonym: harmful, toxic, poisonous

(1) **noxious** gas, (2) **noxious** substances

The **noxious** fumes from the factory were causing health problems for nearby residents.

#### psychopath

a person with an extreme personality disorder n. characterized by a lack of empathy, remorse, and ethical values; often associated with manipulative and deceitful behavior, impulsivity, and risk-taking tendencies

synonym: sociopath, antisocial, monster

- (1) psychopath tendencies, (2) violent psychopath The detective identified the **psychopath** who had been terrorizing the city for months.
- a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living

synonym: poison, venom, contaminant

organism

(1) toxin exposure, (2) toxin production

Mold exposure can release dangerous **toxins** into the air.

#### mobilize

to make something ready for action or use; to organize people or resources for a particular purpose

synonym: activate, rally, marshal

- (1) **mobilize** cooperation, (2) **mobilize** a stiff joint The military **mobilized** troops to the border.
- to support or defend something, such as a law, idea, ν. decision, etc.

synonym: defend, maintain, sustain

(1) **uphold** the law, (2) **uphold** tradition

toxin

#### uphold

The judge may **uphold** the decision of the lower court.

#### equanimity

 a state of calmness, stability, and composure, particularly in the face of stress, adversity, or challenging situations

synonym: calmness, composure, equilibrium

(1) achieve perfect **equanimity**, (2) lose **equanimity**The CEO's **equanimity** during the crisis helped reassure the investors and employees.

#### exemplify

- v. to serve as a typical example of somethingsynonym: illustrate, show, demonstrate
- (1) **exemplify** the importance, (2) **exemplify** the solution The example of a successful startup serves to **exemplify** the potential of the industry.

#### intimacy

 close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person

synonym: closeness, familiarity, nearness

(1) on terms of **intimacy**, (2) build **intimacy**They were looking for **intimacy** in their relationship and wanted to be close to each other.

#### mediate

v. to try to bring about an agreement or understanding between people who are in conflict

synonym: arbitrate, reconcile, intervene

(1) **mediate** allergic reaction, (2) **mediate** a negotiation The teacher had to **mediate** a disagreement between two students over a stolen pencil.

infuse

v. to fill something with a particular quality, feeling, or influence; to imbue

synonym: instill, fill, permeate

infuse with spirit, (2) infuse life with meaning
 She infused fresh herbs into the soup for added flavor.

#### maggot

 the larval stage of a fly or other insect, typically characterized by its soft, legless body and often found in decaying organic matter or on living animals

synonym: larva, grub, worm

(1) maggot therapy, (2) wriggling maggots

The **maggot** infestation in the trash can was a clear sign that we needed to take out the garbage more frequently.

#### plumber

 a person who installs and repairs the pipes and fixtures of a water supply, heating system, or drainage system

synonym: pipefitter, pipeline engineer

(1) plumber's wrench, (2) licensed plumber

I had to call a **plumber** to fix the leaky faucet in my bathroom.

#### lotus

 a type of aquatic plant with large, round, floating leaves and distinctive flowers, often associated with spiritual symbolism and cultural significance in Asia

synonym: water lily, lily pad, nelumbo

(1) lotus fragrance, (2) lotus petals

The serene pond was adorned with beautiful **lotus** flowers.

## **Session 2: Spelling**

1.	home hoe	<ul> <li>n. a specialized care facility or service for</li> </ul>
		terminally ill patients intended to provide
		comfort and support in the final stages
		of life; any program, organization, or

approach focused on end-of-life care and support

2. ref\_\_\_\_al database

adj. containing or relating to a reference to something or someone else; indicating, representing, or denoting something else

3. a r\_g of cloud

 a piece of cloth, especially an old one, torn or cut into strips and used for cleaning

4. lo\_s petals

 a type of aquatic plant with large, round, floating leaves and distinctive flowers, often associated with spiritual symbolism and cultural significance in Asia

a theoretical concept in neu\_\_\_\_nce

 the scientific study of the function, structure, and disorder of the brain and the nervous system

6. wr\_h of God

n. extreme anger

7. sen\_\_\_\_al damage

adj. connected with or resulting from someone's emotions, rather than reason or realism

8. phe\_\_\_\_al success

adj. extremely good or impressive; outstanding

ANSWERS: 1. hospice, 2. referential, 3. rag, 4. lotus, 5. neuroscience, 6. wrath, 7. sentimental, 8. phenomenal

9.	arpe symbol	n.	a very typical example of a certain person or thing; a recurrent symbol or motif in literature, art, or mythology that represents a universal pattern of human nature
10.	mat therapy	n.	the larval stage of a fly or other insect, typically characterized by its soft, legless body and often found in decaying organic matter or on living animals
11.	a high person's wrh	n.	extreme anger
12.	avoid climate cathe	n.	a sudden event that causes extreme ruin and misfortune
13.	plon community	n.	tiny forms of plant and animal life that live in water or air on which other animals feed
14.	achieve perfect equty	n.	a state of calmness, stability, and composure, particularly in the face of stress, adversity, or challenging situations
15.	ton exposure	n.	a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism
16.	the imo of the butterfly	n.	the final, adult stage of an insect's development that typically follows the larval or pupal stage; (of psychology) an idealized mental image of someone, often a parental figure, that influences a person's behavior

ANSWERS: 9. archetype, 10. maggot, 11. wrath, 12. catastrophe, 13. plankton, 14. equanimity, 15. toxin, 16. imago

17.	lo_s fragrance	n.	a type of aquatic plant with large, round floating leaves and distinctive flowers, often associated with spiritual symbolism and cultural significance in Asia
18.	exfy the solution	<i>v</i> .	to serve as a typical example of something
19.	pheal growth	adj.	extremely good or impressive; outstanding
20.	re the sails of the ship	<i>v</i> .	to tear or split apart forcefully; to break or divide by a sharp blow or force
21.	re the stone into precise shapes	<i>v</i> .	to tear or split apart forcefully; to break or divide by a sharp blow or force
22.	the branch of neunce	n.	the scientific study of the function, structure, and disorder of the brain and the nervous system
23.	official impur	n.	official approval or endorsement, especially by a person in authority; formal permission or sanction, often given to printed or published material
24.	upd tradition	<i>v</i> .	to support or defend something, such as a law, idea, decision, etc.
25.	the impur of the Catholic Church	n.	official approval or endorsement, especially by a person in authority; formal permission or sanction, often given to printed or published material
26.	carng responsibilities	n.	the act of providing care and support for someone who is ill, disabled, or elderly
27.	wous adventure	adj.	inspiring amazement or admiration; extremely beautiful and impressive

ANSWERS: 17. lotus, 18. exemplify, 19. phenomenal, 20. rive, 21. rive, 22. neuroscience, 23. imprimatur, 24. uphold, 25. imprimatur, 26. caregiving, 27. wondrous

28.	pse healing	n.	the human soul, mind, or spirit
29.	dit the facts	ν.	to change something's shape, appearance, or sound so that it appears weird or unclear
30.	lose equty	n.	a state of calmness, stability, and composure, particularly in the face of stress, adversity, or challenging situations
31.	nos gas	adj.	harmful or poisonous to living beings; having an unpleasant or offensive smell or taste; causing intense or unpleasant emotions or feelings
32.	rent population	adj.	able to withstand or recover quickly from difficult conditions
33.	imphed nation	adj.	reduced to poverty or destitution; lacking in resources, means, or vitality; depleted or exhausted
34.	pee an atmosphere	<i>v</i> .	to spread throughout something; to permeate
35.	plon blooms	n.	tiny forms of plant and animal life that live in water or air on which other animals feed
36.	cathe risk management	n.	a sudden event that causes extreme ruin and misfortune
37.	fa_t to a question	n.	one of the many aspects or sides of a subject or situation, especially when seen from different angles or perspectives; a particular feature or characteristic of something

ANSWERS: 28. psyche, 29. distort, 30. equanimity, 31. noxious, 32. resilient, 33. impoverished, 34. pervade, 35. plankton, 36. catastrophe, 37. facet

38.	in a senal mood	adj.	connected with or resulting from someone's emotions, rather than reason or realism
39.	hoe care	n.	a specialized care facility or service for terminally ill patients intended to provide comfort and support in the final stages of life; any program, organization, or approach focused on end-of-life care and support
40.	experienced clan	n.	a practitioner, especially of medicine or psychology, who has direct contact with patients
41.	licensed plr	n.	a person who installs and repairs the pipes and fixtures of a water supply, heating system, or drainage system
42.	on the western ourts	n.	the part of a town or city away from the center, typically the suburbs; the fringe or border of something.
43.	ase to greatness	v.	to have an ambition or a desire to achieve something, typically something high or great
44.	enn a conversation	v.	to make something more interesting, active, or appealing; to give life or energy to something, often by adding new or creative elements
45.	upd the law	v.	to support or defend something, such as a law, idea, decision, etc.
46.	moze a stiff joint	v.	to make something ready for action or use; to organize people or resources for a particular purpose

ANSWERS: 38. sentimental, 39. hospice, 40. clinician, 41. plumber, 42. outskirt, 43. aspire, 44. enliven, 45. uphold, 46. mobilize

47.	violent psyth	n.	a person with an extreme personality disorder characterized by a lack of empathy, remorse, and ethical values; often associated with manipulative and deceitful behavior, impulsivity, and risk-taking tendencies
48.	imphed family	adj.	reduced to poverty or destitution; lacking in resources, means, or vitality; depleted or exhausted
49.	enn a party	<i>v</i> .	to make something more interesting, active, or appealing; to give life or energy to something, often by adding new or creative elements
50.	mee allergic reaction	ν.	to try to bring about an agreement or understanding between people who are in conflict
51.	pais in the leg	n.	a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
52.	psyth tendencies	n.	a person with an extreme personality disorder characterized by a lack of empathy, remorse, and ethical values; often associated with manipulative and deceitful behavior, impulsivity, and risk-taking tendencies
53.	from a clan's perspective	n.	a practitioner, especially of medicine or psychology, who has direct contact with patients
54.	moze cooperation	v.	to make something ready for action or use; to organize people or resources for a particular purpose

ANSWERS: 47. psychopath, 48. impoverished, 49. enliven, 50. mediate, 51. paralysis, 52. psychopath, 53. clinician, 54. mobilize

55.	refal language	adj.	containing or relating to a reference to something or someone else; indicating, representing, or denoting something else
56.	feminine arpe	n.	a very typical example of a certain person or thing; a recurrent symbol or motif in literature, art, or mythology that represents a universal pattern of human nature
57.	dit the economy	<i>v</i> .	to change something's shape, appearance, or sound so that it appears weird or unclear
58.	ase after perfection	<i>v</i> .	to have an ambition or a desire to achieve something, typically something high or great
59.	ine with spirit	<i>v</i> .	to fill something with a particular quality, feeling, or influence; to imbue
60.	nos substances	adj.	harmful or poisonous to living beings; having an unpleasant or offensive smell or taste; causing intense or unpleasant emotions or feelings
61.	imo development	n.	the final, adult stage of an insect's development that typically follows the larval or pupal stage; (of psychology) an idealized mental image of someone, often a parental figure, that influences a person's behavior
62.	exfy the importance	<i>v</i> .	to serve as a typical example of something
63.	deep pse	n.	the human soul, mind, or spirit

ANSWERS: 55. referential, 56. archetype, 57. distort, 58. aspire, 59. infuse, 60. noxious, 61. imago, 62. exemplify, 63. psyche

64.	wous sight	adj.	inspiring amazement or admiration; extremely beautiful and impressive
65.	carng process	n.	the act of providing care and support for someone who is ill, disabled, or elderly
66.	ton production	n.	a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism
67.	mee a negotiation	ν.	to try to bring about an agreement or understanding between people who are in conflict
68.	build incy	n.	close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person
69.	impaired eyht	n.	the ability to see; visual acuity or sharpness
70.	the ourt of the forest	n.	the part of a town or city away from the center, typically the suburbs; the fringe or border of something.
71.	paze a person	<i>v</i> .	to cause a person or part of the body to become unable to move or feel
72.	paze a city	<i>v</i> .	to cause a person or part of the body to become unable to move or feel
73.	on terms of incy	n.	close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person

ANSWERS: 64. wondrous, 65. caregiving, 66. toxin, 67. mediate, 68. intimacy, 69. eyesight, 70. outskirt, 71. paralyze, 72. paralyze, 73. intimacy

74. morai pais	n.	move or lose control of part or most of the body because of illness or injury
75. r_g doll	n.	a piece of cloth, especially an old one, torn or cut into strips and used for cleaning
76. plu in performance	n.	an elevated, relatively level expanse of land, typically vast and extending over a large area; a state or period of little or no change following a period of growth, development, or progress
77. plr's wrench	n.	a person who installs and repairs the pipes and fixtures of a water supply, heating system, or drainage system
78. ine life with meaning	v.	to fill something with a particular quality, feeling, or influence; to imbue
79. acute eyht	n.	the ability to see; visual acuity or sharpness
80. wriggling mats	n.	the larval stage of a fly or other insect, typically characterized by its soft, legless body and often found in decaying organic matter or on living animals
81. plu region	n.	an elevated, relatively level expanse of land, typically vast and extending over a large area; a state or period of little or no change following a period of growth, development, or progress
82. important fat	n.	one of the many aspects or sides of a subject or situation, especially when seen from different angles or perspectives; a particular feature or characteristic of something
ANSWERS: 74. paralysis, 75. ra	ag, 76. plateau,	77. plumber, 78. infuse, 79. eyesight,

80. maggot, 81. plateau, 82. facet

- 83. a hard and re\_\_\_\_nt steel
- 84. pe\_\_\_\_e society

- adj. able to withstand or recover quickly from difficult conditions
- v. to spread throughout something; to permeate

ANSWERS: 83. resilient, 84. pervade

### **Session 3: Fill in the Blanks**

1.	The fo the data.	otnote provided additional ir	nformation about the source of
adj	_	ng to a reference to somethin noting something else	ng or someone else; indicating,
2.	I had to call a	to fix the leaky faucet in n	ny bathroom.
n.	a person who instal heating system, or	lls and repairs the pipes and drainage system	I fixtures of a water supply,
3.	The military	troops to the border.	
v.	to make something a particular purpose		organize people or resources for
4.	The of the downtown area.	city was quieter and more p	peaceful than the busy
n.	the part of a town o or border of someth	-	typically the suburbs; the fringe
5.	The athlete's	performance broke all	previous records.
ad	j. extremely good or i	mpressive; outstanding	
6.	He used an old t	o clean the grease off the ca	ar's engine.
n.	a piece of cloth, esp cleaning	pecially an old one, torn or c	cut into strips and used for
7.	The lack of funds has	s resulted in a	for our university system.
n.	a sudden event tha	t causes extreme ruin and m	nisfortune
	ISWERS: 1. referentia catastrophe	I, 2. plumber, 3. mobilized, 4	1. outskirt, 5. phenomenal, 6. rag

ANSWERS: 16. paralyzed, 17. rive, 18. enliven, 19. toxins, 20. imprimatur, 21. psychopath, 22. pervaded, 23. sentimental

Vocab-Builder Ref from "Joan Halifax: Compassion and the true meaning of empathy | TED Talk" (42 words)

ANSWERS: 38. paralysis, 39. archetype, 40. aspired, 41. maggot, 42. equanimity