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Vocabulary Builder Reference from...

Brené Brown: The power of vulnerability | TED Talk https://www.ted.com/talks/brene_brown_the_power_o f_vulnerability



Advanced Words Only

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Session 1: Word List

storytelling

- n. the act or art of narrating or writing storiessynonym: narrating, relating, recounting
- (1) **storytelling** performance, (2) courtroom **storytelling** She was skilled in **storytelling** techniques, such as using different voices for other characters.

insecure

adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety

synonym: uncertain, unsure, unconfident

(1) an **insecure** future, (2) **insecure** attachment Children in an unstructured environment often feel **insecure**.

pixie

n. a mythical creature, often depicted as a small,
 mischievous, and playful fairy-like being with pointed ears, sometimes associated with forests or nature

synonym: imp, fairy, sprite

(1) whimsical **pixie**, (2) **pixie-like** figure

The little girl dressed up as a mischievous **pixie** for Halloween.

mantra

 a word or phrase, often repeated, that is used as a focus for the mind during meditation

synonym: hymn, chant, phrase

(1) campaign mantra, (2) chant the mantra of structural

reform

She repeated her personal **mantra** to herself to stay motivated.

excite

- v. to make someone feel suddenly enthusiastic or eager synonym: thrill, exhilarate, animate
- (1) **excite** the crowd, (2) **excite** rebellion The news of her promotion **excited** her.

neurobiology

n. a field of biology that studies the structure, function, and development of the nervous system, including the brain, spinal cord, and peripheral nerves encompassing a wide range of research topics, including the molecular and cellular processes involved in neural signaling, the organization of neural circuits, and the neural basis of behavior, cognition, and emotion

synonym: brain science, neural science, neurology

(1) **neurobiology** research, (2) cellular **neurobiology** The professor's research in **neurobiology** has led to groundbreaking discoveries in the field of brain science.

opportune

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

synonym: suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark The phone rang at the most **opportune** time.

heartbreak

- n. a feeling of great sadness or disappointmentsynonym: grief, sorrow, bitterness
- (1) ease her **heartbreak**, (2) go through **heartbreak**They had experienced the **heartbreak** of losing two children due to premature births.

excruciating

adj. extremely painful, intense, or distressing; causing great physical or emotional suffering

synonym: agonizing, unbearable, torturous

(1) **excruciating** ordeal, (2) **excruciating** embarrassment

The **excruciating** pain in his ankle made it difficult to walk.

unravel

- v. undo twisted, knitted, or woven threads by separating it synonym: separate, unknot, ravel
- (1) **unravel** a knit, (2) **unravel** a plot Detectives are still attempting to **unravel** the mystery of his death.

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**.

empathy

- n. the ability to share another person's feelings or experiences by imagining that person's situationsynonym: compassion, sympathy, tenderness
- (1) full of **empathy**, (2) **empathy** for patients **Empathy** is also necessary to understand history.

underpin

- v. to support or strengthen the foundations of something synonym: support, foundation, base
- (1) **underpin** a structure, (2) **underpin** democratization The research findings **underpin** the theory that human activities cause global warming.

deconstruct

- v. to break something down into its separate parts to interpret or analyze it; to interpret or analyze a text, an artwork, etc. to show that there is no fixed meaning
- *synonym*: break down, interpret, assay
- (1) **deconstruct** the existing system, (2) **deconstruct** his method

She employed a rigorous intellectual framework to **deconstruct** various categories of literature.

outsmart

v. to defeat or best someone through cleverness, cunning, or intelligence, to prevail over someone by being smarter or more strategic

synonym: outwit, beat, surpass

(1) **outsmart** the competition, (2) **outsmart** a conspiracy He could **outsmart** his opponents with his quick thinking and strategic planning.

supple

adj. flexible and easy to bend or move; gracefully agile;
 adaptable or responsive to change or new ideas

synonym: flexible, pliable, bendable

(1) **supple** muscles, (2) **supple** leather

The ballerina's **supple** movements left the audience mesmerized.

sharpie

n. a type of hard-chined sailboat with a flat bottom, extremely shallow draft, centerboards, and straight, flaring sides; a brand name for a type of permanent marker pen with a pointed tip, typically known for its ability to create bold and long-lasting markings on various surfaces

synonym: boat, marker, pen

(1) **sharpie** marker, (2) **sharpie-style** sailboat He spent the summer restoring an old **sharpie** boat in his grandfather's barn.

wholehearted

adj. sincere, genuine, and enthusiastic; with complete devotion or commitment

synonym: passionate, enthusiastic, devoted

(1) **wholehearted** support, (2) **wholehearted** commitment She put her **wholehearted** effort into finishing the project on time.

pollack

- n. (also "pollock") a variety of freshwater fish related to the cod, or a member of a North Atlantic family of marine fish, typically greenish-gray in color
- (1) pollack fillet, (2) Alaska pollack

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The restaurant serves a delicious **pollack** stew.

writ

- n. a written legal order or commandsynonym: legal document, order, legal process
- (1) a **writ** of summons, (2) issue a **writ**He was served with a **writ** of eviction, giving him the notice to vacate the property.

bravery

- n. courage in the face of dangersynonym: courage, valor, heroism
- (1) **bravery** against the enemy, (2) **bravery** under fire His **bravery** in the face of danger saved the lives of his comrades.

imperfectly

adv. in a faulty or incomplete waysynonym: amiss, insufficiently, clumsily

(1) **imperfectly** developed, (2) **imperfectly** known disease He created an **imperfectly** shaped torso.

mammography

- the process of using X-rays to examine the breast for the early detection of breast cancer
- synonym: breast imaging, mammogram, breast X-ray
- (1) diagnostic **mammography**, (2) digital **mammography** Women should get regular **mammography** screenings as a preventative measure for breast cancer.

betray

- v. to reveal or deliver to an enemy by treachery or disloyalty; to reveal something unintentionally synonym: fail, denounce, display
- (1) **betray** a friend, (2) **betray** confidence He felt **betrayed** when his best friend revealed their secret to the enemy.

allegiance

n. loyalty or faithfulness to a person, country, cause, or belief; a pledge or oath of loyaltysynonym: loyalty, devotion, faithfulness

(1) loyal allegiance,(2) show allegianceThe soldiers pledged their allegiance to their country.

awaken

- v. to stop sleeping or to cause someone to stop sleeping synonym: rouse, arouse, revive
- (1) **awaken** at daybreak, (2) **awaken** a child The friend's death **awakens** them.

birthplace

- n. the house, town, etc., where someone was bornsynonym: hometown, native place, origin
- (1) ancestral **birthplaces**, (2) **birthplace** of modern soccer The **birthplace** of civilization is a topic of much debate among historians.

slug

- a common name for any terrestrial gastropod mollusk that appears to lack a shell with soft and black or brown color; a bullet, a shot of alcoholic drink
- (1) lazy **slug**, (2) reduce **slug** damage I spotted a giant **slug** in the rain garden.

numb

- adj. unable to feel physical sensation and movement; not showing human feeling or sensitivitysynonym: dazed, insensitive, emotionless
- (1) **numb** with cold, (2) a **numb** mind My left arm became **numb**.

obese

adj. excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more

synonym: overweight, corpulent, plump

(1) **obese** individuals, (2) **obese** children

The doctor warned him that his **obese** condition put him at risk for numerous health problems.

addict

 a person who cannot stop using or doing something as a habit, especially something harmful

synonym: devotee, buff, freak

(1) a drug addict, (2) Internet addict

We have become TV **addicts** due to video streaming services.

hardwired

adj. built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics

synonym: innate, ingrained, automatic

(1) hardwired behavior, (2) hardwired connection

The instinct to protect one's offspring is **hardwired** into many animal species.

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.

bailout

the provision of financial help to a corporation or country which is on the brink of bankruptcy

synonym: help, aid, support

(1) bailout bill, (2) bailout bottle

Many countries provided a **bailout** to the private sector to minimize the economic impact of the coronavirus pandemic.

rodeo

- a public exhibition of cowboy skills, particularly in North America, featuring events such as calf-roping, steer wrestling, and bull riding
- rodeo bull, (2) rodeo championship
 The bull rider held on tightly during the rodeo event.

catastrophe

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

cotootropho

catastrophe

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

Session 2: Spelling

1.	avoid climate cathe	n.	a sudden event that causes extreme ruin and misfortune
2.	excing embarrassment	adj.	extremely painful, intense, or distressing; causing great physical or emotional suffering
3.	haed connection	adj.	built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics
4.	a sm 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
5.	sue leather	adj.	flexible and easy to bend or move; gracefully agile; adaptable or responsive to change or new ideas
6.	chant the maa of structural reform	n.	a word or phrase, often repeated, that is used as a focus for the mind during meditation
7.	bey confidence	ν.	to reveal or deliver to an enemy by treachery or disloyalty; to reveal something unintentionally
8.	issue a wt	n.	a written legal order or command
9.	campaign maa	n.	a word or phrase, often repeated, that is used as a focus for the mind during meditation

ANSWERS: 1. catastrophe, 2. excruciating, 3. hardwired, 4. sham, 5. supple, 6. mantra, 7. betray, 8. writ, 9. mantra

10. ourt a conspiracy	ν.	to defeat or best someone through cleverness, cunning, or intelligence, to prevail over someone by being smarter or more strategic
11. courtroom stoing	n.	the act or art of narrating or writing stories
12. bey a friend	v.	to reveal or deliver to an enemy by treachery or disloyalty; to reveal something unintentionally
13. sue muscles	adj.	flexible and easy to bend or move; gracefully agile; adaptable or responsive to change or new ideas
14. ourt the competition	<i>v</i> .	to defeat or best someone through cleverness, cunning, or intelligence, to prevail over someone by being smarter or more strategic
15. obe children	adj.	excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more
16. a wt of summons	n.	a written legal order or command
17. pok fillet	n.	(also "pollock") a variety of freshwater fish related to the cod, or a member of a North Atlantic family of marine fish, typically greenish-gray in color
18. an opne remark	adj.	suitable or happening at a time that is suitable or convenient for a particular purpose
19. full of emy	n.	the ability to share another person's feelings or experiences by imagining that person's situation
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ANSWERS: 10. outsmart, 11. storytelling, 12. betray, 13. supple, 14. outsmart, 15. obese, 16. writ, 17. pollack, 18. opportune, 19. empathy

20.	bat bottle	n.	the provision of financial help to a corporation or country which is on the brink of bankruptcy
21.	reduce sg damage	n.	a common name for any terrestrial gastropod mollusk that appears to lack a shell with soft and black or brown color; a bullet, a shot of alcoholic drink
22.	go through heaak	n.	a feeling of great sadness or disappointment
23.	ease her heaak	n.	a feeling of great sadness or disappointment
24.	decct the existing system	ν.	to break something down into its separate parts to interpret or analyze it; to interpret or analyze a text, an artwork, etc. to show that there is no fixed meaning
25.	pie-like figure	n.	a mythical creature, often depicted as a small, mischievous, and playful fairy-like being with pointed ears, sometimes associated with forests or nature
26.	whimsical pie	n.	a mythical creature, often depicted as a small, mischievous, and playful fairy-like being with pointed ears, sometimes associated with forests or nature
27.	n_b with cold	adj.	unable to feel physical sensation and movement; not showing human feeling or sensitivity
28.	unl a plot	<i>v</i> .	undo twisted, knitted, or woven threads by separating it

ANSWERS: 20. bailout, 21. slug, 22. heartbreak, 23. heartbreak, 24. deconstruct, 25. pixie, 26. pixie, 27. numb, 28. unravel

29. roo bull	 n. a public exhibition of cowboy skills, particularly in North America, featuring events such as calf-roping, steer wrestling, and bull riding
30. cellular neuogy	n. a field of biology that studies the structure, function, and development of the nervous system, including the brain, spinal cord, and peripheral nerves encompassing a wide range of research topics, including the molecular and cellular processes involved in neural signaling, the organization of neural circuits, and the neural basis of behavior, cognition, and emotion
31. awn a child	 v. to stop sleeping or to cause someone to stop sleeping
32. she marker	n. a type of hard-chined sailboat with a flat bottom, extremely shallow draft, centerboards, and straight, flaring sides; a brand name for a type of permanent marker pen with a pointed tip, typically known for its ability to create bold and long-lasting markings on various surfaces
33. lazy sg	 n. a common name for any terrestrial gastropod mollusk that appears to lack a shell with soft and black or brown color; a bullet, a shot of alcoholic drink
34. obe individuals	 adj. excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more

ANSWERS: 29. rodeo, 30. neurobiology, 31. awaken, 32. sharpie, 33. slug, 34. obese

35.	roo championship	n.	a public exhibition of cowboy skills, particularly in North America, featuring events such as calf-roping, steer wrestling, and bull riding
36.	whoted commitment	adj.	sincere, genuine, and enthusiastic; with complete devotion or commitment
37.	cathe risk management	n.	a sudden event that causes extreme ruin and misfortune
38.	bry under fire	n.	courage in the face of danger
39.	excing ordeal	adj.	extremely painful, intense, or distressing; causing great physical or emotional suffering
40.	exe the crowd	ν.	to make someone feel suddenly enthusiastic or eager
41.	haed behavior	adj.	built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics
42.	an inre future	adj.	not firm or firmly fixed; likely to fail or give way, or not assured of safety
43.	bry against the enemy	n.	courage in the face of danger
44.	inre attachment	adj.	not firm or firmly fixed; likely to fail or give way, or not assured of safety
45.	digital mamhy	n.	the process of using X-rays to examine the breast for the early detection of breast cancer
46.	imply developed	adv.	in a faulty or incomplete way

ANSWERS: 35. rodeo, 36. wholehearted, 37. catastrophe, 38. bravery, 39. excruciating, 40. excite, 41. hardwired, 42. insecure, 43. bravery, 44. insecure, 45. mammography, 46. imperfectly

47.	awn at daybreak	<i>v</i> .	to stop sleeping or to cause someone to stop sleeping
48.	diagnostic mamhy	n.	the process of using X-rays to examine the breast for the early detection of breast cancer
49.	a drug adt	n.	a person who cannot stop using or doing something as a habit, especially something harmful
50.	unin a structure	ν.	to support or strengthen the foundations of something
51.	Alaska pok	n.	(also "pollock") a variety of freshwater fish related to the cod, or a member of a North Atlantic family of marine fish, typically greenish-gray in color
52.	emy for patients	n.	the ability to share another person's feelings or experiences by imagining that person's situation
53.	she-style sailboat	n.	a type of hard-chined sailboat with a flat bottom, extremely shallow draft, centerboards, and straight, flaring sides a brand name for a type of permanent marker pen with a pointed tip, typically known for its ability to create bold and long-lasting markings on various surfaces
54.	stoing performance	n.	the act or art of narrating or writing stories
55.	unin democratization	v.	to support or strengthen the foundations of something

ANSWERS: 47. awaken, 48. mammography, 49. addict, 50. underpin, 51. pollack, 52. empathy, 53. sharpie, 54. storytelling, 55. underpin

56.	whoted support	adj.	sincere, genuine, and enthusiastic; with complete devotion or commitment
57.	decct his method	v.	to break something down into its separate parts to interpret or analyze it; to interpret or analyze a text, an artwork, etc. to show that there is no fixed meaning
58.	bat bill	n.	the provision of financial help to a corporation or country which is on the brink of bankruptcy
59.	opne occasion	adj.	suitable or happening at a time that is suitable or convenient for a particular purpose
60.	preon to authority	n.	the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
61.	baseless preon	n.	the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
62.	turn out to be all sm	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
63.	neuogy research	n.	a field of biology that studies the structure, function, and development of the nervous system, including the brain, spinal cord, and peripheral nerves encompassing a wide range of research topics, including the molecular and cellular processes involved in neural signaling, the organization of neural circuits, and the neural basis of behavior, cognition, and emotion

ANSWERS: 56. wholehearted, 57. deconstruct, 58. bailout, 59. opportune, 60.



64.	a nb mind	adj.	unable to feel physical sensation and movement; not showing human feeling or sensitivity
65.	exe rebellion	<i>v</i> .	to make someone feel suddenly enthusiastic or eager
66.	ancestral birces	<i>n</i> .	the house, town, etc., where someone was born
67.	imply known disease	adv.	in a faulty or incomplete way
68.	unI a knit	v.	undo twisted, knitted, or woven threads by separating it
69.	birce of modern soccer	n.	the house, town, etc., where someone was born
70.	Internet adt	n.	a person who cannot stop using or doing something as a habit, especially something harmful
71.	show allce	n.	loyalty or faithfulness to a person, country, cause, or belief; a pledge or oath of loyalty
72.	loyal allce	n.	loyalty or faithfulness to a person, country, cause, or belief; a pledge or oath of loyalty

ANSWERS: 64. numb, 65. excite, 66. birthplace, 67. imperfectly, 68. unravel, 69. birthplace, 70. addict, 71. allegiance, 72. allegiance

Session 3: Fill in the Blanks

1.	Women should get regular screenings as a preventative measure for breast cancer.					
n.	the process of using X-rays to examine the breast for the early detection of breast cancer					
2.	The friend's death them.					
<i>v</i> .	to stop sleeping or to cause someone to stop sleeping					
3.	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					
4.	He spent the summer restoring an old boat in his grandfather's barn.					
n.	a type of hard-chined sailboat with a flat bottom, extremely shallow draft, centerboards, and straight, flaring sides; a brand name for a type of permanent marker pen with a pointed tip, typically known for its ability to create bold and long-lasting markings on various surfaces					
5.	The soldiers pledged their to their country.					
n.	loyalty or faithfulness to a person, country, cause, or belief; a pledge or oath of loyalty					
3 .	He could his opponents with his quick thinking and strategic planning.					
v.	to defeat or best someone through cleverness, cunning, or intelligence, to prevail over someone by being smarter or more strategic					
7.	is also necessary to understand history.					
n.	the ability to share another person's feelings or experiences by imagining that person's situation					
	ANSWERS: 1. mammography, 2. awakens, 3. sham, 4. sharpie, 5. allegiance, 6. outsmart, 7. Empathy					

3.	I spotted a giant in the rain garden.
n.	a common name for any terrestrial gastropod mollusk that appears to lack a shell with soft and black or brown color; a bullet, a shot of alcoholic drink
9.	He was served with a of eviction, giving him the notice to vacate the property.
n.	a written legal order or command
10.	She employed a rigorous intellectual framework to various categories of literature.
v.	to break something down into its separate parts to interpret or analyze it; to interpret or analyze a text, an artwork, etc. to show that there is no fixed meaning
11.	The doctor warned him that his condition put him at risk for numerous health problems.
adj	excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more
12.	The pain in his ankle made it difficult to walk.
adj	extremely painful, intense, or distressing; causing great physical or emotional suffering
13.	The lack of funds has resulted in a for our university system.
n.	a sudden event that causes extreme ruin and misfortune
14.	Many countries provided a to the private sector to minimize the economic impact of the coronavirus pandemic.
n.	the provision of financial help to a corporation or country which is on the brink of bankruptcy
	SWERS: 8. slug, 9. writ, 10. deconstruct, 11. obese, 12. excruciating, 13. astrophe, 14. bailout

15.	She repeated her personal to herself to stay motivated.
n.	a word or phrase, often repeated, that is used as a focus for the mind during meditation
16.	The research findings the theory that human activities cause global warming.
<i>v</i> .	to support or strengthen the foundations of something
17.	Detectives are still attempting to the mystery of his death.
<i>v</i> .	undo twisted, knitted, or woven threads by separating it
18.	The of civilization is a topic of much debate among historians.
n.	the house, town, etc., where someone was born
19.	The little girl dressed up as a mischievous for Halloween.
n.	a mythical creature, often depicted as a small, mischievous, and playful fairy-like being with pointed ears, sometimes associated with forests or nature
20.	The professor's research in has led to groundbreaking discoveries in the field of brain science.
n.	a field of biology that studies the structure, function, and development of the nervous system, including the brain, spinal cord, and peripheral nerves encompassing a wide range of research topics, including the molecular and cellular processes involved in neural signaling, the organization of neural circuits, and the neural basis of behavior, cognition, and emotion
21.	The restaurant serves a delicious stew.
n.	(also "pollock") a variety of freshwater fish related to the cod, or a member of a North Atlantic family of marine fish, typically greenish-gray in color
	SWERS: 15. mantra, 16. underpin, 17. unravel, 18. birthplace, 19. pixie, 20. irobiology, 21. pollack

ANSWERS: 22. pretensions, 23. wholehearted, 24. numb, 25. storytelling, 26. heartbreak, 27. imperfectly, 28. insecure, 29. opportune

adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety

adj. suitable or happening at a time that is suitable or convenient for a particular

29. The phone rang at the most _____ time.

purpose

30. The instinct to protect one's offspring is into many animal s	pecies.					
adj. built-in or innate, often referring to behavior or traits that are instinctive automatic, as if pre-programmed in the brain or genetics	e or					
31. The ballerina's movements left the audience mesmerized.						
adj. flexible and easy to bend or move; gracefully agile; adaptable or respectively agile; adaptable or respectively.	onsive to					
32. We have become TV due to video streaming services.						
n. a person who cannot stop using or doing something as a habit, espect something harmful	ially					
33. The bull rider held on tightly during the event.						
 a public exhibition of cowboy skills, particularly in North America, feat events such as calf-roping, steer wrestling, and bull riding 	uring					
34. He felt when his best friend revealed their secret to the enen	ny.					
v. to reveal or deliver to an enemy by treachery or disloyalty; to reveal sunintentionally	omething					
35. The news of her promotion her.						
v. to make someone feel suddenly enthusiastic or eager						
36. His in the face of danger saved the lives of his comrades.						
n. courage in the face of danger						
ANSWERS: 30. hardwired, 31. supple, 32. addicts, 33. rodeo, 34. betrayed, 35. excited, 36. bravery						