

Englist.me



Vocabulary Builder Reference from...

TED-Ed: Why is it so hard to break a bad habit? |

TED Talk

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

Advanced Words Only

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

chili

n. a small hot-tasting fruit of a type of pepper plant used in sauces, relishes, and spice powders; a spicy stew made from ground beef and beans, typically seasoned with chili peppers

synonym : capsicum, pepper

(1) **chili** sauce, (2) red **chili** powder

I love making a big pot of **chili** on a cold winter day.

pep

n. energy, enthusiasm, or liveliness; (verb) to give someone energy, enthusiasm, or liveliness

synonym : energy, enthusiasm, liveliness

(1) **pep** me up, (2) have a lot of **peps**

The coach gave a **pep** talk to the team before the game to boost their spirits.

cuticle

n. the outermost layer of skin, hair, or nails; a thin protective layer covering the surface of plants or insects

synonym : skin, epidermis, membrane

(1) protective **cuticle**, (2) nail **cuticle**

Dry and cracking **cuticles** can be a sign of vitamin deficiency.

envision

v. to imagine or expect what a situation will be like in the future

synonym : anticipate, foresee, picture

(1) **envision** the future, (2) **envision** the project's success
We cannot **envision** her as President.

subconsciously

adv. in a way that is not fully conscious or aware of

synonym : unconsciously, without thinking

(1) **subconsciously** influenced, (2) controlled
subconsciously

He **subconsciously** picked at his cuticles while he was on the phone.

ingrained

adj. deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time

synonym : inborn, embedded, deep-seated

(1) **ingrained** habit, (2) **ingrained** prejudice

Her fear of dogs was **ingrained** after a traumatic experience in childhood.

brew

v. to make beer or tea by mixing a substance with hot water

synonym : make, prepare

(1) **brew** a cup of tea, (2) **brew** beer

I am going to **brew** some coffee this morning.

dopamine

n. a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension

(1) **dopamine-inhibiting** agent, (2) antagonism of
dopamine

The drug controls the level of **dopamine** in the brain.

neurotransmitter

n. a chemical that carries nerve impulses between neurons or between neurons and muscles

(1) **neurotransmitter** receptor, (2) **neurotransmitters** released from the brain

Endorphins are a type of **neurotransmitter** that gives a

sense of well-being.

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.

neuroplasticity

n. the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways

synonym: brain plasticity, neural remodeling, synaptic plasticity

(1) **neuroplasticity** therapy, (2) experience-dependent **neuroplasticity**

Researchers are currently studying the potential of **neuroplasticity** to treat conditions such as depression and anxiety.

neuron

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

synonym: nerve cell

(1) excite the **neurons**, (2) **neuron** cell body

Our body transfers information along each **neuron** using an electrical impulse.

outpace

v. to move or proceed at a faster rate than someone or something else; to surpass or exceed someone's or something's performance or ability

synonym: outdistance, outstrip, overtake

(1) **outpace** market share, (2) **outpace** economic growth

Her running speed allowed her to **outpace** her competitors and win the race.

lye

n. a highly alkaline solution made by soaking hardwood ashes in the water, used in the production of soap, detergents, and other cleaning agents; a caustic

substance

synonym : caustic soda, sodium hydroxide, alkaline solution

(1) **lye** soap, (2) **lye** water

The drain cleaner contains caustic **lye**, and should be handled with care.

endlessly

adv. in a way that continues for a long time or seems to have no end or limit

synonym : ceaselessly, interminably, unceasingly

(1) repeat **endlessly**, (2) worry **endlessly** about our future

The procession of demonstrators was **endlessly** continuing.

sugary

adj. having the taste, texture, or appearance of sugar; excessively sweet or cloying; overly sentimental or flattering in a way that seems insincere

synonym : sweet, syrupy, saccharine

(1) **sugary** treat, (2) excessively **sugary**

I avoid eating **sugary** foods to maintain a healthy diet.

detrimental

adj. causing harm or damage

synonym : harmful, damaging, injurious

(1) **detrimental** eating habits, (2) **detrimental** to good health

The new policy had a **detrimental** impact on small businesses.

preempt

v. to act in advance to prevent something or to replace it with something else

synonym : forestall, head off, anticipate

(1) **preempt** a financial crisis, (2) **preempt** trouble

The government **preempted** the release of sensitive information.

fidget

v. to make small, restless movements; to be unable to sit still

synonym : fiddle, jiggle, squirm

(1) **fidget** with hands, (2) **fidget** on my lap

He **fidgeted** with his pen while waiting for the interview to begin.

Session 2: Spelling

- | | |
|---|--|
| 1. neu_____ters released from the brain | <i>n.</i> a chemical that carries nerve impulses between neurons or between neurons and muscles |
| 2. excessively su____y | <i>adj.</i> having the taste, texture, or appearance of sugar; excessively sweet or cloying; overly sentimental or flattering in a way that seems insincere |
| 3. en_____on the project's success | <i>v.</i> to imagine or expect what a situation will be like in the future |
| 4. p_p me up | <i>n.</i> energy, enthusiasm, or liveliness; (verb) to give someone energy, enthusiasm, or liveliness |
| 5. protective cu_____e | <i>n.</i> the outermost layer of skin, hair, or nails; a thin protective layer covering the surface of plants or insects |
| 6. l_e soap | <i>n.</i> a highly alkaline solution made by soaking hardwood ashes in the water, used in the production of soap, detergents, and other cleaning agents; a caustic substance |
| 7. ne____n cell body | <i>n.</i> a cell that is specialized to carry information within the brain and between the brain and other parts of the body |
| 8. in_____ed habit | <i>adj.</i> deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time |

ANSWERS: 1. neurotransmitter, 2. sugary, 3. envision, 4. pep, 5. cuticle, 6. lye, 7. neuron, 8. ingrained

9. repeat en_____ly *adv.* in a way that continues for a long time or seems to have no end or limit
10. do_____ne-inhibiting agent *n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension
11. in_____ed prejudice *adj.* deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
12. l_e water *n.* a highly alkaline solution made by soaking hardwood ashes in the water, used in the production of soap, detergents, and other cleaning agents; a caustic substance
13. pr_____t a financial crisis *v.* to act in advance to prevent something or to replace it with something else
14. neu_____ter receptor *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
15. b__w a cup of tea *v.* to make beer or tea by mixing a substance with hot water
16. controlled sub_____sly *adv.* in a way that is not fully conscious or aware of
17. ou_____e economic growth *v.* to move or proceed at a faster rate than someone or something else; to surpass or exceed someone's or something's performance or ability
18. red ch__i powder *n.* a small hot-tasting fruit of a type of pepper plant used in sauces, relishes, and spice powders; a spicy stew made from ground beef and beans, typically seasoned with chili peppers

ANSWERS: 9. endlessly, 10. dopamine, 11. ingrained, 12. lye, 13. preempt, 14. neurotransmitter, 15. brew, 16. subconsciously, 17. outpace, 18. chili

19. en____on the future *v.* to imagine or expect what a situation will be like in the future
20. have a lot of p_ps *n.* energy, enthusiasm, or liveliness; (verb) to give someone energy, enthusiasm, or liveliness
21. fi___t on my lap *v.* to make small, restless movements; to be unable to sit still
22. experience-dependent
neu_____ity *n.* the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways
23. fi___t with hands *v.* to make small, restless movements; to be unable to sit still
24. worry en_____ly about our future *adv.* in a way that continues for a long time or seems to have no end or limit
25. me_____e allergic reaction *v.* to try to bring about an agreement or understanding between people who are in conflict
26. sub_____sly influenced *adv.* in a way that is not fully conscious or aware of
27. pr_____t trouble *v.* to act in advance to prevent something or to replace it with something else
28. ch__i sauce *n.* a small hot-tasting fruit of a type of pepper plant used in sauces, relishes, and spice powders; a spicy stew made from ground beef and beans, typically seasoned with chili peppers
29. antagonism of do_____ne *n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension

ANSWERS: 19. envision, 20. pep, 21. fidget, 22. neuroplasticity, 23. fidget, 24. endlessly, 25. mediate, 26. subconsciously, 27. preempt, 28. chili, 29. dopamine

30. det_____al to good health *adj.* causing harm or damage
31. excite the ne___ns *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
32. su___y treat *adj.* having the taste, texture, or appearance of sugar; excessively sweet or cloying; overly sentimental or flattering in a way that seems insincere
33. b__w beer *v.* to make beer or tea by mixing a substance with hot water
34. det_____al eating habits *adj.* causing harm or damage
35. me_____e a negotiation *v.* to try to bring about an agreement or understanding between people who are in conflict
36. nail cu_____e *n.* the outermost layer of skin, hair, or nails; a thin protective layer covering the surface of plants or insects
37. neu_____ity therapy *n.* the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways
38. ou_____e market share *v.* to move or proceed at a faster rate than someone or something else; to surpass or exceed someone's or something's performance or ability

ANSWERS: 30. detrimental, 31. neuron, 32. sugary, 33. brew, 34. detrimental, 35. mediate, 36. cuticle, 37. neuroplasticity, 38. outpace

Session 3: Fill in the Blanks

1. The drain cleaner contains caustic _____ and should be handled with care.
n. a highly alkaline solution made by soaking hardwood ashes in the water, used in the production of soap, detergents, and other cleaning agents; a caustic substance
2. The new policy had a _____ impact on small businesses.
adj. causing harm or damage
3. Her running speed allowed her to _____ her competitors and win the race.
v. to move or proceed at a faster rate than someone or something else; to surpass or exceed someone's or something's performance or ability
4. The procession of demonstrators was _____ continuing.
adv. in a way that continues for a long time or seems to have no end or limit
5. The government _____ the release of sensitive information.
v. to act in advance to prevent something or to replace it with something else
6. I avoid eating _____ foods to maintain a healthy diet.
adj. having the taste, texture, or appearance of sugar; excessively sweet or cloying; overly sentimental or flattering in a way that seems insincere
7. Our body transfers information along each _____ using an electrical impulse.
n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body
8. The drug controls the level of _____ in the brain.
n. a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension

ANSWERS: 1. lye, 2. detrimental, 3. outpace, 4. endlessly, 5. preempted, 6. sugary, 7. neuron, 8. dopamine

9. Researchers are currently studying the potential of _____ to treat conditions such as depression and anxiety.
- n.* the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways
10. Endorphins are a type of _____ that gives a sense of well-being.
- n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
11. I am going to _____ some coffee this morning.
- v.* to make beer or tea by mixing a substance with hot water
12. The teacher had to _____ a disagreement between two students over a stolen pencil.
- v.* to try to bring about an agreement or understanding between people who are in conflict
13. Dry and cracking _____ can be a sign of vitamin deficiency.
- n.* the outermost layer of skin, hair, or nails; a thin protective layer covering the surface of plants or insects
14. Her fear of dogs was _____ after a traumatic experience in childhood.
- adj.* deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
15. We cannot _____ her as President.
- v.* to imagine or expect what a situation will be like in the future
16. He _____ with his pen while waiting for the interview to begin.
- v.* to make small, restless movements; to be unable to sit still

ANSWERS: 9. neuroplasticity, 10. neurotransmitter, 11. brew, 12. mediate, 13. cuticles, 14. ingrained, 15. envision, 16. fidgeted

17. The coach gave a ____ talk to the team before the game to boost their spirits.
n. energy, enthusiasm, or liveliness; (verb) to give someone energy, enthusiasm, or liveliness
18. He _____ picked at his cuticles while he was on the phone.
adv. in a way that is not fully conscious or aware of
19. I love making a big pot of _____ on a cold winter day.
n. a small hot-tasting fruit of a type of pepper plant used in sauces, relishes, and spice powders; a spicy stew made from ground beef and beans, typically seasoned with chili peppers

ANSWERS: 17. pep, 18. subconsciously, 19. chili