

VOCABULARY

Match the words with their meanings.



1. embarrass

She accidentally spilled her drink, which embarrassed her in front of everyone.

2. get goofy

When he's around his close friends, he tends to get goofy and tells silly jokes.

3. can't bear

He can't bear the thought of being away from his family for too long.

4. mental straitjacket

The strict rules felt like a mental straitjacket, limiting creativity.

5. vulnerable

Sharing personal stories can make us feel vulnerable.

6. at the core

Trust and honesty are at the core of any healthy relationship.

7. hold back

Don't hold back your true feelings; express yourself honestly.

8. inauthentic

She realized that pretending to be someone else made her feel inauthentic.

9. value

I highly value honesty in both personal and professional relationships.

10. fit in

It's important to be yourself and not try too hard to fit in with others.

a. able to be easily physically or mentally hurt

b. at the center or most important part of something

c. a situation that restricts someone's thoughts or actions

d. to act silly or foolish

e. to cause someone to feel self-conscious or ashamed

f. not genuine or real

g. to be accepted by a group and feel like you belong

h. the worth or importance of something

i. cannot tolerate or endure

j. to restrain oneself from doing or saying something