

Rewrite each of the following sentences using one of the phrases provided. Use the words in the correct grammatical form:

**defensive / hinder / derail / diffuse tension / refrain from /  
preconception / common ground / detach from / heated**

1 The constant interruptions caused the project to go off track.

- The constant interruptions caused the project to \_\_\_\_\_.

2 He should stop talking about politics to avoid arguments.

- He should \_\_\_\_\_ talking about politics to avoid arguments.

3 It is important to separate your emotions from your professional decisions.

- It is important to \_\_\_\_\_ your emotions when making professional decisions.

4 The manager tried to calm everyone down during the heated discussion.

- The manager tried to \_\_\_\_\_ during the heated discussion.

5 She assumed that he would be unfriendly before even meeting him.

- She had a \_\_\_\_\_ that he would be unfriendly before even meeting him.

6 Despite their differences, they were able to find something they both agreed on.

- Despite their differences, they were able to find \_\_\_\_\_.

7 The discussion became very intense when they disagreed on the topic.

- The discussion became very \_\_\_\_\_ when they disagreed on the topic.

8 The poor internet connection made communication during the online meeting difficult.

- The poor internet connection \_\_\_\_\_ effective communication during the online meeting.

9 He often responds with resistance when receiving constructive criticism about his work.

- He often becomes \_\_\_\_\_ when receiving constructive criticism about his work.