

Name _____ Date _____

CLASSWORK

Read the passage and answer the questions.

After months of being **dependent** on her phone, Mia decided it was time for a change. Her habits had become **mechanical**, following the same pattern every day. To **enhance** her productivity, she set small goals and avoided becoming **irritable** when things didn't go as planned.

At times, she felt **unfocused**, but a clear **motivation**—a scholarship opportunity—kept her going. Positive feedback from her mentor helped **strengthen** her resolve. Whenever she was tempted to **go back** to her old habits, she reminded herself of her new **habitual** schedule.

Instead of endless scrolling, she chose to read as a **replacement** activity. It wasn't easy, but her **self-control** grew stronger every day.

Vocabulary Synonyms Quiz

1. What word best matches the meaning of **dependent**?
A) routine B) addicted C) distracted D) substitute
2. What word best matches the meaning of **mechanical**?
A) automatic B) incentive C) willpower D) cranky

3. What word best matches the meaning of **enhance?**
A) boost B) revert C) routine D) substitute

4. What word best matches the meaning of **irritable?**
A) willpower B) cranky C) incentive D) distracted

5. What word best matches the meaning of **unfocused?**
A) addicted B) distracted C) routine D) reinforce

6. What word best matches the meaning of **motivation?**
A) substitute B) cranky C) incentive D) revert

7. What word best matches the meaning of **strengthen?**
A) reinforce B) willpower C) boost D) routine

8. What word best matches the meaning of **go back?**
A) revert B) substitute C) cranky D) distracted

9. What word best matches the meaning of **habitual?**
A) routine B) automatic C) willpower D) reinforce

10. What word best matches the meaning of **replacement**?

A) revert B) substitute C) incentive D) addicted

11. What word best matches the meaning of **self-control**?

A) willpower B) boost C) routine D) incentive

Fill in each blank using the most appropriate word from the word bank. Each word is used only **once**.

addicted automatic boost cranky distracted incentive reinforce revert routine
substitute willpower habit

Instructions: Fill in each blank using the most appropriate word from the word

bank. Each word is used only **once**.

1. After drinking energy drinks every day, Jason became completely _____ to caffeine.
2. The lights in the building are set to turn off _____ when no movement is detected.
3. She listened to upbeat music in the morning to _____ her energy before work.
4. Lack of sleep can make anyone feel tired and _____ during the day.

5. It's hard to focus on studying when you're constantly _____ by your phone.
6. The teacher offered a small prize as an _____ to encourage students to read more.
7. Frequent practice will help _____ the skills you've learned.
8. After trying a new diet for a week, he started to _____ to his old eating habits.
9. I follow the same morning _____ every day to help me stay organized.
10. To eat healthier, she used Greek yogurt as a _____ for sour cream.
11. It takes a lot of _____ to resist checking social media during class.
12. Brushing your teeth after every meal should become a healthy _____