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

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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

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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.

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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 _____

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