

Word Formation – Minimalism (15 points)

Complete the text with the correct form of the words in CAPITALS.

Minimalism is often described as a lifestyle that promotes (1) _____ (DETACH) from possessions that offer little long-term value, encouraging people to focus on what is truly important. Although some critics see it as an extreme form of (2) _____ (SIMPLE), many followers argue that the practice leads to a more (3) _____ way of living (MEANING). They claim that reducing clutter not only clarifies one's physical space but also improves mental (4) _____ (STABLE).

The movement gained momentum thanks to authors and speakers who shared their (5) _____ stories (TRANSFORM) of letting go of unnecessary items. They often emphasise how the process can be surprisingly (6) _____ (FREE) and how it helps people make decisions more (7) _____ (INTENT). In fact, supporters believe that (8) _____ (CONSUME) habits can be reshaped when individuals learn to prioritise experiences over objects.

However, the growing commercialisation of minimalism has led to accusations of (9) _____ (HYPOCRITE). Critics argue that certain brands promote the “minimalist look” as a trend, encouraging shoppers to purchase new products with (10) _____ claims of simple living (PROMISE). This has resulted in a paradox where people buy more in the name of owning less.

Despite the debate, minimalism continues to attract those searching for greater (11) _____ (CLARIFY) in their daily routines. Its principles can be applied (12) _____ (FLEXIBLE) across different cultures and lifestyles, making it a highly (13) _____ approach to personal well-being (ADAPT). Whether through decluttering, practising mindful spending, or embracing digital (14) _____ (DETOXIFY), many find that minimalism offers a path to a more balanced and (15) _____ life (FULFIL).
