

Al-Balqa Applied English (2)



Second Edition
LANGUAGE CENTER

UNIT 2

Al-Balqa Applied University

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"When I was born I was so surprised I didn't talk for a year and a half."

- Gracie Allen

Learning Objectives

- 1. Form sentences using the past simple tense.
- 2. Form sentences using the past continuous tense.
- 3. Distinguish between the uses of the past simple and continuous tenses.
- 4. Read and understand passages on topics introduced in this unit.
- 5. Write a meaningful paragraph with a main idea and a topic sentence.
- 6. Distinguish between the three types of sentences:
 - a. Topic sentence
 - b. Supporting sentence
 - c. Concluding sentence
- 7. Converse using the new vocabulary from this unit's Word List.
- 8. Enable students to structure and deliver presentations with reasonable measure confidence.
- 9. help students accurately produce and differentiate English diphthongs.
- 10. By learning the specific sound combinations and articulation techniques, students can develop the ability to produce diphthongs correctly and avoid common pronunciation errors.
- 11. Students can enhance their overall pronunciation clarity, ensuring that their speech is easily understood by native English speakers and other English learners

Vocabulary

Activity 1 Write It!

Matching Synonyms

Write the words below in the spaces provided beside the words that mean the same meaning.

revolve	store	overeat	understand	use
suppress	break	activate	receive	uphold

Words	Synonyms
utilize	
quash	
twist	
inherit	
stockpile	
gorge	
break down	
trigger	
continue	
perceive	

Activity 2 Write It! **Jumbled Words**

Look at the anagrams below and arrange them into words that match the definitions provided. Write the words on the lines provided next to each definition.

ialned – refusal to accept reality	
--	--

4.	icfdeit –	amount by	which	something	is too	small
 •	iciacic	uniounit by	*****	3011166111115	, 13 100	JIIIGII

5.	seauna -	- feeling	of sickness	or	disgust		
----	----------	-----------	-------------	----	---------	--	--

ehc – test the abilit	y of somebody	У
E	ehc – test the abilit	ehc – test the ability of somebod

8.	dealp – make repeated urgent requests to somebody for something

Activity 3

Read the following definitions and try to guess the corresponding words.

A specialist in the care of babies	
to stop somebody from concentrating on something	
A distinguishing characteristic in somebody's personality	
troubled feeling in the mind caused by fear and uncertainty about the future	
caused by an obsession	
A thing for which somebody has a strong liking or enthusiasm	
be exceptionally good at something	
state of not having the normal benefits of adequate food	_

Activity 4 Write It! Complete the Sentences

Look at the list below and select the word that best completes the sentences that follow.

metabolism urged disorder potential symptom humiliation self-esteem nutritionists diabetes equip

1. Everyone began shouting at onc	e and the meeting finally ended due to the
2. If you are obese, you have an i	ncreased risk of developing
3. Having high	helps you accomplish your goals in life.
4. Frequent anxiety can be a	of social phobia.
5on by his col	leagues, he applied for the position.
6. A good education should	you for life.
7.She suffered public	when she forgot the
words to her speech.	
8. It is easier to lose weight if you	have fast
9.She believed she had	, but she didn't know how to
make the most of it.	
10. She visited many	, but she still couldn't stop eating junk
food.	

Activity 5 Circle It! Multiple Choice

	the correct answer. A diagnosed her son with autism.
	pediatrician symptom
-	disorder One of his less attractive is criticizing his family in public. traits passion potential
3. - - -	Everyone should what he or she can afford. perceive escalate contribute
- -	Hewith his parents for a more understanding attitude. eliminated pleaded excelled
5. - - -	I wasfor a nice refreshing drink. craving sustaining twisting
6. - -	I eat normally in front of people, but I when I'm alone. quash gorge equip

Reading

"The optimist proclaims that we live in the best of all possible worlds; and the pessimist fears this is true."

- James Branch Cabell

Activity 1
Circle It!
Sally's Challenge at School

Read the following story quickly and work out the problem Sally had at school.

Sally's Challenge at School

Throughout my early years at school, my teachers always seemed frustrated with me. I would always hear them say: "You forgot your homework! You don't ever complete assignments on time! You are so slow! You're such a moody child!" I still hear all of those voices in my head and they bring back very hurtful memories. Those memories remind me of how my teachers used to become upset each time I failed to answer a simple question. I used to be the subject of ridicule in class. I also can't forget how my parents were worried all the time. They were always wondering what was going on. Even my classmates used to pick on me and bully me all day long. I couldn't wait for the weekend to come so that I could hide in my house and have a break from school. Truly, they were days I wish I could forget.

One day I read an article that helped me understand. The article was about attention deficit disorder (ADD). When I was a student at school, I found it difficult to stay focused for long periods of time. Sometimes, each hour that passed felt like a day. I just couldn't listen to the teachers for more than ten minutes. I felt deep inside that I had good potential, but my problems at school were making my life miserable. When it came to school work, most of the time I felt frustrated. However, when I read that article many questions about why those things were happening to me at school were answered.

Amazingly, I made it to college, but it was very challenging. To help me reach my goals, I started making to-do lists just to get everything done without forgetting anything. It was really hard to prioritize my work because even if I started with small things, they would take so long. When things became very stressful, sometimes I couldn't concentrate at all. At one point, I felt like everything was collapsing, even my relationships with everyone around me. Throughout my years at college, I failed many courses. Part of the problem was because I would sign up for too many courses, and by the time I realized how much work they would require, I would wait too long before deciding to drop courses. So I ended up with a lot of 'Fs'. College was a big leap forward though. I stuck to it and, even though it took me longer than it took my friends, I made it!

I still think the article on ADD helped me through many difficult times. Just knowing that others had the same challenges made me feel better. The article mentioned that the symptoms of ADD were not all negative. Adults with ADD also have many positive traits such as having free spirits and lively minds. The article also said that people with ADD have a spontaneous approach to life -- and that approach can be infectious. Although I was struggling in some ways, I also had all of these attributes as well. So the news wasn't all bad.

I felt as though no one could really accept me as I was. Although I had such problems focusing for prolonged periods of time, and I found it difficult to meet deadlines, I was creative. In fact, my boss once told me, "You excel at thinking outside of the box." This was one of the few times I felt proud of myself. It didn't use to last long though because my colleagues used to find a way to twist it all back to the fact that I wasn't as competent as they were.

After reading the article, I realized that I wasn't the only one who was facing these challenges. I scheduled an appointment with a counselor so that I could discuss my issues with someone who understood my specific challenges. I also wanted to find out whether treatment would be appropriate for me. The ball was in my court. I decided to put all of my energy into getting things on track. I joined the ADD Association where I met other people who also had ADD. Together we shared our experiences, laughed together and cried together, but mostly we all began feeling less alone in dealing with our challenges. Together, we began to look at the bright side of our situations. Things are much better now, and will still improve tremendously if I keep it up. And, the good news is: I AM KEEPING IT UP!

Read the story again and answer the following questions.

- 1. The narrator's life began to change dramatically when:
 - a. she read an article about ADD.
 - b. she used to hear many disturbing comments throughout her early years at school.
 - c. she used to ignore all the disturbing comments directed to her.
- 2. When the narrator was a student at school, she:
 - a. used to be able to pay attention.
 - b. found it difficult to stay focused.
 - c. used to have lots of friends.
- 3. The narrator was devastated because:
 - a. she knew she didn't have potential.

- b. of her problems at school.
- c. she was brilliant.
- 4. When she enrolled in college, she:
 - a. had everything fixed by that time.
 - b. turned into an organized person.
 - c. had to deal with many stressful situations.
- 5. "I started looking at the bright side," means:
 - a. she was a fun person.
 - b. she appreciated everything her eyes fell on.
 - c. she looked at things in a positive way.
- 6. The second step she took after reading the article was:
 - a. putting all her energy to work things out.
 - b. setting an appointment with a counselor.
 - c. working on her self-esteem.
- 7. "Thinking out of the box" means:
 - a. thinking negatively.
 - b. thinking positively.
 - c. thinking in a creative way.
- 8. "The ball was in my court" means:
 - a. she was a good football player.
 - b. everything was up to her.
 - c. everything was under control.

Activity 2 True or False Maria's Presentation Experience

Read the following story quickly and find out about Maria's problem.

Maria's Presentation Experience

One day Maria's professor told the class that each of them had to do a presentation. Maria was a good student, so she enjoyed doing the research, but the thought of presenting it made her feel extremely anxious. She pleaded with her professor, but she couldn't persuade him to let her hand in an assignment instead. There was no way out — she had to do the presentation.

Maria was the kind of person who had few friends at school. Although she was a lovely person, she had a continuous fear of saying something that would lead to embarrassing her in front of everyone. In fact, that was why she often spent most of her time alone or with her best friend, Sam, who was the only person she felt comfortable with.

People with social phobia usually find their anxiety triggered by situations such as: being the centre of attention, being watched or observed while doing something, having to speak in public or even having eye contact with others. The thought of standing in front of the class to give a presentation horrified Maria. She was worried that she would embarrass herself in public and would start blushing, and sweating excessively. What if she had nausea? She was not ready to deal with all of that. Deep inside she knew she was had to confront her fears.

Two weeks before the due date of the presentation, Sam gave Maria a book about social phobia self care. The book helped Maria understand, live with and, eventually, overcome her phobia. Maria had to shift her feelings and turn them into positive thoughts. She had to stop the negative thoughts that that caused her fear of social situations. Once she was able to identify these negative thoughts, she would be able to challenge them. She wanted to steer herself away from denial and face reality. Instead of saying, "I am going to look stupid," she thought, "Even if I am nervous, will people necessarily think I look stupid?" Instead of, "I don't have anything interesting to say," she thought, "I worked hard to make sure that I knew a lot about my research topic so I will have lots of interesting things to say." By changing her way of thinking, Maria was able to perceive anxiety-triggering situations. Sam's friendship helped too.

The day of the presentation approached. Maria was so nervous that she vomited. "I can do it!" Maria kept on reminding herself. "I can do it and I will!" she said repeatedly. On stage, she slipped many times but she just paused for a moment, and refused to let her fears take over. She simply focused on the present moment, took a deep breath and continued. Maria was so grateful to Sam for providing her with that book. That presentation was an enormous challenge, but Maria succeeded.

Read the story again and find out whether the following statements are true or false.

1. Social Phobia is an overwhelming fear of embarrassment in everyday situations.



2. For a person with social phobia, being the center of attention is the worst thing.



3. Sam wanted Maria to embarrass herself.



4. Going to a therapist helped Maria to perceive anxiety-triggering situations.



5. Sam was the only friend Maria felt comfortable with.

TRUE

FALSE

6. Maria believed that she would do worse with her next presentation.

TRUE

FALSE

7. Excessive sweating and nausea can be symptoms of social phobia.

TRUE

FALSE

Grammar

Focus 1: Simple Past

Simple Past

1. Form:

When we form the past simple we should take into account whether the verb is regular or irregular. Regular verbs form their past tense by adding (-ed) to the base form. For example:

Play - play**ed** Visit - vist**ed**

Irregular verbs have no general rule that governs the formation of the past simple.

Base form	Simple past
have	had
is	was
are	were
go	went
give	gave

2. Use:

The simple past refers to an action that started and ended at **specific points in the past** (yesterday, ago, last week, in 2001, in the past, at the time, etc). Look at the following sentences:

- 1. Ahmed visited his parents last weekend.
- 2. The new manager met the sales representative this morning.

3. Negative:

In both regular and irregular verbs the negative form is formed with **did not** + **base** (contracted as **didn't** + **base**).

Ahmed visited his parents last weekend.	Ahmed did not visit his parents last weekend.
The new manager met the sales rep. this morning.	The new manager did not meet the sales rep. this morning.

4. Interrogative:

In both regular and irregular verbs the interrogative form is formed with (did + subject + base).

Ahmed visited his parents last weekend.	Did Ahmed visit his parents last weekend?
The new manager met the sales rep. this morning.	Did the new manager meet the sales rep. this morning?
Sally left two hours age.	When did Sally leave?
Sami killed a snake last night.	What did Sami kill last night?

5. Exception: Verb (to be)

She was absent yesterday.	Was she absent yesterday?		
They were absent yesterday.	Were they absent yesterday?		

6. Spelling rules:

The spelling of the verb is changed before adding the (-ed) in the following two cases:

1. In verbs ending in a consonant preceded by a vowel, double the consonant (on the stipulation that the verb is monosyllabic or ends in a stressed syllable):

rub	- rubbed
plug	- plugged
prfer	 preferred

commit - committed

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2. In verbs ending in (**-y**) preceded by a consonant, change the (**-y**) into (i). e.g:

study – studied try - tried

3. In verbs ending in (- c) the (- c) is changed into (-ck):

traffic - trafficked picnic - picnicked

4. In verbs ending in (-I) preceded by a vowel, the (-I) is doubled:

travel - travelled rebel - rebelled

Focus 2: Past Continuous Tense

* Form: was/were + verb/ing

The **past continuous tense** is used to refer to:

1. An action that was **in the middle of happening** at a stated point of time **in the past**.

E.g.: At 8 o'clock last night she **was working** on her presentation.

2. For two or more actions which were happening at the same time in the past.

e.g.: While Maggy **was explaining** binge eating, Sally **was listening** attentively.

3. A past action which was **in progress** when another action interrupted it. We use the past continuous for the **interrupted** action and past simple for the action which interrupts it.

e.g.: She was pleading with her professor when Sam called.

Affirmative	Negative				Interrogat	ive			
		Long Form Contraction							
I was gorging.	I was not gorging.			I wasn't gorging.		I wasn't gorging.		Was I gorging?	
You were	You	were	not	You	weren't	Were	you		
stockpiling	stockp	stockpiling stockpiling.		g.	stockpiling?				
He was	Не	was	not	He wasn't contributing		Was he contrib	uting?		

contributing	contributing		
She was pleading	She was not pleading	was not pleading She wasn't pleading	
It was collapsing	It was not collapsing	It wasn't collapsing	Was it collapsing?
We were chatting We were not chatting		We weren't chatting	Were we chatting?
You were twisting You were not twisting		You weren't twisting	Were you twisting?
They were talking They were not talking		They weren't talking	Were they talking?

- Time Expressions used with the past continuous:
 - while
 - when
 - as

Activity 1 Circle It Food and Nutrition

Circle the correct form of the verb in brackets and write it to fill in the blanks.

1.	I (was buying /	bought) a number of books on nutrition last
	week.	
2.	There (was / were) a shortage of food in some countries after the
	war.	
3.	She(ate / was ea	ting) uncontrollably when I came in.
4.	She(changed	/ was changing) her way of dealing with
	negative emotions as soo	n as she(realized / was realizing) the
	consequences of binge ea	ting.
5.	She (gorged / was gorging) on her favorite binge
	food when her mother	(came in / was coming in)

Activity 2 Write It Social Phobias

Circle the correct form of the verb between brackets and write it to fill in the blanks.

1.	Although Maria	was a lovely person, she	(had / was
	having) a conti	nuous fear of embarrassment.	
2.	Sam	(gave / was giving) Maria a boo	ok about social
	phobia self care	e yesterday.	
3.	Before she	(did / was doing) the presenta	ition, Sam
		(encouraged / was encouraging) her a lot.
4.	Maria simply_	(focused / was focusing) on	the present
	moment, (took	/ was taking) a deep b	reath and
		(continued / was continuing) he	er presentation.
5.	When Maria	(finished / was finishing) the pre	esentation, she
		(felt / was feeling) proud of hers	self.
Mı Ch	ctivity 3 ultiple Choice noosing the Cor		
Re	ad the sentences	s below and circle the correct tense for ea	ich sentence.
		two years ago afte	r having a long
Trie	endship. a. married		
	b. marry		
	c. were marryi	ng	
		to hide his intense feelings whe	en he was talking
το	his parents. a. try		
	b. was trying		
	c. were trying		
	My problems at s school.	schoolmy life mise	rable when I was
uc	a. make		
	b. were makingc. was making	J	
	c. was making		
4.	=	a big leap forward, but it was very stre	essful.
	a. wereb. was being		
	c. was		
5.	Although Ia. was struggle	in some ways, I also had r	nany strengths.
	a. was su aggic	,u	

- b. were struggling
- c. was struggling
- 6. When they were at school together, they shared a lot of experiences; they ______, cried and played together.
 - a. laughed
 - b. were laughing
 - c. laugh

Activity 4 Tick It

Which Sentence Is Correct?

Tick next to the grammatically correct sentence.

- 1.
- She recognized the potential for error in the method being used.
- She was recognizing the potential for error in the method being used.
- 2.
- What led you to this conclusion?
- What was leading you to this conclusion?
- 3.
- This demonstration was being a symptom of discontent among the students.
- This demonstration was a symptom of discontent among the students.
- 4.
- -She deprived herself of food for a while, but she ended up binging and regretted it afterwards.
- -She was depriving herself of food for a while, but she ended up binging and regretted it afterwards.
- 5.
- She were having a continuous fear of being humiliated in front of others.
- She had a continuous fear of being humiliated in front of others.
- 6.
- She imposed her ideas on the group during our last meeting.
- She was imposing her ideas on the group during our last meeting.

Listening

Activity
Multiple Choice
Autism

Listen carefully to the following article about autism and circle the best answers for the multiple-choice questions that follow.

Audio Script

Autism

Autism is a brain disorder that impedes the brain from absorbing information. It leads to an inability to communicate with others, and it frequently disrupts education and social behavior and affects how a child talks, plays or interacts.

The symptoms of autism vary from one person to another, but they all share the following main characteristics. Typically, autistic children have difficulty understanding what others are thinking and feeling. They seem to live in their own world. They have trouble sharing emotions and making friends because they lack interest in people around them or the surrounding environment. Autistic children often perform repeated hand movements, such as playing the same game repeatedly. In fact, this is also considered to be a main symptom of autism. In addition to that, autistic children are extremely sensitive to change. For instance, they are disturbed by small changes in their routine, such as moving from one place to another. They also respond negatively to everyday sounds because they are so overly sensitive to sounds.

Melanie is a married woman who has three children. When her third child arrived, things just didn't seem right. At the age of 6 months, her child didn't show any joyful expressions or even smile. When her son was two years old, he still couldn't pronounce a word. He never looked at her when she talked to him. She tried many times to make eye contact with her son, but couldn't. He used to spend many hours just stacking blocks - one on top of the other. Whenever they fell, he would cry a bit, then he would just begin stacking them all over again. If they put him in front of the TV, he would spend hours watching without any movement. She realized that his behavior wasn't really normal. When she took him to the pediatrician, she received the shock of her life – she found out that her son was autistic.

Life was harsh for Melanie and the people around her didn't make it any easier. If she took her son to a park, the other kids would stare in astonishment at her son's behavior. The mothers would say things like "What's wrong with your son?" No one really understood which made her feel very lonely. However, she found an organization for people who shared the same challenges. They also had autistic children. Having an autistic child wasn't something easy to talk about. She felt better when she joined this group because the members shared their experiences with each other. She felt they knew exactly what she was going through, because they were going through the same vicious cycle. Suddenly, she didn't feel quite as alone. In spite of everything, Melanie, like the other parents, loved their autistic children.

- 1. Autism is:
 - a. a brain disorder that affects a child's development.
 - b. lacking the ability to communicate.
 - c. having the difficulty to understand what other people think or feel.
- 2. The symptoms of autism are:
 - a. being stressed and unfocused.
 - b. inability to communicate and repetitive behavior.
 - c. talking and laughing too much.
- 3. Melanie's autistic child was:
 - a. the fourth child.
 - b. the third child.
 - c. the second child.
- 4. At first, Melanie thought her child's behavio was:
 - a. positive.
 - b. negative.
 - c. neutral.
- 5. People around her used to:
 - a. stare at her son's behavior in astonis. Int.
 - b. make fun of her son's shavio
 - c. tell her to keep her son viet.
- 6. Melanie started feeling there is the:
 - a. went to a counselor.
 - b. joined a. o. vization ior parents with autistic children.
 - c. ignored har autis hild.

Pronunciation

DIPHTHONGS: PART (A)

Part B is in Unit Three.

Diphthongs: A **diphthong is** a **gliding vowel** formed by a combination of two short vowel sounds within the same syllable.

Part A: (/ DI /, / aI /, / əʊ /, / au /)

/) IC /	boy	/ bɔɪ /	toy	/ toɪ /	oil	/ lɪc /
/ aɪ /	I	/ aɪ /	sky	/ skaɪ /	five	/ farv /
/ ៦ʊ /	old	/ bl <mark>ʊ</mark> e /	cold	/ kəʊld /	gold	/ gəʊld /
/ aʊ /	how	/ haប /	now	/ naប /	hour	/ ˈ <mark>aʊə</mark> /

Activity 1

Circle the word which has the same diphthong:

/ aɪ /		/aɪ/	/ <u>IC</u> /		/ <mark>៦</mark> ʊ/		/aʊ/	
		buy						
b. shy	b.	cloud	b.	voice	b.	home	b.	point
b. shame	c.	mail	c.	wrote	c.	coin	c.	how

Activity 2

choose the diphthong that matches the sound in the following words.

- 1. emotional /aʊ/ /əʊ/
- 2. n<u>oi</u>sy /วɪ/ /əʊ/
- 3. foregr<u>ou</u>nd /aʊ/ /əʊ/
- 4. stylish /eɪ/ /aɪ/

Speaking

Activity 1 Offline Activity Class Presentations

- 1. Form teams of four.
- 2. With your team members, think and talk about how you feel about giving presentations in front of the class.
- 3. Share your ideas among your team.
- 4. Your instructor will call on you to express these feelings in front of the rest of your class.

Activity 2 Offline Activity Binge Eaters Everywhere!

- 1. Form teams of four.
- 2. With your team members, discuss the differences between occasionally overeating and binge eating. Do you have a friend who binges?
- 3. How can you help that friend? What advice would you give him/her?
- 4. Your instructor will check with each team to listen to your conversations.

Activity 3 Circle It! Pick and Choose

- a. Form teams of four.
- b. Choose one of the questions.
- c. With your team members, discuss possible replies to these questions.
- d. Express your thoughts in complete sentences.
- e. Each team will be called upon to present their opinions to the class.
- f. Select one member to present his/her team's answers.

First Card's Question:

How would you deal with an autistic friend or relative?

Second Card's Question:

What would you do if someone you cared about was diagnosed with ADD? How would you help that person? Would you show your support?

Third Card's Question:

If you had a very serious problem, who would you talk to about it? Would you seek a counselor for help? Why or why not?

Writing

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved."

- Helen Keller

Writing Focus

The Topic Sentence

The topic sentence states the main idea of a paragraph.

The first sentence in the paragraph is usually the topic sentence. The topic sentence informs the reader of what the paragraph is going to be about.

Supporting Sentences

The sentences that follow the topic sentence provide specific information that supports the main idea in the topic sentence.

A paragraph should have enough information to develop the topic sentence. If that is not the case, you will end up with a weak paragraph; empty and uninteresting. To make your paragraph effective, you should have a minimum of three supporting sentences. If appropriate, provide examples as well.

The Concluding Sentence

The concluding sentence may be used to summarize or restate the paragraph's main idea.

Sometimes a paragraph may be long and complicated or may include details that the writer wants to emphasize. Such a paragraph may end with a concluding sentence that sums up the key points made in the paragraph.

Activity 1 Write It!

Are you emotionally intelligent?

- Write the first draft of a paragraph about a time you felt you demonstrated emotional intelligence.
- Check the first draft with a classmate and correct any mistakes.
- Save your second draft. You will receive instructions in class about how to submit the assignment.

For example:

Think of a time you used your emotional intelligence to resolve a conflict or to solve a problem.

Note: Try to include words from the Word List provided for this unit, and write your paragraph using the past tense.

Activity 2 Write It

What makes you anxious?

• Write an extended paragraph about a time when you felt anxious.

How did you handle it? What did you do to overcome your anxiety?

- Check the first draft with a classmate and correct any mistakes.
- Save your second draft.
- You will receive instructions in class about how to submit the assignment.

	Word List			
metabolism (n.)	chemical process by which living matter is			
. ,	broken down into simpler substances			
deprivation (n.)	State of not having the normal benefits of			
	adequate food, housing, self care, etc			
craving (n.)	strong desire			
urge (n.)	strong desire or impulse			
deficit (n.)	amount by which something is too small			
,	, ,			
disorder (n.)	lack of order			
potential (n.)	qualities that exist and can be developed			
pediatrician (n.)	a specialist in the care of babies			
	sign of the existence of comothing also such			
symptom (n.)	sign of the existence of something else, such as a disease			
	us a discuse			
trait (n.)	Distinguishing characteristic in somebody's			
` ,	personality			
Vain (n.)	Having no value or significance			
humiliation (n.)	the act of making somebody feel ashamed			
anviola (n.)	or disgraced			
anxiety (n.)	troubled feeling in the mind			
nxiety (n.)	troubled feeling in the mind caused by fear			
	and uncertainty about the future			
self-esteem (n.)	good opinion of one's own character and			
danial (a.)	abilities			
denial (n.)	refusal to accept reality			
nausea (n.) nutritionist (n.)	feeling of sickness or disgust an expert in the study of human diet			
nutritionist (n.)	an expert in the study of human diet			
compulsive (adj.)	caused by an obsession			
compuisive (auj.)	caused by all obsession			
diabetes (n.)	Disease of the pancreas which prevents sugar			
,	and starch being properly absorbed			
passion (n.)	Thing for which somebody has a strong liking			
F==3:0:: ()	or enthusiasm			