

## Phobias – Glossary

**albeit** conjunction

FORMAL used for introducing a comment that slightly changes or reduces the effect of what you said before it

*The United States finally agreed, albeit unwillingly, to support the UN action.*

**ancestor** noun [countable]

someone who is related to you who lived a long time ago (*ancestral* = adjective)

*Her ancestors went to America with the Pilgrims.*

**arise** verb [intransitive]

if a particular situation or problem arises, it begins to exist or to develop

*Problems arose over plans to build a new supermarket here.*

**confined** adjective

a confined space is so small that you cannot move around in it easily

**disrupt** verb [transitive]

to interrupt something and prevent it from continuing by creating a problem

*Protesters tried to disrupt the meeting.*

**drown** verb [intransitive]

to sink under water and die

*He fell overboard and nearly drowned.*

**evolutionary** adjective

connected with the scientific theory of evolution

**inherited** adjective

an inherited disease or quality is one that is passed on through the genes

*inherited characteristics such as blood group*

**intense** adjective

very great or extreme

*The pain was intense.*

**in theory** phrase

used for saying that something is believed to be true, although it may not be true

*In theory, anything could happen.*

**irrational** adjective

done or happening without clear or sensible reasons

*irrational violence/fear/panic*

**lethal** adjective

very dangerous and able to kill you

*lethal doses of radiation*

**obscure** adjective

not known about, or not well known

*Details of this period of Shakespeare's life remain obscure.*

**originate** verb [intransitive]

to begin to exist or appear for the first time

*Many herbs originate from the Mediterranean.*

**palm** noun [countable]

the inside part of your hand, between your fingers and your wrist

*She sat waiting, resting her chin in the palm of her hand.*

**purpose** noun [countable]

the aim that someone wants to achieve, or that something is intended to achieve

*Another meeting would serve absolutely no purpose.*

**range** verb [intransitive]

to include a variety of things

*products ranging from televisions to computer software*

**survey** noun [countable]

a set of questions that you ask a large number of people or organisations

*This survey shows the percentage of single-parent households in each area.*

**therapist** noun [countable]

someone whose job is to help people with physical, mental, or emotional problems, using a particular type of therapy

*A therapist can encourage patients to express their anxieties.*

**traumatic** adjective

a traumatic experience or event makes you feel very upset, afraid, or shocked

*The death of my father was extremely traumatic for me.*