



TEMPTATION VOCABULARY WORDS

Please reflect upon a different word each day for seven days, while paying close attention to how the word you chose relates to your thoughts and actions about temptations each day. Each word includes an underlined value statement. Spend time familiarizing yourself with these words and definitions. Also, for enhancing the impact of these words on your behavior, spend time memorizing the brief definitions.

1. **adapt** - v. The ability to adjust to change. *Adapting to healthier behavior is often a process, not an overnight achievement.* Synonyms. revise, readjust, comply. Antonym. Reject.
2. **trigger** - n. Something that serves as a stimulus and initiates or precipitates a reaction or series of reactions. *Knowing what feelings are triggers helps you learn to avoid them.* Synonyms. spark, prompt, anxious feeling. Antonym. glimmer.
3. **tolerance** - n. The capacity to endure pain or hardship for a greater cause. *She is developing a tolerance for healthier food.* Synonyms. patience, resilience, stamina. Antonym. Narrow-mindedness.
4. **empowered** - adj. To be equipped with the strength and confidence to control. *After extensive study, he was empowered enough to finally resist temptations that were causing serious problems.* Synonyms. energized, stimulated, motivated. Antonym. Blocked.
5. **commitment** - n. The state or quality of being dedicated to a cause, activity, or person. *She was committed to improving her resistance to temptations.* Synonyms. pledge, promise, determination. Antonym. indifference.
6. **negligence** - n. Failure to take care of something. *Giving in to some temptations is just due to pure negligence.* Synonyms. disregard, carelessness, sloppiness. Antonym. cautiousness.
7. **agitate** - v. To disturb or excite emotionally. *We can easily become agitated when trying to resist temptations.* Synonyms. bother, disturb, frenzy. Antonym. calm.