**GLOSSARY**

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| Be into something | to be interested and involved with something |
| Get on with sb (UK)/get along with sb (us) | to have a good relationship with somebody |
| Take sth up | to start to do/practice something (a new hobby or activity) |
| Keen on something | liking somebody or something very much |
| Let down | fail to support somebody as they had hoped or expected |
| Open up | talk about what you feel and think; become less shy and more willing to communicate |
| Grow apart | stop having a close relationship with somebody over time |
| Bump into | meet someone you know when you have not planned to meet them |
| Reach out | show somebody that you are interested in them and/or want to help them |
| Come across | make a particular impression |
| self-conscious | nervous or embarrassed about your appearance or what other people think of you |
| Exacerbate | make something worse |
| Reliant | needing something in order to survive or be successful |
| Strain | pressure on something because great demands are being placed on it |
| Desperate | needing or wanting something very much |
| Judgemental | quick to criticize people |
| a shoulder to cry on | A person one turns to for sympathy with one’s troubles. |
| Hit it of | To be friendly with each other immediately. |
| See eye to eye | To agree with someone. |
| Clear the air | To explain something to remove doubts or misunderstandings about something. |
| know (someone) inside and out | To know everything or nearly about someone |
| Inspire | to give somebody the desire, confidence, or enthusiasm to do something creative |
| Trivial | of little value or importance |
| Devolve | to change from one thing to another, often to something bad |
| Polarized | opposite, e.g., points of view |
| Overlooked | fail to notice something |
| Condescending | behaving as though you are more important and more intelligent than others |
| Balanced | when different elements are equal |
| Engaged | occupy someone’s attention |
| Pontificate | to give your opinion in a way that shows you think only your opinion is correct |
| Divided | separated into parts |
| compassionate | kind-hearted and very empathetic |

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| unintended | accidental or unplanned |
| misconception | a completely wrong understanding of a situation |
| a vicious cycle | a continuing unpleasant situation without an end |
| a hoax | a trick or a joke |
| patchy | occasional or irregular |
| to cut down on | To limit the use of something |
| To be in full swing | To maximum capacity |
| To be in full swing | Already happening at the highest level |
| Inherently harmful | Naturally and essentially bad |
| overstated | exaggerated |
| Adverse consequences | Results that are completely different than expected. |
| questionable | Doubtful proof of something |
| Truth is slowly emerging | The facts are starting to become known. |
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