

**VOCABULARY**

**1. Excruciating (adjective)**

 **Meaning**; Causing great pain or anguish, agonizing

 

 **Synonyms**: disturbing, irritating

 **Antonyms**: pleasing, soothing

**2. Poised (verb)**

 **Meaning**; Balanced, in position

 

 **Synonyms**: balance

 **Antonyms**: imbalance

**3. Iteration (noun)**

 **Meaning**; Recital or performance a second time; repetition.

 

 **Synonyms**: repetition, replay

 **Antonyms**: irregularity, rareness

**4. Wade (verb)**

 **Meaning**; to walk through water or something that impedes progress.

 

 **Synonyms**: paddle

 **Antonyms**: dodge

**5. Incur (verb)**

 **Meaning**; to bring upon oneself or expose oneself

 

 **Synonyms**: bear, obtain

 **Antonyms**: push, reject

**6. Ameliorate (verb)**

 **Meaning**; To make better, or improve

 

 **Synonyms**: alleviate

 **Antonyms**: aggravate

**7. Mire (verb)**

 **Meaning**; To soil with mud or foul matter.

 

 **Synonyms**: entangle

 **Antonyms**: release