

Word/Phrase	Part of speech	IPA (UK)	IPA (US)	Definition	Sample sentence
Psychology verbs					
affect	verb	ə'fekt		to change or influence something	It is known that poor grades can affect college entrance.
assume	verb	ə'sju:m	ə'sum	to believe that something is true, even though no one has told you or even though you have no proof	You can't assume that because he's good at this job he will know everything.
attract	verb	ə'trækt		to make someone interested in something so that they do it or come to see or hear it	The show attracts viewers from all walks of life.
avoid	verb	ə'vɔɪd		to try to prevent something from happening	Try to avoid confrontation.
encourage	verb	ɪn'kʌrɪdʒ		to suggest that someone does something that you believe would be good	We encourage student participation in our classes.
influence	verb	'ɪnfluəns		to affect the way that someone thinks or behaves, or to affect the way that something happens	Research has shown that the weather can influence people's behavior.
persuade	verb	pə(r)'sweɪd	pər'sweɪd	to make someone agree to do something by giving them reasons why they should	He did finally come with us, although it took a long time to persuade him.
regret	verb	rɪ'ɡret		to feel sorry or sad that something has happened	We regret any inconvenience caused by the delay.
tempt	verb	tempt		to make you want to do or to have something, especially something that is not good for you	The store windows were lit, tempting the late shoppers.
trick	verb	trɪk		to make someone believe something that is not true	I suddenly realized that I'd been tricked .
Expressions with mind					
all in the mind	phrase	ɔ:l ɪn ðə maɪnd	ɔl ɪn ðə maɪnd	used for saying that something is not real and is just being imagined	He's not really sick; it's all in the mind .
bear in mind	phrase	beər ɪn maɪnd	ber ɪn maɪnd	reminding or warning a person about something important which they should remember	Bear in mind that the deadline is approaching.
change my mind	phrase	tʃeɪndʒ maɪ maɪnd		to adopt a different opinion or plan	I've changed my mind – I'll have coffee.
make up my mind	phrase	meɪk ʌp maɪ maɪnd		to make a decision	He made up his mind to attend the meeting.
never mind	phrase	'nevə maɪnd	'nevər maɪnd	used to urge someone not to worry	Never mind – it's all right now.
of two minds	phrase	əv tu: maɪndz	əv tu maɪndz	to be unable to decide about something	I was of two minds whether or not to come this morning.
put my mind to	phrase	pʊt maɪ maɪnd tu:	pʊt maɪ maɪnd tu	to direct all one's attention to achieving something	She'd have made an excellent dancer, if she'd put her mind to it.
would you mind if	phrase	wʊd ju: maɪnd ɪf	wʊd ju maɪnd ɪf	a polite request for permission	Would you mind if I opened the window?

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Reflexive verbs					
blame yourself	verb	bleɪm jə(r)'self	bleɪm jʊr'self	to say or think that you are responsible for an accident, problem, or bad situation	If it all goes wrong, don't blame yourself .
control yourself	verb	kən'trəʊl jə(r)'self	kən'trəʊl jʊr'self	to have the power to make decisions and decide what will happen to something	When I see chocolate I can't control myself .
get yourself	verb	get jə(r)'self	get jʊr'self	to obtain, receive, or be given something	I got myself some coffee from the cafeteria.
help yourself	verb	help jə(r)'self	help jʊr'self	used for giving someone permission to do or use something	Help yourself to some paella.
make yourself	verb	meɪk jə(r)'self	meɪk jʊr'self	to create or produce something by working	Jane made herself a drink while she waited.
reward yourself	verb	rɪ'wɔː(r)d jə(r)'self	rɪ'wɔːrd jʊr'self	to give yourself something as a reward, for example praise, success, or money	He liked to reward himself with a short break every two hours.
set yourself	verb	set jə(r)'self	set jʊr'self	to give something to yourself to do or to achieve	I like to set myself exercise targets for the week.
treat yourself	verb	tri:t jə(r)'self	trit jʊr'self	to behave toward yourself in a particular way	Why don't you treat yourself to a vacation.
Staying organized					
action point	noun	'ækʃ(ə)n pɔɪnt		a small thing that you're going to do	Let's move to the second action point .
clean up	phrasal verb	kli:n ʌp	klin ʌp	to put things back in the right places	Could you help me clean up ?
keep a record	phrase	ki:p ə 'rekɔː(r)d	kip ə 'rekərd	to write something down	Can you keep a record of what we have spent?
objective	noun	əb'dʒektɪv		a large thing that you want to achieve	I'm not sure I understand the objective of this exercise.
schedule	noun/verb	'ʃedju:l		to plan exactly when you will do something	What's on your schedule today?
sort	verb	sɔː(r)t	sɔrt	to arrange things in groups or in a particular order, for example by date, importance, size, or color	Once the data is collected, the computer will sort it by date.
store	verb	stɔː(r)	stɔr	to keep something in a particular place	Nuclear waste is currently being stored close to the town.
task	noun	tɑːsk		a job that you need to do	My first real task was to prepare for the meeting.