

1. UPBEAT (ADJECTIVE): buoyant

Synonyms: happy, cheery

Antonyms: depressed, discouraged

Example Sentence:

He is a very upbeat person.

2. SPUR (NOUN): incitement

Synonyms: catalyst, excitant

Antonyms: deterrent, hindrance

Example Sentence:

Redundancy is the spur for many to embark on new careers.

3. CAUTION (NOUN): alertness

Synonyms: attention, discretion

Antonyms: negligence, ignorance

Example Sentence:

She is applying pesticides with great caution.

4. DURABLE (ADJECTIVE): dependable

Synonyms: enduring, lasting

Antonyms: temporary, ephemeral

Example Sentence:

Mexican spices are pretty much durable.

5. BUTTRESS (VERB): bolster

Synonyms: reinforce, uphold

Antonyms: undermine, weaken

Example Sentence:

His tough line is buttressed by a democratic mandate.

6. EXPANSION (NOUN): growth

Synonyms: extension, increase

Antonyms: compression, abridgement

Example Sentence:

He made an expansion in his business.

7. REVIVE (VERB): energize

Synonyms: encourage, invigorate

Antonyms: dissuade, discourage

Example Sentence:

Patriotic song revived all of us.

8. EFFECTIVE (ADJECTIVE): impressive

Synonyms: competent, useful

Antonyms: insufficient, ineffective

Example Sentence:

Her effective speech had blown everybody away.

9. DISRUPTIVE (ADJECTIVE): rowdy

Synonyms: troublesome, disturbing

Antonyms: well-behaved, disciplined

Example Sentence:

This disruptive activity made me restless all over the night.

10. CREDIBILITY (NOUN): integrity

Synonyms: reliability, plausibility

Antonyms: improbability, implausibility

Example Sentence:

There should be some credibility with every agreement.

