

# Vocabulary List for “ Our Willpower Overestimated ”



No.	単語・表現	意味	英英	例文
1	Fable	寓話	a short story, typically with animals as characters, conveying a moral	Aesop's Fables are famous for teaching moral lessons.
2	starve	飢え死にする	suffer or dye from hunger	The grasshopper was starving in the winter.
3	sustainability	持続可能性	the ability to maintain or sustain something over the long term	Sustainability is key to preserving our planet's resources.
4	temptation	誘惑	a desire to do something, especially something wrong or unwise	He felt a strong temptation to eat the cake.
5	rationality	合理性	the quality of being based on or in accordance with reason or logic	Rationality often guides our decision-making process.
6	virtue	美德	behavior showing high moral standards	Patience is a virtue that many people admire.
7	vice	悪徳	immoral or wicked behavior	Greed is considered a vice in many cultures.
8	intellect	知性	the faculty of reasoning and understanding objectively	Her intellect made her a top student in her class.
9	unreliable	信頼できない	not able to be relied upon	The weather forecast is often unreliable.
10	willpower	意志力	the ability to control one's own actions, emotions, or urges	It takes willpower to resist eating junk food.
11	mapping	対応付け	the process of linking or associating two things	The mapping of keys on a keyboard is crucial for efficient typing.
12	fundamentally	根本的に	in a basic and important way	The approach was fundamentally flawed.
13	overcome	克服する	succeed in dealing with a problem or difficulty	She worked hard to overcome her fear of public speaking.
14	dilemma	ジレンマ	a situation in which a difficult choice has to be made between two or more alternatives	She faced a dilemma about whether to stay or leave.
15	intertemporal	異時点間の	relating to different points in time	Intertemporal choices often involve trade-offs between present and future rewards.
16	tradeoff	トレードオフ	a balance achieved between two desirable but incompatible features	There is often a tradeoff between speed and accuracy.
17	reward	報酬	a thing given in recognition of one's service, effort, or achievement	He received a reward for his hard work.
18	devalue	価値を下げる	reduce or underestimate the worth or importance of something	People tend to devalue future benefits in favor of immediate gratification.
19	grateful	感謝している	feeling or showing thanks	I am very grateful for your help.
20	instinct	本能	an innate, typically fixed pattern of behavior in animals in response to certain stimuli	Birds have an instinct to migrate during winter.

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21	lethal	致命的な	sufficient to cause death	The snake's bite was lethal.
22	microbe	微生物	microscopic organism, especially bacteria	Some microbes are beneficial to human health.
23	stability	安定	the state of being stable	The country's economic stability has improved.
24	security	安全	the state of being free from danger or threat	We installed cameras for additional security.
25	patience	忍耐	the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset	Patience is essential when learning a new skill.
26	intervene	介入する	to come between so as to prevent or alter a result or course of events	The teacher had to intervene in the argument.
27	refrain	控える	to stop oneself from doing something	Please refrain from making noise during the presentation.
28	rapid-fire	矢継ぎ早の	happening quickly one after another	The teacher asked a series of rapid-fire questions.
29	temptation	誘惑	the desire to do something, especially something wrong or unwise	He struggled to resist the temptations around him.
30	rationalize	正当化する	attempt to explain or justify behavior with logical reasons	He tried to rationalize his decision to skip the meeting.
31	justification	正当化	the action of showing something to be right or reasonable	He provided a justification for his absence.
32	convincing	説得力のある	capable of causing someone to believe that something is true or real	Her argument was convincing and swayed many opinions.
33	prevail	打ち勝つ	to prove more powerful or superior	Truth will always prevail in the end.
34	invoke	呼び起こす	to call on something or someone as a source of help or inspiration	The speech invoked a sense of patriotism among the listeners.
35	simultaneous	同時の	occurring, operating, or done at the same time	The simultaneous translation of the speech was impressive.
36	triumph	勝利を収める	to achieve a victory or success	His determination triumphed over all obstacles.
37	fine-tune	微調整する	to make small adjustments to improve or optimize	The engineer fine-tuned the machine for better performance.
38	outfought	打ち勝つ	to defeat or overcome in a struggle or conflict	He managed to outfought his fears and delivered the speech.
39	evoke	呼び起こす	to bring or recall a feeling, memory, or image to the conscious mind	The song evoked memories of her childhood.
40	sleep deprivation	睡眠不足	the condition of not having enough sleep	Sleep deprivation can affect your ability to concentrate.

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41	hardship	困難	severe suffering or privation	The hardship of the journey tested their endurance.
42	intensify	強化する	to become or make more intense	The campaign intensified their efforts to raise awareness.
43	preferable	望ましい	more desirable or suitable	It is preferable to go to bed early rather than stay up late.
44	exercise	行使する	use or apply a power or skill	Exercising self-control is key to maintaining a healthy lifestyle.
45	disciplined	規律正しい	showing a controlled form of behavior or way of working	She is a disciplined student who always completes her assignments on time.
46	routine	日課	a sequence of actions regularly followed	She follows the same morning routine every day.
47	exploit	活用する	making use of a situation or resource to gain an advantage	He is exploiting his talents to achieve success.
48	subdue	抑える	to overcome, quieten, or bring under control	He managed to subdue his anger and remain calm.
49	algorithm	アルゴリズム	a process or set of rules to be followed in problem-solving operations	The search engine uses a complex algorithm to find results.
50	clog	詰らせる	to block or become blocked with an accumulation of material	The drain was clogged with hair.
51	artery	動脈	a blood vessel that carry blood away from the heart	Clogged arteries can lead to serious health problems.
52	disrupt	混乱させる	to interrupt or prevent something from continuing in its usual way	The storm disrupted the city's power supply.
53	deprive	奪う	to take something away from someone	The harsh conditions deprived the soldiers of sleep.
54	precious	貴重な	of great value; not to be wasted or treated carelessly	Time with loved ones is precious.
55	gratitude	感謝	the quality of being thankful	She expressed her gratitude for the support she received.
56	compassion	思いやり	sympathetic pity and concern for the sufferings or misfortunes of others	Compassion is essential in healthcare professions.
57	project	投影する	to estimate or forecast something based on current trends	The company projected an increase in sales for the next quarter.
58	neurologically	神経学的に	in a way that relates to the anatomy, functions, or disorders of the nervous system	The condition is neurologically complex.
59	prioritize	優先する	to designate or treat something as more important than other things	It's important to prioritize your tasks when you have a lot to do.