

## Childhood Wounds: The hidden force behind life's struggles

Whether it's self-doubt at work or struggles in relationships, the roots **often trace back to** unresolved childhood wounds

Have you ever **wondered** why life keeps pulling you back, no matter how hard you try to move forward? Maybe you find yourself repeating the same mistakes in relationships, doubting your abilities at work, or battling the constant **ache** of "not being enough."

It's easy to blame bad luck or personal failure. But often, these struggles run deeper—in unresolved childhood wounds. Childhood is when we learn how to love, trust and value ourselves. But not all childhoods are built on safety and support. Even seemingly small moments can leave deep **scars**.

A parent saying, "Stop crying, you're **embarrassing** me," or a teacher comparing you to someone else may seem insignificant at the time but can shape how we see ourselves for years to come. Take Radhika, for example. At 35, she **thrived** in her career but couldn't maintain a relationship. Every time someone got close, she would pull away, convinced they would leave her **eventually**. Therapy revealed that her **fear** of **abandonment** **stemmed from** her father leaving when she was six. Her emotional walls weren't about keeping others out; they were about protecting herself from feeling that pain again. Then there's Arjun, 28, who struggled to hold a job. His pattern was **predictable: procrastinate**, miss deadlines and eventually lose the role.

He believed he lacked discipline, but therapy uncovered a deeper truth. He had grown up under **relentless** criticism—nothing he did was ever good enough. That internalised voice followed him into adulthood, **leading him to self-sabotage** before anyone else could judge him. These aren't **isolated** stories. Many of us carry invisible wounds from our childhood.

A parent's absence, constant comparisons, or even a single harsh word can create emotional patterns—fear of **intimacy**, **perfectionism**, or **shrinking** ourselves to avoid rejection. Over time, these patterns create **setbacks** that seem external but are deeply internal. Therapy is where this cycle ends. It's not about blaming our parents or reliving the past. It's about understanding why we feel stuck and learning how to **let go** of the pain. Imagine carrying a heavy bag for years, thinking it's just part of life—then discovering you can put it down. That's what healing feels like.

One client described the process beautifully: "For the first time, I understand myself. I'm not broken. I've just been carrying pain I didn't know was there." Your **setbacks** aren't failures; they're signals that something inside you needs attention. Healing childhood wounds allows you to stop reacting from a place of fear and start living from a place of freedom. It's not an easy journey, but it's one worth taking. The truth is, you deserved love and safety as a child, and you still do now.

Healing isn't about **erasing** the past—it's about **reclaiming** your future. If this **resonates**, consider giving yourself the gift of therapy. You're not broken—you're healing.

[\[Practice Exercise\]](#)

## Vocabulary

1. **Often** (adverb) – Frequently, regularly, repeatedly, commonly अक्सर
2. **Trace back to** (phrase) – Originate from, stem from, be linked to से जुड़ना
3. **Wonder** (verb) – Think about, question, ponder, be curious आश्चर्य करना/सोचना
4. **Ache** (noun) – Pain, discomfort, distress, sorrow दर्द
5. **Scar** (noun) – Mark, wound, blemish, injury घाव/निशान
6. **Embarrass** (verb) – Humiliate, shame, make uncomfortable, disconcert शर्मिंदा करना
7. **Thrive** (verb) – Flourish, succeed, prosper, grow खुशहाल होना
8. **Eventually** (adverb) – Finally, in the end, ultimately, at last अंततः
9. **Abandonment** (noun) – Desertion, neglect, leaving behind, forsaking त्याग/छोड़ देना
10. **Stem from** (phrasal verb) – Originate, arise from, result from, derive from से उत्पन्न होना
11. **Predictable** (adjective) – Expected, foreseeable, likely, unsurprising पूर्वानुमानित
12. **Procrastinate** (noun) – Delay, postponement, hesitation, deferral टालना
13. **Relentless** (adjective) – Persistent, unyielding, constant, continuous अथक/कठोर
14. **Criticism** (noun) – Disapproval, censure, judgment, evaluation आलोचना
15. **Lead (to)** (verb) – Cause, result in, bring about, produce वजह बनना
16. **Self-sabotage** (noun) – Self-damage, self-harm, destructive behavior, self-defeating actions आत्म-नुकसान
17. **Isolated** (adjective) – Separated, alone, detached, solitary अलग-थलग
18. **Intimacy** (noun) – Closeness, familiarity, affection, warmth निकटता
19. **Perfectionism** (noun) – Striving for flawlessness, meticulousness, idealism, faultlessness पूर्णता का प्रयास
20. **Shrink** (verb) – Reduce, diminish, lessen, contract सिकुड़ना
21. **Setback** (noun) – Obstacle, difficulty, delay, hindrance अड़चन/अवरोध
22. **Let go** (phrase) – Release, relinquish, give up, stop holding on छोड़ देना
23. **Erase** (verb) – Remove, delete, obliterate, wipe out मिटाना
24. **Reclaim** (verb) – Retrieve, regain, recover, take back पुनः प्राप्त करना
25. **Resonate** (verb) – Connect with, strike a chord, relate to, echo गूंजना/संबंधित होना

## Summary of the Editorial

1. **Unseen Impact:** Unresolved childhood wounds often cause struggles in adult life, affecting work, relationships, and self-worth.
2. **Root Cause:** Feelings of inadequacy or repeated failures often trace back to emotional scars from childhood experiences.
3. **Early Learning:** Childhood shapes how individuals learn to trust, love, and value themselves.
4. **Hidden Scars:** Even seemingly minor incidents, like harsh remarks from parents or teachers, can leave lasting emotional damage.
5. **Case Study - Radhika:** Despite career success, she struggled with relationships due to abandonment issues from her father leaving when she was six.
6. **Case Study - Arjun:** His career failures stemmed from internalized criticism, leading to self-sabotage out of fear of rejection.
7. **Emotional Patterns:** Negative childhood experiences create emotional patterns such as perfectionism, fear of intimacy, or withdrawal from social connections.
8. **Internal Battles:** Challenges in adult life may appear external but are deeply rooted in internal emotional wounds.
9. **Therapy's Role:** Therapy offers a way to break the cycle, not by blaming parents but by understanding and addressing the emotional impact of the past.
10. **Healing Process:** Healing involves acknowledging past wounds, letting go of emotional baggage, and learning healthier responses.
11. **Self-Awareness:** Understanding personal struggles as signals of unresolved pain is the first step toward healing.
12. **Reframing Pain:** Individuals are not inherently broken but may carry pain they have not yet processed.
13. **New Perspective:** Healing allows people to stop reacting from fear and live with emotional freedom.
14. **Journey of Healing:** Though challenging, the journey to emotional recovery is worthwhile and empowering.
15. **Future Hope:** Healing is about reclaiming a fulfilling future, recognizing that everyone deserves love, safety, and emotional well-being.

## Practice Exercise: SSC Pattern Based

[Editorial Page]

1. **What is the tone of the passage?**
  - A. Cynical and dismissive
  - B. Empathetic and encouraging
  - C. Indifferent and detached
  - D. Aggressive and confrontational
2. **What is the underlying reason why some individuals struggle with maintaining relationships as per the passage?**
  - A. They are inherently incapable of loving others.
  - B. They are too focused on their careers.
  - C. They fear emotional pain due to past experiences.
  - D. They have difficulty trusting because of societal expectations.
3. **According to the passage, childhood is when we learn how to \_\_\_\_\_ ourselves.**
  - A. compare and criticize
  - B. trust and value
  - C. blame and avoid
  - D. succeed and progress
4. **Which of the following statements is NOT aligned with the author's message in the passage?**
  - A. Therapy helps individuals understand and let go of long-held emotional pain.
  - B. Childhood wounds, when unaddressed, can manifest as patterns that limit our lives.
  - C. The passage encourages blaming parents for current emotional struggles.
  - D. Healing involves recognizing that you deserved love and safety, both then and now.
5. In the context of the passage, which word is the closest synonym to “reclaiming” (as in “Healing isn’t about erasing the past—it’s about reclaiming your future”)?
  - A. Renouncing
  - B. Recovering
  - C. Repelling
  - D. Repressing
6. **Select the INCORRECTLY spelt word**
  - A. perepharal
  - B. tentative
  - C. stringent
  - D. belated
7. **Select the most appropriate synonym of the given word.**  
Inspire
  - A. Reach
  - B. Aspire
  - C. Stimulate
  - D. Daunt
8. **Select the most appropriate option to fill in the blank.**  
The student leader has \_\_\_\_\_ politics recently
  - A. jumped
  - B. gathered

- C. entered  
D. approached
9. **The following sentence has been divided into parts. One of them may contain an error. Select the part that contains the error**  
from the given options. If you don't find any error, mark 'No error' as your answer.  
I am / cleaning the sofa / when she called me
- A. No error  
B. cleaning the sofa  
C. when she called me  
D. I am
10. **The following sentence has been split into four segments. Identify the segment that contains a grammatical error.**  
He dropped out / at his friend's house / on his way home / the day before yesterday
- A. on his way home  
B. the day before yesterday  
C. at his friend's house  
D. He dropped out
11. **The following sentence has been divided into parts. One of them may contain an error. Select the part that contains the error from the given options. If you don't find any error, mark 'No error' as your answer.**  
She is / as more intelligent as / her brothers are.
- A. her brothers are.  
B. as more intelligent as  
C. She is  
D. No error
12. **Select the most appropriate synonym of 'scanty' in the sentence given below.**  
India has varied regions which have excess, moderate and deficient rainfall all through the year.
- A. Varied  
B. Moderate  
C. Excess  
D. Deficient
13. **You overhear someone say, "He's always on cloud nine." What does this idiom mean in the given context?**
- A. Often absent  
B. Always busy  
C. Frequently daydreaming  
D. Extremely happy
14. **Select the most appropriate expression that can substitute the underlined word in the given sentence.**  
Sonali is contemplating whether to accept the offer from Saanvi or not; she is still not in a position to be able to arrive at a decision
- A. chewing the cud  
B. getting her act together  
C. raising the eyebrows  
D. blowing hot and cold

15. The following sentence has been split into four segments. Identify the segment that contains a grammatical error.

The teacher checked / whether each of them / have a blanket / as it was a cold night.

- A. have a blanket  
B. The teacher checked  
C. whether each of them  
D. as it was a cold night
16. Select the word that has the same meaning (SYNONYM) as the underlined word in the given sentence.  
The disposal of hazardous waste in hospitals and factories is a serious problem and needs to be taken care of urgently
- A. belligerent  
B. hazy  
C. dangerous  
D. Benign
17. Select the present perfect tense of the verb given in the brackets to fill in the blank.  
Alex \_\_\_\_\_ (study) two programming languages
- A. has been studying  
B. has studied  
C. had studied  
D. have study
18. Select the most appropriate option to fill in the blank.  
Please put the dishes in the \_\_\_\_\_ after you finish eating
- A. shrink  
B. sink  
C. sync  
D. cinque
19. Select the correctly spelt word to fill in the blank.  
Arvind wanted to bake a cake for Riya's birthday, so he mixed the \_\_\_\_\_, eggs and butter.
- A. flauer  
B. flour  
C. flover  
D. flower
20. The following sentence has been split into four segments. Identify the segment that contains a grammatical error.  
The society / of the / our place / is good

**Comprehension:**

In the following passage, some words have been deleted. Read the passage carefully and select the most appropriate option to fill in each blank.

It was one January morning, very early — a pinching, frosty morning — the cove all grey \_\_\_\_ 1 \_\_\_\_ hoar-frost and the ripple lapping softly on the stones. The captain had \_\_\_\_ 2 \_\_\_\_ earlier than usual

and set out down the beach. Mother was upstairs with father and I was \_\_\_\_\_ 3 \_\_\_\_\_ the breakfast table against the captain's return when the parlour door opened and a man stepped in on whom I had never set my eyes before. He was a pale, tallowy creature, wanting two fingers of the left hand, and \_\_\_\_\_ 4 \_\_\_\_\_ he wore a cutlass, he did not look much like a fighter. I had always my eye open for seafaring \_\_\_\_\_ 5 \_\_\_\_\_ with one leg or two, and I remember this one puzzled me.

21. **Select the most appropriate option to fill in blank number 1**
  - A. about
  - B. with
  - C. among
  - D. amongst
22. **Select the most appropriate option to fill in blank number 2.**
  - A. danced
  - B. written
  - C. risen
  - D. waltzed
23. **Select the most appropriate option to fill in blank number 3**
  - A. throwing
  - B. lying
  - C. playing
  - D. laying
24. **Select the most appropriate option to fill in blank number 4**
  - A. through
  - B. threw
  - C. though
  - D. throw
25. **Select the most appropriate option to fill in blank number 5.**
  - A. plants
  - B. birds
  - C. men
  - D. flowers

## Answers

1. B    2. C    3. B    4. C    5. B    6. A    7. C    8. C    9. D    10. D    11.B  
 12. D    13.D    14.A    15.A    16.C    17.B    18.B    19.B    20.B    21.B    22.C  
 23. D    24.C    25.C

[\[Practice Exercise\]](#)

## Explanations

### 1. B) Empathetic and encouraging

B) Empathetic and encouraging is correct because the passage speaks compassionately about individuals' inner struggles, acknowledges their pain, and encourages healing and seeking therapy. The writer's language conveys understanding and support throughout.

A) Cynical and dismissive is incorrect because the author never belittles or shows contempt toward the struggles mentioned; rather, the tone remains sympathetic.

C) Indifferent and detached is incorrect because the author engages warmly with the subject, acknowledging deep emotional issues and their impact.

D) Aggressive and confrontational is incorrect because there's no harsh language or confrontation toward the reader; instead, the tone is gentle and guiding.

### 2. C) They fear emotional pain due to past experiences.

The passage discusses how unresolved childhood wounds, such as Radhika's fear of abandonment due to her father leaving, cause individuals to put up emotional walls to avoid pain. This implies fear of emotional pain is the primary reason for relationship struggles.

A: The passage never suggests that people are incapable of love; it focuses on emotional barriers caused by past trauma.

B: Though Radhika is career-focused, her relationship struggles are due to emotional trauma, not career ambition.

D: Societal expectations are not mentioned in the passage; trust issues stem from personal experiences in childhood.

### 3. B) trust and value

The passage clearly states that childhood is the time when individuals learn how to love, trust, and value themselves.

A: While comparison and criticism are mentioned, they are described as negative consequences, not essential life skills learned in childhood.

C: The passage highlights how unresolved childhood wounds lead to self-blame and avoidance, but this is not what childhood is ideally about.

D: Success and progress are not directly discussed in the context of emotional development in the passage.

### 4. C) The passage encourages blaming parents for current emotional struggles.

C is incorrect because the passage explicitly states that therapy is "not about blaming our parents" but about understanding and letting go of pain.

A is correct: Therapy is described as a process to understand and release pain.

B is correct: The passage notes that old emotional patterns cause setbacks in adulthood.



D is correct: The author emphasizes that individuals deserved love and safety as children and still do.

5. **B) Recovering**

B (Recovering) is correct because to “reclaim” something means to regain possession, much like recovering something you lost.

6. A) The incorrectly spelt word is A. **perepharal**, and the correct spelling is **peripheral**, which means “related to the edge or periphery of something” परिधीय, किनारे से संबंधित।

7. C) **Inspire** (verb): To fill someone with the urge or ability to do or feel something, especially something creative or positive; motivate, encourage, spark. प्रेरित करना

Synonym: **Stimulate** (verb): To encourage or incite someone to take action; to provoke or energize. उत्साह देना, प्रेरित करना

- **Reach** (verb): To arrive at a destination or achieve a goal. पहुँचना, प्राप्त करना
- **Daunt** (verb): To discourage or intimidate someone. हतोत्साहित करना, डराना
- **Aspire** (verb): To aim or seek ambitiously; to long or strive toward a goal. लक्ष्य बनाना, महत्वाकांक्षा रखना

8. C) '**Entered**' का use होगा क्योंकि "enter" का अर्थ है किसी गतिविधि, स्थिति या क्षेत्र में प्रवेश करना। sentence यह दर्शा रहा है कि छात्र नेता ने हाल ही में राजनीति में प्रवेश किया है, इसलिए 'entered' सही option है। 'Jumped' का अर्थ है कूदना, जो इस संदर्भ में अप्रासंगिक है। 'Gathered' का अर्थ है इकट्ठा करना, जो इस वाक्य में फिट नहीं बैठता। 'Approached' का अर्थ है नजदीक जाना या संपर्क करना, लेकिन यह सही नहीं है।

**Entered** is correct because it means to join or start participating in a field, activity, or area. The sentence implies that the student leader has recently started engaging in politics, making 'entered' the most appropriate option. 'Jumped' means to leap, which is irrelevant here. 'Gathered' means to collect, which doesn't fit in the sentence. 'Approached' means to come near or contact, but it does not align with the context of joining politics.

9. D) I am' के बदले '**I was**' का प्रयोग होगा क्योंकि मुख्य Clause में 'when she called me' का Verb 'called' Past Tense में है। इसलिए समानांतरता बनाए रखने के लिए 'I am' को Past Tense में '**I was**' करना होगा।

I am' should be replaced with '**I was**' because the verb in the clause "when she called me" is in the Past Tense ('called'). To ensure tense consistency in the sentence, the main clause must also use the Past Tense.

10. D) 'dropped out' के बदले 'dropped in' का प्रयोग होगा क्योंकि 'dropped out' का अर्थ है किसी गतिविधि या कार्यक्रम को बीच में छोड़ देना, जबकि वाक्य का तात्पर्य है कि वह अपने दोस्त के घर थोड़ी देर के लिए रुका था। अतः सही वाक्य में 'dropped in' का प्रयोग होगा। जैसे— He dropped in at his friend's house on his way home the day before yesterday.

**'dropped in'(phrasal verb):**To visit someone informally or briefly, often without prior notice.

'dropped in' will be used instead of 'dropped out' because 'dropped out' means to quit or leave an activity, whereas the intended meaning here is that he briefly visited his friend's house.

'Dropped in' means to visit someone informally or briefly, often without prior notice.

11. B) 'as more intelligent as' के बदले 'as intelligent as' का use होगा क्योंकि 'as...as' structure में 'more' का प्रयोग नहीं किया जाता। 'More' का उपयोग comparative degree में होता है, जबकि 'as...as' एक समानता (equality) को दर्शाने के लिए प्रयोग किया जाता है। जैसे— She is as intelligent as her brothers are.

'as intelligent as' will be used instead of 'as more intelligent as' because the structure "as...as" is used to show equality, and adding 'more' makes it grammatically incorrect. 'More' is used only in comparisons (e.g., more intelligent than).

**Examples:**

Incorrect: She is as more hardworking as her sister.

Correct: She is as hardworking as her sister.

12. D) **Scanty** (adjective) – Small or insufficient in quantity or amount; meager, limited, sparse, inadequate. अल्प/अपर्याप्त

Synonym: **Deficient** (adjective) – Not having enough of something; lacking, insufficient, inadequate. अपर्याप्त

- **Varied** (adjective) – Different, diverse, assorted, heterogeneous. विविधअलग-अलग/
- **Moderate** (adjective) – Average, balanced, reasonable, mild. मध्यमसामान्य/
- **Excess** (adjective) – More than is necessary or required; surplus, extra, excessive. अधिकअत्यधिक/

13. D) **On cloud nine** (idiom) – Extremely happy बेहद खुश

14. A) **Chewing the cud** (idiom) – Thinking deeply or reflecting on something गहन विचार करना

B) Getting her act together – Organizing oneself to perform efficiently स्वयं को संगठित करना

C) Raising the eyebrows – Showing surprise or disapproval आश्चर्य या असहमति व्यक्त करना

D) Blowing hot and cold – Being indecisive द्वािधा में होना / अनिर्णय की स्थिति में होना

Sentence में "Sonali is contemplating whether to accept the offer from Saanvi or not" यह बताता है कि सोनाली सोच-विचार में समय बिता रही है।

15. A) 'have' के बदले 'has' का प्रयोग होगा क्योंकि 'each of them' एकवचन (singular) subject है और singular subject के साथ singular verb का प्रयोग होता है। जैसे— Each of them has a book. 'has' will be used instead of 'have' because 'each of them' is a singular subject, and singular subjects take singular verbs. Like— Each of them has a book.

16. C) **Hazardous** (adjective) – Risky, dangerous, unsafe, perilous, harmful. खतरनाक  
Synonym: **Dangerous** (adjective) – Able or likely to cause harm or injury, unsafe, harmful.  
खतरनाक

- **Belligerent** (adjective) – Hostile, aggressive, warlike, confrontational. लड़ाकू
- **Hazy** (adjective) – Vague, unclear, misty, indistinct. धुंधला
- **Benign** (adjective) – Gentle, kindly, harmless, favorable. सौम्य, हानिरहित

17. B) 'have study' के बदले 'has studied' का प्रयोग होगा क्योंकि वाक्य Present Perfect Tense में है और Subject 'Alex' (Third Person Singular) के साथ Verb का Singular Form (has) और Third Form (studied) का प्रयोग होता है। जैसे— Alex has studied two programming languages.

'has studied' will be used instead of 'have study' because the sentence is in the Present Perfect Tense, and the subject 'Alex' (third-person singular) requires the auxiliary verb 'has' followed by the past participle form of the verb (studied).

Examples:

Incorrect: He have study many books.

Correct: He has studied many books.

18. B) **Sink** का use होगा क्योंकि "sink" का अर्थ है वह स्थान जहाँ आमतौर पर गंदे बर्तन धोने के लिए रखे जाते हैं। वाक्य में संदर्भ है कि खाने के बाद बर्तनों को कहाँ रखना है, और यह साफ तौर पर "sink" के लिए उपयुक्त है। Shrink का अर्थ है "सिकुड़ना," जो इस संदर्भ में अप्रासंगिक है। Sync का अर्थ है "समन्वय करना," जो बर्तन रखने के स्थान से संबंधित नहीं है। Cinque का उपयोग पाँच की संख्या के लिए होता है, जो वाक्य के अर्थ से मेल नहीं खाता।

**Sink** will be used because it refers to the place where dirty dishes are usually placed for washing. The sentence context asks where to put the dishes after eating, making "sink" the most appropriate choice. Shrink means "to reduce in size," which is irrelevant here. Sync refers to "synchronization," which doesn't relate to a place for dishes. Cinque is a term for the number five, which doesn't fit the context of the sentence.

19. B) 'Flour' का use होगा क्योंकि "flour" का अर्थ है पिसा हुआ अनाज (आमतौर पर गेहूं) जिसे बेकिंग और खाना पकाने के लिए उपयोग किया जाता है। अन्य विकल्प 'flower,' 'flover,' और 'flower' इस संदर्भ में सही नहीं हैं। जैसे— Arvind wanted to bake a cake for Riya's birthday, so he mixed the flour, eggs and butter.

'Flour' should be used because it refers to ground grain, commonly wheat, used in baking and cooking. The words 'flower,' 'flover,' and 'flower' have incorrect spellings or meanings that don't fit the context.

Flower: Incorrect spelling, no meaning.

Flover: Incorrect spelling, no meaning.

Flower: Refers to the reproductive structure in plants, not related to baking.

20. B) phrase "**of the our place**" गलत है क्योंकि possessive adjective 'our' के पहले 'the' का उपयोग नहीं किया जाता। सही वाक्यांश "of our place" होगा। जैसे— "The society of our place is good." the phrase "**of the our place**" is incorrect because the possessive adjective "our" cannot be preceded by the definite article "the." The correct phrase is "of our place" as possessive adjectives do not require an article. For example— "The society of our place is good."

21. B) '**With**' का use होगा क्योंकि "with" का अर्थ होता है किसी चीज़ के साथ जुड़े या ढके होने को व्यक्त करना। इस वाक्य में "the cove all grey with hoar-frost" स्पष्ट रूप से यह दर्शाता है कि खाड़ी पूरी तरह से होर-फ्रॉस्ट से ढकी हुई थी। इसलिए 'with' यहाँ सही विकल्प है। जबकि: 'About' का अर्थ होता है "आसपास" या "कई जगहों पर," जो इस संदर्भ में फिट नहीं होता। 'Among' और 'Amongst' का अर्थ होता है "के बीच में," लेकिन यह संदर्भ खाड़ी और होर-फ्रॉस्ट के संबंध में उपयुक्त नहीं है।

'**With**' will be used because it means associated with or covered by something. In the sentence, "the cove all grey with hoar-frost" clearly indicates that the cove was entirely covered by frost, making 'with' the appropriate choice. Whereas: 'About' means "around" or "in various places," which doesn't fit the context. 'Among' and 'Amongst' mean "in the midst of," which are unsuitable here as the frost is not merely around but directly covering the cove.

22. C) '**Risen**' का use होगा क्योंकि यह "rise" का past participle है, जिसका अर्थ है उठना या जागना। sentence में mention है कि कप्तान सामान्य से पहले जागा और समुद्र तट पर निकल गया। इसलिए 'risen' यहाँ सही है। 'Danced' का अर्थ है नृत्य करना, जो इस संदर्भ में उपयुक्त नहीं है। 'Written' का अर्थ है लिखना, जो संदर्भ से मेल नहीं खाता। 'Waltzed' भी एक प्रकार का नृत्य है और संदर्भ में सही नहीं बैठता।

'**Risen**' will be used because it is the past participle of "rise," meaning to wake up or get up. The sentence mentions the captain waking up earlier than usual and heading to the beach, making "risen" appropriate here. 'Danced' means to move rhythmically to music, which is

irrelevant in this context. 'Written' means to compose text, which does not align with the context. 'Waltzed' also refers to a type of dance and is not suitable here.

23. D) '**Laying**' का use होगा क्योंकि "laying" का अर्थ होता है किसी वस्तु को व्यवस्थित तरीके से रखना। Sentence में narrator नाश्ते की मेज तैयार कर रहा था, जोकि "laying" के अर्थ से मेल खाता है। 'Laying' यहाँ सही उत्तर है। 'Throwing' का अर्थ है किसी वस्तु को फेंकना, जो इस संदर्भ में अनुचित है 'Lying' का अर्थ है आराम से लेटना या झूठ बोलना, जबकि यहाँ मेज तैयार करने की बात हो रही है। 'Playing' का अर्थ है खेलना, जो इस वाक्य में फिट नहीं होता।

'**Laying**' will be used because it means to arrange or place something carefully. The sentence shows that the narrator was setting the breakfast table, making 'laying' appropriate.

'Throwing' means tossing something, which doesn't fit the context of preparing the table.

'Lying' means reclining or resting, which is irrelevant in this context. 'Playing' means engaging in recreational activity, which doesn't match the act of setting up a table.

24. C) '**Though**' का use होगा क्योंकि "though" का अर्थ होता है विरोधाभास को व्यक्त करना। sentence में यह व्यक्त किया गया है कि आदमी के पास कटलस (cutlass) होने के बावजूद वह लड़ाकू जैसा नहीं दिखता। इसलिए 'though' सही उत्तर है। जबकि: 'Through' का अर्थ होता है "एक तरफ से दूसरी तरफ जाना," जो यहाँ संदर्भ में फिट नहीं बैठता। 'Threw' का अर्थ है "फेंकना," और यह न तो व्याकरणिक रूप से सही है और न ही संदर्भ में सही बैठता है। 'Throw' वर्तमान काल में "फेंकने" के लिए उपयोग किया जाता है, लेकिन यह sentence में गलत और अप्रासंगिक है।

'**Though**' will be used because it expresses contrast. The sentence mentions that the man carried a cutlass but did not look like a fighter, making 'though' the appropriate choice.

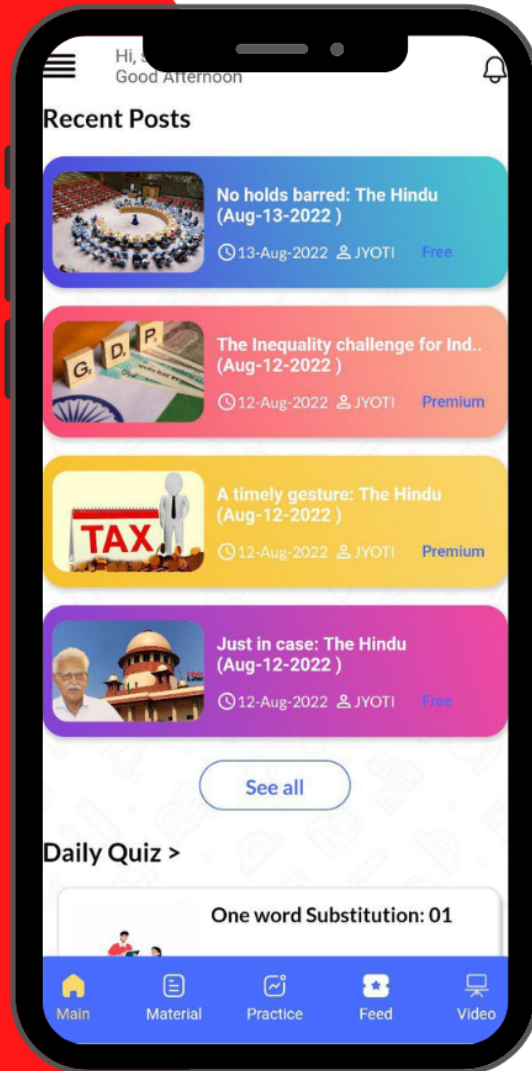
Whereas: 'Through' means passing from one side to another, which does not fit the context.

'Threw' means to toss, and it is neither grammatically correct nor contextually appropriate here. 'Throw' is the present tense of tossing and is irrelevant in this sentence.

25. C) '**men**' का use होगा क्योंकि "seafaring men" का अर्थ है समुद्री यात्रा से जुड़े लोग, जैसे नाविक या समुद्री लुटेरे। sentence में narrator की यह आदत दर्शाई गई है कि वह ऐसे व्यक्तियों को देखता है जो समुद्र से जुड़े हो सकते हैं। इसलिए 'men' यहाँ उपयुक्त है। 'Plants' का अर्थ है पौधे, जो इस संदर्भ में अप्रासंगिक है। 'Birds' का अर्थ पक्षी है, हालांकि समुद्र से जुड़े पक्षी हो सकते हैं (जैसे समुद्री पक्षी), लेकिन वाक्य में इंसानों की बात हो रही है। 'Flowers' का अर्थ फूल है, जो इस संदर्भ में किसी भी तरह से फिट नहीं बैठता।

'**Men**' will be used because "seafaring men" refers to individuals associated with the sea, such as sailors or pirates. The sentence highlights the narrator's habit of observing people potentially linked to the sea, making 'men' the correct choice. 'Plants' means vegetation, which

is irrelevant to the context. 'Birds' could relate to the sea (e.g., seabirds), but the focus is on humans. 'Flowers' refers to blooms, which do not fit this context.



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