

Why Do We Procrastinate?

#				EXAMPLE
1	end up <i>phrasal verb</i>	oxir-oqibat ...bo'lib qolmoq	в итоге оказаться	We got lost and ended up in a different village.
2	scroll <i>verb</i>	ekranni pastga- yuqoriga surish	пролистывание, скроллинг	I spent an hour scrolling through photos last night.
3	alone <i>adjective</i>	yolg'iz	один, одинокий	She lives alone in a small flat.
4	habit <i>noun</i>	odat	привычка	Biting your nails is a bad habit .
5	procrastination <i>noun</i>	ishni keyinga surish	прокрастинация, откладывание дел	Procrastination is the enemy of good grades.
6	delay <i>verb</i>	kechiktirish	откладывание, задержка	Don't delay — send your application today.
7	laziness <i>noun</i>	dangasalik	лень	His laziness cost him his job.
8	hard-working <i>adjective</i>	mehnatkash, tirishqoq	трудолюбивый	My mother is the most hard-working person I know.
9	emotional <i>adjective</i>	hissiy, emotsional	эмоциональный	The wedding was a very emotional day for everyone.
10	face <i>verb</i>	duch kelmoq, ro'para bo'lmoq	сталкиваться (с чем-то)	Every new student faces some difficulties at first.
11	boring <i>adjective</i>	zerikarli	скучный	The film was so boring that I fell asleep.
12	stressful <i>adjective</i>	stressli, asabiylashtiruvchi	напряжённый, стрессовый	Exam week is always stressful .
13	avoid <i>verb</i>	qochmoq, oldini olmoq	избегать	I try to avoid the city centre at rush hour.
14	discomfort <i>noun</i>	noqulaylik	дискомфорт	You may feel some discomfort after the injection.
15	pleasant <i>adjective</i>	yoqimli	приятный	The weather in spring is very pleasant .
16	behaviour <i>noun</i>	xulq-atvor, xatti- harakat	поведение	The teacher was pleased with the class's behaviour .
17	short-term pleasure	qisqa muddatli zavq	кратковременное удовольствие	Junk food gives short-term pleasure but long-term problems.
18	long-term goal	uzoq muddatli maqsadlar	долгосрочные цели	My long-term goal is to study medicine abroad.
19	procrastinator <i>noun</i>	ishni ortga suradigan odam	прокрастинатор	I'm a terrible procrastinator — I always start my essays the night before.
20	pressure <i>noun</i>	bosim	давление	Some students work well under pressure .
21	overwhelmed <i>adjective</i>	bosib ketilgan, ezilib qolgan	подавленный, ошеломлённый	I felt overwhelmed by all the work on my first day.
22	perfectionist <i>noun</i>	perfeksionistlar, mukammallikka intiluvchilar	перфекционисты	As a perfectionist , she checks everything three times.
23	mistake <i>noun</i>	xato	ошибка	Everyone makes mistakes when they learn a language.
24	cycle <i>noun</i>	aylanma jarayon, tsikl	цикл	Poverty can be a difficult cycle to break.

25	relief <i>noun</i>	yengillik hissi	облегчение	It was a huge relief to finish the exam.
26	guilt <i>noun</i>	aybdorlik hissi	чувство вины	He felt guilt for not calling his grandmother.
27	panic <i>noun</i>	vahima, qo'rquv	паника	Don't panic — we still have plenty of time.
28	focus <i>verb</i>	diqqatni jamlamoq	сосредоточиться	I can't focus when the TV is on.
29	confidence <i>noun</i>	o'ziga ishonch	уверенность	Speaking clubs helped me gain confidence in English.
30	performance <i>noun</i>	samaradorlik, ko'rsatkich	успеваемость, результативность	His performance at school has improved this term.
31	method <i>noun</i>	usul, metod	метод	This method of learning words really works.
32	step <i>noun</i>	qadamlar, bosqichlar	шаги, этапы	Writing a plan is the first step .
33	scary <i>adjective</i>	qo'rqinchli	пугающий	The first day at a new job can be scary .
34	keep going <i>phrasal verb</i>	davom etmoq	продолжать	It's hard, but keep going — you're almost there!
35	tip <i>noun</i>	maslahat	совет	Here's a tip : learn new words in sentences.
36	manageable <i>adjective</i>	boshqarsa bo'ladigan, qulay	посильный, управляемый	If you break it into parts, the work becomes manageable .
37	distraction <i>noun</i>	chalg'ituvchi omillar	отвлекающие факторы	My little brother is a big distraction when I study.
38	waste <i>verb</i>	behuda sarflamoq	тратить впустую	Don't waste your money on things you don't need.
39	overcome <i>verb</i>	yengib o'tmoq	преодолевать	She overcame her fear of flying.
40	discipline <i>noun</i>	intizom, o'z-o'zini boshqarish	дисциплина	Learning a language takes discipline and patience.

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