

Agony

Definition:
intense suffering

Parts of Speech:
Noun

Synonym:
Misery
Antonym:
Pleasure

The little boy who had ninety percent of his body burned in the car accident was in agony in the hospital.

<http://www.spanishdict.com/translate/beneficial>

Beneficial

Definition:
helpful

Parts of Speech:
Adjective

Synonym:
Helpful
Antonym:
Hurtful

Sounds Like:

Drinking eight glasses of water a day is beneficial to the body.

Composure

Definition:
a state of calmness
or self-control

Parts of Speech:
Noun

Synonym:
dignity, poise
Antonym:
panic, anxiety

Sounds Like:

The principal kept his composure despite his toupee falling off in front of all the students while he spoke.

Constant

Definition:
not changing;
continuing
without pause

Parts of Speech:
Adjective

Synonym:
Consistent
Antonym:
interrupted

Sounds Like:

There was constant chatter from the dugout while the other team went to bat.

Cope

Definition: to deal with

Parts of Speech:
Verb

Synonym:
To manage
Antonym:
Surrender to

Sounds Like:

It was hard for Daryl to cope with the loss of all of the kittens at one time.