



Themes of Determination & Perseverance

1. **Adversity** – A difficult or challenging situation.
 - *Example:* Maggie faced great adversity in her journey to becoming a professional boxer.
2. **Tenacity** – Persistent determination.
 - *Example:* Her tenacity in training impressed even the toughest coaches.
3. **Resilience** – The ability to recover from setbacks.
 - *Example:* Despite numerous injuries, she showed remarkable resilience.
4. **Unyielding** – Not giving in; stubbornly firm.
 - *Example:* Maggie's unyielding spirit made her a formidable opponent.
5. **Indomitable** – Impossible to defeat or discourage.
 - *Example:* She had an indomitable will to succeed, no matter the odds.
6. **Perseverance** – Continued effort despite difficulties.
 - *Example:* Without perseverance, she would never have made it to the championship.
7. **Relentless** – Continuing without stopping or weakening.
 - *Example:* Frankie was relentless in pushing Maggie to improve.
8. **Unwavering** – Steady and firm, without hesitation.
 - *Example:* She had unwavering faith in her ability to win.
9. **Vigilant** – Keeping careful watch for danger or difficulties.
 - *Example:* Frankie remained vigilant, making sure Maggie trained safely.
10. **Endurance** – The ability to withstand pain or hardship.
 - *Example:* A boxer needs both physical and mental endurance.

Boxing & Training Terminology

11. **Combatant** – A person engaged in a fight or conflict.
 - *Example:* In the ring, she was a fearless combatant.
12. **Formidable** – Inspiring fear or respect due to strength or ability.
 - *Example:* Her opponent was formidable, but Maggie didn't back down.
13. **Precision** – Accuracy and exactness.
 - *Example:* Each punch she threw was delivered with precision.
14. **Tactical** – Carefully planned to gain an advantage.
 - *Example:* Frankie taught her to take a more tactical approach to fights.
15. **Exertion** – Physical or mental effort.

- *Example:* The match left her exhausted from extreme exertion.

16. Momentum – The force gained by motion or progress.

- *Example:* She gained momentum in the final round and dominated the fight.

17. Agility – The ability to move quickly and easily.

- *Example:* Her agility gave her an advantage over slower opponents.

18. Conditioning – The process of training the body for endurance and strength.

- *Example:* Her intense conditioning prepared her for the fight.

19. Bruising – Injuries caused by blunt force, leaving discoloration.

- *Example:* After each fight, she had bruising on her ribs and arms.

20. Knockout – A decisive win in boxing, when an opponent is unable to continue.

- *Example:* Maggie won by knockout in the third round.

Emotions & Psychological Struggles

21. Disillusionment – A feeling of disappointment after realizing something is not as good as expected.

- *Example:* Frankie's disillusionment with the sport made him hesitant to train Maggie.

22. Melancholy – Deep sadness, often without a clear reason.

- *Example:* There was a sense of melancholy in the air after Maggie's injury.

23. Despondent – Feeling hopeless or discouraged.

- *Example:* After the accident, she became despondent about her future.

24. Turmoil – A state of great disturbance, confusion, or uncertainty.

- *Example:* Frankie experienced inner turmoil over Maggie's condition.

25. Reconciliation – The act of making peace after a disagreement.

- *Example:* He longed for reconciliation with his estranged daughter.



26. **Estrangement** – A feeling of distance or separation in a relationship.

- *Example:* Frankie's estrangement from his daughter haunted him for years.

27. **Anguish** – Severe mental or physical pain.

- *Example:* Maggie's mother showed no concern for her daughter's anguish.

28. **Alienation** – Feeling isolated or disconnected from others.

- *Example:* Maggie experienced alienation from her own family.

29. **Resentment** – A feeling of anger about being treated unfairly.

- *Example:* Frankie's resentment toward the boxing industry made him reluctant to coach again.

30. **Despair** – A complete loss of hope.

- *Example:* As her condition worsened, despair began to take hold of Maggie.

Medical & Injury-Related Terms

31. **Paralysis** – The loss of movement in part of the body.

- *Example:* The injury left her with complete paralysis from the neck down.

32. **Quadriplegic** – A person paralyzed in all four limbs.

- *Example:* Maggie became a quadriplegic after her devastating accident.

33. **Amputation** – The surgical removal of a limb.

- *Example:* The doctors considered amputation due to her worsening condition.

34. **Rehabilitation** – The process of recovery after an injury.

- *Example:* Despite rehabilitation, she remained unable to move.

35. **Laceration** – A deep cut or wound.

- *Example:* The fight left her with a serious laceration above her eye.

36. **Hemorrhage** – Excessive bleeding, often life-threatening.



- *Example:* The doctors worked to control the hemorrhage.

37. Fatality – A death caused by an accident or illness.

- *Example:* The injury nearly resulted in a fatality.

38. Deterioration – The process of worsening over time.

- *Example:* Her health showed signs of rapid deterioration.

39. Respiratory – Related to breathing or the lungs.

- *Example:* She developed respiratory complications from being bedridden.

40. Prognosis – The expected outcome of a disease or condition.

- *Example:* The prognosis was grim, with no chance of recovery.

Interpersonal Relationships & Ethics

41. Mentorship – The guidance provided by a more experienced person.

- *Example:* Frankie's mentorship transformed Maggie into a champion.

42. Betrayal – The act of being disloyal.

- *Example:* Maggie's family's betrayal hurt her more than her injury.

43. Compassionate – Showing deep sympathy and care.

- *Example:* Frankie was tough, but ultimately compassionate.

44. Moral dilemma – A difficult ethical choice.

- *Example:* He faced a moral dilemma about Maggie's final request.

45. Autonomy – The ability to make independent decisions.

- *Example:* Maggie wanted autonomy over her own life and choices.

46. Sacrifice – Giving up something valuable for a greater cause.

- *Example:* Frankie made a great sacrifice for Maggie's dignity.



47. **Loyalty** – A strong sense of commitment.

- *Example:* Frankie's loyalty to Maggie never wavered.

48. **Conviction** – A firmly held belief or determination.

- *Example:* Maggie fought with conviction every time she stepped in the ring.

49. **Redemption** – The act of making amends for past mistakes.

- *Example:* Training Maggie was Frankie's path to redemption.

50. **Empathy** – The ability to understand and share someone else's feelings.

- *Example:* Despite his tough exterior, Frankie showed deep empathy.