



## **VIDEO & PODCAST TRANSCRIPT TID004**

### **What is the Meaning and Definition of BALANCE?**

#### **Slide 1:**

What is the Meaning and Definition of BALANCE?

#### **Slide 2:**

Pronounced: BAL<sup>o</sup>ance with the stress on the first syllable.

#### Primary definition:

noun: a state of equilibrium

verb: to compare or assess

#### **Slide 3:**

The picture shows a man balancing as he walks on a high wire.

The sentence reads: Walking on a tightrope requires a very acute sense of balance.

Or you could say that a person who walks on the high wire needs a very good sense of balance.

#### **Slide 4:**

The picture shows Jerusalem with the Dome of the Rock in the foreground.

The sentence reads: The 20<sup>th</sup> century saw drastic changes to the balance of power in the Middle East.

Or you could say there have been major changes in the state of stability between competing forces in the Middle East during the 20<sup>th</sup> century.

#### **Slide 5:**

The picture shows a man deep in thought.

The sentence reads: In his mind he was trying to balance the pros and cons of taking a job overseas.

Or you could say: He was trying to weigh up or compare the advantages and disadvantages of working in another country.

**Slide 6:**

BALANCE (1) a state of equilibrium  
(2) to compare or assess

Synonyms include:

- (1) evenness
- (1) harmony
- (1) equivalence
- (2) compare
- (2) weigh
- (2) evaluate

**Slide 7:**

Common Collocations

- strike a balance
- balance of power
- sense of balance
- natural balance
- delicate balance
- perfect balance

**Slide 8:**

*Continually*

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