

# Banned Words

The **BOLD** words and any of their forms are **NOT to be used, EVER: Replace as needed.**

**SEE/LOOK**-instead, use: be aware of, behold, check out, detect, discover, examine, explore, eye, find, gape, gawk, gaze, glance, glare, glimpse, inspect, keep an eye on, monitor, notice, observe, peek, peep, peer, peruse, scrutinize, search, spot, spy, stare, study, survey, take note of, view, watch, witness. **LOOK FOR**- instead use: canvass, forage, hunt for, pursue, ransack, rummage, scavenge, scour, scrounge, sweep, track down, trail.

**GET/GOT**-instead use: acquire, capture, earn, seize, receive, realize, attain, pocket, reap, procure, grab, snatch, purchase, steal, collect, gain, achieve, reach, profit, secure, gather, glean, entrap, fetch, obtain. **As in "GET THERE"**- enter, appear, show up, turn up, return, approach, join, intrude, burst in, infiltrate, invade, arrive. (see go/went) **As in "GET OUT OF BED"**- bounce, climb, fall, spring, fly, roll. **As in "GET AN IDEA"** -comprehend, grasp, realize, catch on, apprehend, fathom, figure out, perceive, discover, understand.

**SAY/SAID**-instead use: accuse, acknowledge, add, admit, admonish, advise, affirm, agree, allege, announce, apologize, assert, babble, bargain, bawl, beg, begin, bellow, boom, beseech, bemoan, blast, boast, cackle, caution, challenge, chant, charge, chime, chorus, chuckle, chide, cite, clamor, claim, coax, command, comment, complain, concede, concur, confess, confide, confirm, continue, contradict, contest, cry, debate, decide, declare, decree, demand, deny, denounce, describe, dictate, disagree, dispute, drone, echo, elaborate, emphasize, encourage, exclaim, explode, flatter, foretell, fume, gasp, giggle, go on, greet, grieve, groan, grumble, hail, howl, imply, implore, infer, inform, inquire, insist, instruct, insult, interrogate, jabber, jeer, lament, lie, lash out, mention, mimic, moan, moralize, murmur, mutter, nag, notify, object, oppose, pant, persist, plead, pledge, pout, pray, propose, protest, query, question, quiz, ramble, rant, rave, rebuke, recite, recount, refute, remark, remind, repeat, reply, report, ridicule, roar, scoff, scold, scowl, screech, serenade, shout, shriek, sigh, sing, snap, snarl, sneer, snicker, sob, squawk, stammer, state, stress, stutter, submit, suggest, sulk, summon, swear, tattle, taunt, tease, threaten, thunder, urge, vent, voice, volunteer, vow, wail, warn, weep, whimper, whine, whisper, yak, yell. **ANIMAL**-caw, cluck, cackle, chirp, croak, bleat, moo, whinny, squawk, screech, hiss, roar, neigh, yap. **SING**-belt out, chirp, entertain, fill the air, perform, serenade, solo, trill, warble, with music.

**GO/WENT & COME/CAME**-instead use: advance, amble, arise, ascend, billow, blunder, bob, bolt, bounce, bound, burst, careen, cartwheel, cascade, charge, climb, coast, coil, continue, crawl, creep, cross, crusade, dance, dart, dash, depart, descend, dip, dive, dribble, drift, drive, droop, drop, drudge, exit, flee, float, flock, flop, flounder, flow, flutter, fly, follow, forge, furl, gallop, glide, gush, hurry, hustle, jolt, journey, lag, leap, loop, lope, lumber, lurch, maneuver, meander, mosey, mount, parade, pelt, pirouette, pivot, plod, plow, plummet, plunge, plunk, pour, prance, press on, proceed, progress, race, retreat, ripple, rocket, rush, sail, sashay, saunter, scamper, scroll, subtle, shuffle, sink, slither, sneak, soar, sojourn, somersault, spill, spiral, spring up, sprint, sprout, spurt, stagger, stoop, storm, stream, stride, stroll, strut, stumble, surge, sweep, swerve, swirl, swoop, take off, teeter, thump, tiptoe, topple, tour, trail, trample, travel, trek, trip, trot, trudge, tumble, twirl, twist, veer, waltz, wander, wave, whirl, whisk, whiz, whoosh, worm, zigzag, zoom. **MOVE**-blow, convulse, crash, flop, hover, jiggle, jostle, jump, lash, oscillate, pulsate, quake, quiver, revolve, roll, rotate, shake, shift, shiver, shudder, spin, squirm, stir, sway, swerve, throb, toss and turn, tremble, trill, twitch, vibrate, whip, wish, wiggle, wobble, wriggle.

**BAD(see also "mean") Character**-instead use: wicked, unrighteous, amoral, immoral, ungodly, dishonest, unscrupulous, impious, dissolute, licentious, roguish, crooked, untrustworthy, disloyal, treasonous, insidious, deceitful, sinister, sinful, criminal, base, unreliable, naughty. **TRICKY**- wily, sly, cunning, dishonest, crafty, conniving, cheating. **ACTS**-heinous, terrible, spiteful, awful, brutal, diabolical, atrocious, horrible, abominable, detestable, despicable, contemptible, vile, sordid, foul, wretched, reprehensible, disgraceful, shameful, scandalous, snide, revolting, obnoxious, repulsive, disgusting, unpalatable, regrettable, untimely. **FAULTY**-imperfect, inferior, second-class, defective, inadequate, unacceptable, lousy, ineffectual, unfit, languid. **HARMFUL**- detrimental, deleterious, damaging, ruinous, baneful, venomous, fatal, injurious, treacherous.

**GOOD - CHARACTER**-instead use: scrupulous, godly, virtuous, moral, righteous, honest, noble, wholesome, pure, innocent, untainted, saintly, courteous, well-mannered, obedient, trustworthy, upstanding, upright, respectable, gallant, benevolent. **A DEED IS**. . . praiseworthy, laudable, commendable, admirable, credible. **AN IDEA IS**. . . brilliant, ingenious, resourceful, inventive, creative, innovative, imaginative. **GREAT**- terrific, superior, extraordinary, marvelous, excellent, super, wonderful, magnificent, splendid, exemplary, awesome, fascinating, superb, glorious, spectacular, capital, first-rate, topnotch, top quality, select, unequalled, unparalleled, outstanding, unrivaled, exquisite, majestic, refreshing, elite. **ACCEPTABLE**- agreeable, satisfactory, presentable, tolerable, all right, pleasant, pleasing. **GOOD FOR YOU**- wholesome, nutritious, beneficial, favorable, advantageous, worthwhile, profitable. **FOOD**-delicious, delectable, scrumptious, flavorful, tasty, appetizing, yummy, savory, mouth-watering, luscious, succulent. **SPECIAL**-cherished, idolized, prized, esteemed, held dear, revered, adored, unique. **SOUNDS**-melodious, sweet, harmonious, golden, catchy, clear, pleasant, flowing, glorious, heavenly. **SKILLED**-capable, accomplished, efficient, effective, knowledgeable, qualified, adept, adroit, proficient, expert, experienced, productive.

**INTERESTING**-instead use: amazing, astonishing, astounding, marvelous, miraculous, incredible, remarkable, unbelievable, inconceivable, confounding, intriguing, amusing, fascinating, gripping, thought-provoking, exciting, tantalizing, captivating, spell-binding, enthralling, puzzling, baffling, bewildering, unfathomable, abstruse, mysterious, enigmatic, cryptic, esoteric, extraordinary, unheard of, uncommon, strange, odd, peculiar, curious, seldom seen, unimaginable, surprising, unconventional, unprecedented, novel, irregular, bizarre, weird, unique, freakish, offbeat, outrageous, outlandish, oddball, unorthodox, engrossing.

**UGLY**-instead use: unsightly, grotesque, homely, unattractive, marred, contorted, mutilated, blemished, unappealing, gruesome, hideous, frightening, scary, creepy, horrifying, shocking, daunting, disturbing. **PLAIN**-dull, drab, ordinary, common, boring, everyday, not much to look at, humdrum, bleak. **MEAN**-obnoxious, cruel, barbaric, ferocious, savage, vicious, brutal, brutish, evil, fiendish, diabolical, infernal, wicked, nasty, disagreeable, sinister, villainous, haughty, unfriendly, uppity, harsh, unpleasant. **A REMARK or ACT can be**-seething, scathing, biting, caustic, bitter, cutting, stinging, critical, virulent, spiteful, hostile, injurious, damaging, malignant, heated, appalling.

**PRETTY**-instead use: beautiful, attractive, comely, handsome, eye-catching, fancy, captivating, gorgeous, stunning, ravishing, alluring, lovely, charming, enticing, exquisite, breathtaking, inspiring colorful, brilliant, adorned, dazzling, decorative, deluxe, elaborate, glorious, glowing, lustrous, ornate, radiant, shining, vibrant, vivid adorable, classy, dainty, delicate, elegant, grand, refined, ritzy, sleek, snazzy, sophisticated, swank. **NICE**-kind, friendly, delightful, personable, charismatic, enchanting, sweet, charming, pleasant, genial, congenial, sociable, benevolent, amiable, agreeable, affectionate, cordial, neighborly, cooperative, sympathetic.

**BIG**-instead use: large, gigantic, towering, great, spacious, bulky, broad, immense, vast, huge, enormous, good-sized, expansive, colossal, monstrous, monumental, tremendous, grand, extensive, massive, robust, jumbo, mammoth, substantial, humongous, stupendous, prominent, elephantine, gargantuan, prodigious, grandiose, Herculean.

**SMALL**-instead use: tiny, little, wee, mini, short, teeny, itzy-bitsy, peewee, bantam, diminutive, petite, miniature, miniscule, minute, puny, runty, stunted, dwarf, shrunken thin, slender, slight, lean, scanty, narrow, brief, insufficient, sparse, wanting, skimpy, meager, minor.

**A LOT** -instead use: several, numerous, innumerable, countless, multiple, a multitude, a myriad, abundant, profuse, considerable, copious, umpteen, teeming, plentiful, throng.

**THINK/THOUGHT**-instead use: wondered, pondered, percolated, imagined, studied, gathered, assumed, processed, prayed, presumed, believed.

**MAKE**-instead use: mold, create, sculpt, build, hone.

# Adverb List

abnormally	curiously	highly	nearly	surprisingly
absentmindedly	dearly	hopelessly	neatly	suspiciously
actually	deceivingly	immediately	openly	sympathetically
anxiously	delightfully	innocently	partially	tenderly
arrogantly	diligently	instantly	patiently	terribly
badly	dreamily	intensely	physically	thankfully
bashfully	enormously	intently	playfully	thoroughly
beautifully	especially	interestingly	positively	thoughtfully
bravely	evenly	inwardly	potentially	tightly
brightly	exactly	kindly	rightfully	tremendously
briskly	excitedly	knowingly	rigidly	triumphantly
broadly	extremely	lightly	safely	truly
calmly	fairly	likely	scarcely	unfortunately
certainly	famously	loudly	searchingly	utterly
clearly	ferociously	longingly	sedately	vastly
cleverly	fervently	madly	seemingly	viciously
closely	gleefully	majestically	separately	violently
coaxingly	gratefully	meaningfully	sharply	warmly
commonly	greatly	mechanically	sheepishly	wholly
continually	greedily	miserably	softly	wildly
coolly	happily	mockingly	solidly	willfully
correctly	helpfully	mostly	strictly	wisely
crossly	helplessly	naturally	successfully	wonderfully