

Journaling Help: Verbs

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Pull out one of your completed albums and read the journaling. Do you see any words that show up over and over again? If so, you're not alone. We all have a few words that we rely on as we tell our stories—think about “get,” “do,” “go” and “went,” all of which are

frequently used because they have many applications. But if you're looking to break out of your typical vocabulary and liven up your journaling with some new lingo, try one of these verbs to help you step outside your usual writing style.

Verbs Relating to Movement

Approach
Arise
Awake
Bang
Bounce
Bound
Bump
Catch
Charge
Chase
Clap
Click
Climb
Clip
Collapse
Collide
Color
Conduct
Craft
Crawl
Creep
Crouch
Cry
Cuddle
Dance
Dart
Dash
Deliver
Descend
Dive
Dose
Drop
Drum
Empty
Encircle
Escape
Exit
Extend
Fall
Falter

Fan
Feed
Fill
Finger
Flaunt
Flinch
Flirt
Flit
Float
Frolic
Gallop
Giggle
Give
Grab
Groove
Hoist
Hop
Hover
Hug
Hurtle
Jive
Jump
Kneel
Laugh
Lean
Leap
Leave
Lift
Look
Lunge
Lurch
March
Mimic
Move
Nap
Nod
Pace
Paint
Part
Pause
Peel
Perform

Play
Plunge
Pounce
Pout
Race
Raise
Reach
Recline
Ride
Rise
Rock
Roll
Round out
Round up
Run
Rush
Saunter
Scamper
Scatter
Scoot
Scrape
Shift
Shuffle
Sit
Skip
Slide
Slouch
Smear
Smudge
Snap
Snuggle
Spring
Sprint
Squat
Squeeze
Stack
Stand
Start
Step
Stomp
Stretch
Stroll

Strut
Stumble
Swagger
Sway
Swerve
Swim
Swing
Swoop
Tackle
Take
Tap
Thumb through
Tickle
Tilt
Tiptoe
Trot
Tumble
Turn
Twist
Wade
Walk
Wander
Water
Whip around
Whirl
Wiggle
Wrestle
Yank

Verbs Relating to Feelings and Emotions

Achieve
Adapt
Adjust
Admire
Anticipate
Appreciate
Believe
Brighten
Commit
Delight in

Desire
Despair
Dream
Endure
Energize
Enjoy
Envy
Feel
Honor
Hope
Imagine
Know
Perceive
Quiver
Realize
Refresh
Regain
Rejoice
Relish
Renew
Resolve
Respect
Savor
Sense
Shake
Succeed

Verbs Relating to Relationships

Administer
Advise
Allocate
Apprehend
Befriend
Bond
Bundle
Calm
Care
Carry
Cleave
Clutch
Coach

Complement
Complete
Cradle
Edify
Elevate
Enlighten
Give
Grace
Hold
Mediate
Mentor
Mold
Motivate
Nurture
Oversee
Patrol
Provide
Reassure
Reconcile
Regulate
Relinquish
Resist
Resolve
Shape
Subdue
Submit
Supervise
Support
Surrender
Sustain
Treasure

**Verbs Relating
to Communication**

Acknowledge
Address
Alert
Announce
Answer
Applaud
Approach
Approve
Arbitrate
Ask
Assure
Beg
Boast
Brag
Call
Carry
Celebrate
Circulate

Cite
Clarify
Coax
Command
Commemorate
Commend
Comment
Communicate
Compliment
Comprehend
Congratulate
Consult
Convince
Counsel
Credit
Cry
Deal
Debate
Declare
Demonstrate
Describe
Direct
Discuss
Dissuade
Dramatize
Drill
E-mail
Exaggerate
Exhort
Explain
Express
Flatter
Gloat
Glorify
Greet
Gripe
Growl
Gush
Hail
Hash out
Hear
Hearken
Hint
Holler
Hoot
Illustrate
Imply
Incline
Inform
Inject
Insinuate
Instruct

Intend
Interpret
Intimate
Jest
Joke
Laud
Lecture
Level
Listen
Make known
Memorialize
Mention
Message
Mumble
Mutter
Negotiate
Observe
Offer
Order
Pacify
Pen
Persuade
Phone
Pitch
Placate
Plead
Portray
Pose
Praise
Present
Proclaim
Project
Promote
Prompt
Pronounce
Propose
Provoke
Publicize
Put forth
Question
Rally
Rave
Reassure
Recognize
Recommend
Record
Refer
Rejoin
Relate
Remark
Reply
Represent

Respond
Retort
Reveal
Review
Risk
Say
Scold
Scrawl
Scream
Share
Sigh
Signal
Sing
Snarl
Solicit
Sound
Speak
Squeal
State
Steer
Strategize
Submit
Suggest
Summarize
Swap
Sway
Tease
Telephone
Tell
Text
Thank
Thunder
Tutor
Understand
Update
Urge
Utter
Vent
Voice
Welcome
Whisper
Withdraw
Write
Yelp

**Verbs Relating
to Actions**

Accelerate
Accept
Act
Add
Adorn

Advance
Aim
Alleviate
Allocate
Analyze
Appear
Approach
Arrange
Arrive
Ascertain
Assemble
Attain
Attempt
Attend
Avert
Barter
Become
Behave
Block
Break
Budget
Build
Bury
Calculate
Carry
Catch on
Check
Classify
Clean
Clear
Collect
Commemorate
Compare
Compile
Compose
Comprise
Concede
Conduct
Conform
Conserve
Consider
Consolidate
Continue
Contrast
Cool
Coordinate
Count
Create
Decide
Defend
Define
Delay

Delegate
Depart
Design
Detain
Devise
Devote
Dig
Discover
Display
Disregard
Ease
Elude
Emerge
Empower
Enable
Endeavor
Ensure
Equip
Erase
Establish
Estimate
Evaluate
Exemplify
Exert
Expect
Experiment
Explore
Extend
Fade
Fake
Fend
Fight for
Find
Fix
Flag
Flounder
Form
Formulate
Free
Furnish
Gain
Gather
Gauge
Generate
Grant

Grasp
Groom
Growl
Grumble
Guide
Heed
Help
Hesitate
Highlight
Hold
Hunt
Hurry
Hypothesize
Identify
Ignore
Imitate
Implement
Improve
Improvise
Increase
Influence
Initiate
Inspect
Inspire
Investigate
Keep
Knot
Know
Labor
Launch
Learn
Lessen
Load
Loose
Loosen
Loosen up
Lounge
Maintain
Make
Measure
Meddle
Meditate
Memorialize
Merge
Mingle

Model
Monitor
Muster
Nab
Nail
Navigate
Notice
Obey
Observe
Obtain
Occupy
Offer
Officiate
Operate
Order
Organize
Pack
Panic
Parade
Part
Partake
Party
Plan
Plod
Ponder
Pore
Pose
Predict
Preen
Prepare
Prescribe
Present
Preside
Primp
Produce
Program
Project
Propel
Pursue
Push
Quiet
Raid
Rally
Rattle
Reach

React
Receive
Recoup
Recruit
Redeem
Refrain
Regain
Relate
Relax
Relent
Relieve
Relive
Remove
Repair
Represent
Research
Resist
Rest
Restore
Retrieve
Sale
Salute
Scan
Schedule
Scour
Sculpt
Seal
Search
Season
Seize
Select
Serve
Set
Settle
Shape
Shirk
Shock
Show
Showcase
Sidestep
Sip
Sleep
Snitch
Snoop
Soak

Solidify
Solve
Splatter
Split
Spray
Spread
Stare
Startle
Stick
Stop
Strategize
Stretch
Study
Stuff
Submerge
Summon
Supply
Support
Surge
Surrender
Survey
Swipe
Synthesize
Take
Take note
Target
Taste
Teach
Test
Tie
Toss
Touch
Tower
Track
Train
Transfer
Undertake
Unload
Unwind
Vacate
Vanish
Watch
Withdraw
Yield
Zip