

Ultimate Verb List – Intention and Tactic Verbs

Intention: I want to _____.

Tactic: I am going to _____.

Abase	Animate
Abet	Annihilate
Abolish	Annoy
Absolve	Antagonize
Abuse	Anticipate
Accept	Ape Appeal
Acquaint	Appeal
Acquit	Appease
Activate	Appraise
Addle	Approach
Address	Arouse
Admonish	Arrange
Affirm	Assert Power
Afflict	Assess
Affront	Assist
Aid	Assuage
Ail	Astound
Alarm	Attack
Alert	Authenticate
Allow	Awaken
Allure	Baby
Ally	Badger
Alter	Baffle
Amaze	Bait
Amend	Bear
Amuse	Beat
Anger	Beckon

Bedazzle	Captivate
Befriend	Carry
Befuddle	Carve
Beg	Castrate
Beguile	Catch
Belittle	Caution
Berate	Censure
Beseech	Challenge
Bewitch	Change
Bid	Charge
Bind	Charm
Bite	Chastise
Blame	Cheat
Bless	Check
Block	Cheer
Bluff	Cheer up
Boost	Chew
Brainwash	Chide
Bribe	Chide
Bruise	Chill
Buck	Chip
Bully	Chop
Burden	Circumvent
Bury	Clarify
Bushwhack	Clip
Butt	Cloak
Butter	Coax
Buy	Coddle
Cajole	Coerce
Calculate	Coil
Call	Collude
Calm	Comfort

Command	Curse
Commend	Curse
Compress	Cut
Con	Dab
Conceal	Damn
Concern	Dare
Conciliate	Debase
Condemn	Deceive
Condescend	Declaim
Confide	Deduce
Confirm	Defame
Confound	Deflate
Confuse	Defraud
Conjure	Defy
Conquer	Defy
Consider	Delight
Consign	Delude
Contest	Demean
Contradict	Demoralize
Convert	Denigrate
Convince	Denunciate
Convince	Deny
Correct	Destabilize
Corroborate	Destroy
Court	Detect
Cover	Deter
Crack	Detour
Crank	Devalue
Criticize	Devastate
Crucify	Devour
Crush	Dictate
Cuddle	Dig

Direct	Eliminate
Disarm	Elucidate
Disconcert	Embarrass
Discourage	Embrace
Discredit	Embroider
Discredit	Employ
Disencumber	Empower
Disgrace	Emulsify
Disgust	Enchant
Dishearten	Encourage
Dispirit	Endure
Displease	Energize
Disrobe	Enfeeble
Dissuade	Enflame
Distress	Engage
Divert	Engross
Divine	Engulf
Dodge	Enkindle
Dominate	Enlighten
Dramatize	Enlist
Draw	Enliven
Draw blood	Enmesh
Draw-out	Enslave
Drive	Ensnare
Duck	Entangle
Ease	Entertain
Edify	Entrhall
Educate	Enthuse
Effuse	Entice
Elate	Entrap
Elevate	Entreat
Elicit	Entrust

Eradicate	Gnaw
Eschew	Goad
Estimate	Grab
Evade	Graft
Evaluate	Gratify
Exasperate	Guide
Excite	Guilt
Excuse	Gull
Execute	Hack
Exploit	Hallow
Facilitate	Hammer
Fascinate	Harangue
Feed	Hassle
Flatter	Help
Flirt	Henpeck
Fold	Hold
Fondle	Hoodwink
Force	Hug
Fortify	Humble
Foster	Humiliate
Frame	Humor
Freak-out	Hurt
Free	Hush
Freeze	Hypnotize
Frighten	Ignite
Frustrate	Ignore
Fuddle	Imitate
Gag	Immerse
Galvanize	Impair
Gash	Impassion
Gauge	Impel
Gladden	Implicate

Impress	Knock (down)
Incite	Knot
Indict	Lambast
Indoctrinate	Lampoon
Induce	Lash
Indulge	Lather
Inflate	Lead
Infuse	Lecture
Insinuate	Libel
Inspire	Liberate
Instill	Lick
Insult	Loosen-up
Interlock	Love
Interview	Lull
Intimidate	Lure
Intoxicate	Lust-for
Intrigue	Magnetize
Intubate	Malign
Invigorate	Maneuver
Invite	Manipulate
Involve	Marshall
Jab	Mask
Jiggle	Massage
Jolt	Masticate
Josh	Melt
Judge	Mend
Juice	Mess with
Justify	Mimic
Kick	Mislead
Kill	Misuse
Kindle	Mobilize
Kiss	Mock

Modify
Mold
Mortify
Motivate
Move
Muffle
Muster
Mystify
Nag
Nail
Nauseate
Needle
Negotiate
Nibble
Notify
Nourish
Nullify
Obliterate
Offend
Oppose
Oppress
Organize
Orient
Orientate
Ostracize
Overlook
Overrun
Overwhelm
Pacify
Palliate
Panic
Parrot

Patronize
Perforate
Perform
Perk-up
Perplex
Persecute
Peruse
Pet
Petrify
Pick
Pinch
Placate
Plan
Play
Plead
Please
Pledge
Poke
Polish
Pontificate
Pop
Pose
Pound
Praise
Pray
Preoccupy
Press
Press
Prevail
Prick
Prime
Prod

Prod	Rebuke
Promise	Rebuke
Promote	Recreate
Prompt	Rectify
Propagandize	Reduce
Propel	Refuse
Propose	Reiterate
Propound	Reject
Prosecute	Rejoin
Prove	Relax
Provoke	Release
Psyche-up	Relegate
Publicly Humiliate	Relieve
Pull	Remedy
Pump-up	Renege
Punch	Repel
Punish	Reprehend
Purge	Repress
Purify	Reprimand
Pursue	Reprove
Push	Repulse
Quash	Resist
Quench	Retract
Query	Reveal
Rack	Revolt
Rally	Rib
Ratify	Ridicule
Ravage	Rip
Rave	Rub
Read	Sanctify
Ream	Satisfy
Reassure	Save

Savor	Smother
Scar	Smush
Scatter	Snare
Scheme	Soak
Scold	Sober
Scold	Soften
Screw	Somber
Scrutinize	Soothe
Sedate	Spellbind
Seduce	Splay
Sell	Split
Settle	Spoil
Shackle	Spur
Shake	Spurn
Shale	Squash
Shame	Squeeze
Shine	Squelch
Shock	Stab
Shove	Stamp
Showoff	Startle
Shroud	Stick
Shun	Still
Sicken	Stimulate
Simplify	Sting
Slander	Stir
Slap	Stomp on
Slash	Strangle
Slaughter	Strengthen
Slice	Stretch
Slur	Strike
Smash	Strip
Smooth	Stroke

Study	Torment
Stymie	Torture
Substantiate	Touch
Subvert	Trade
Succor	Train
Suffer	Trammel
Suffocate	Transform
Suggest	Trick
Summon	Trip
Supplicate	Trouble
Support	Turn-on
Suppress	Tyrannize
Surprise	Unburden
Swallow	Understand
Swindle	Uproot
Tame	Urge
Tangle	Vacillate
Tantalize	Validate verify
Tarnish	Victimize
Taunt	Vilify
Teach	Vindicate
Tear	Warn
Tease	Warp
Tempt	Weave
Terrify	Wheedle
Thank	Win
Threaten	Wind
Thwart	Wind-up
Tickle	Woo
Titillate	Worry
Tolerate	Worship
Wound	

Wrangle

Wrestle

Wring

Zap

Zing

Ultimate Verb List – Suggested Vocal Gestures

My vocal gesture is to _____ .

Attack	Nibble
Bind	Pet
Bite	Pinch
Carve	Poke
Chop	Pop
Coil	Pound
Compress	Press
Crack	Prick
Crank	Prod
Crush	Pull
Cuddle	Pump-up
Cut	Punch
Dab	Push
Devour	Rip
Dig	Rub
Ensnare	Savor
Entangle	Scold
Gash	Screw
Gouge	Seduce
Grab	Shake
Hug	Shove
Jab	Slap
Jiggle	Slash
Jolt	Slice
Kick	Smash
Kiss	Smooth
Lick	Smother
Massage	Smush

Snare
Squash
Squeeze
Stab
Stamp
Sting
Stir
Strangle
Stretch
Strike
Stroke
Tear
Tickle
Weave
Wind-up
Wring
Zap
Zing

TACTIC EXERCISE #2

This needs to be done in a group or with a friend. You should have your monologue at least half if not all memorized. Perform your monologue as you normally do. The tactics you chose should be integrated into your monologue. After you finish your monologue, perform it again.

This time you will give your friend the Ultimate Verb list. As you are performing your monologue this time, your friend or the other actors in your group will shout out verbs from this list. Your job is to evoke these verbs as best you can using your voice or voice and body.

Once you have established the verb and said a few lines with it, someone should yell out another verb. Keep doing this until the end of your monologue. If you don't know what a verb means, do your best to portray it, even if it is wrong. It's about getting out of your head and saying things different.

The verbs that are yelled out don't have to match with what you are saying. But you will discover that sometimes a verb you would have never thought of using actually works with what you are saying. This is a great way to open up your palette and have more options to color your tactics to achieve your intention.