GNU groff supports several macro sets. These are the ones you'll need most often when writing documents.

-me groff -me -Tps file.me > file.ps	groff -ms -Tps file.ms > file.ps	-mm groff -mm -Tps file.mm > file.ps
	groti -itis -i ps itie.itis > tile.ps	gron -min - rps me.min > me.ps
TITLE PAGE  Create your own using .(c and .)c centered blocks with .sp to add spacing. Add formatting where needed.	Use .RP to start a report, and use the .TL and .AU and .ND macros to define the cover page content. Use "no" to not print title information on following page.	Use .COVER and .COVEND to define a cover page, and use the .TL and .AU and .ND macros to set content
.tp .sp 10 .(c .b "Title Text" .)c .sp 5 .(c Author Name .)c .sp 2 .(c i "New Date"	.RP no .TL Title Text .AU Author Name .ND "New Date"	.COVER .TL Title Text .AU "Author Name" .ND "New Date" .COVEND
l.bp		
NUMBERED HEADINGS		
Use 1, 2, 3 to define first, second, third, level headings	Use 1, 2, 3 to define first, second, third, level headings	Use 1, 2, 3 to define first, second, third, level headings
.sh 1 "Numbered Heading"	.NH 1 Numbered Heading	.H 1 "Numbered Heading"
Or:		
.sh 2 "Numbered Sub-heading"	.NH 2 Numbered Sub-heading	.H 2 "Numbered Sub-heading"
UNNUMBERED HEADINGS		
	Use 1, 2, 3 to define first, second, third, level headings	
.uh "Unnumbered Heading"	.SH 1 Unnumbered Heading	.HU "Unnumbered Heading"
Or:		
	.SH 2 Unnumbered Sub-heading	
LEADING PARAGRAPHS (AFTER TITLES AND HEADINGS)		
		Set number register Pt to 2 to automatically set paragraph type. Otherwise, .P 1 will specify leading paragraphs.
.lp	.LP	.nr Pt 2
Paragraph text.	Paragraph text.	[] .P
		Paragraph text.
BODY PARAGRAPHS		
		Set number register Pt to 2 to automatically set paragraph type. Otherwise, .P will specify body paragraphs.
.pp Paragraph text.	.PP Paragraph text.	.nr Pt 2 [] .P Paragraph text.
		. a.ag.apii toxt.

DULL ETER LIGTO		
BULLETED LISTS		
	Set your own marker with an indented paragraph (.IP). Use \[bu]\] to create a bullet.	Start bulleted list with .BL and end list with .LE
.bu	.IP \[bu]	.BL
Bullet paragraph one.	Bullet paragraph one.	.LI
.bu	.IP \[bu]	Bullet paragaph one.
Bullet paragraph two.	Bullet paragraph two.	.LI
		Bullet paragraph two.
		.LE
NUMBERED LISTS		
Automatically numbers. Number reset at next .pp or .lp	Number each item manually with an indented paragraph (.IP)	Start automatically numbered list with .AL and end list with .LE
.np	.IP 1.	.AL
Numbered paragraph one.	Numbered paragraph one.	.LI
.np	.IP 2.	Numbered paragraph one.
Numbered paragraph two.	Numbered paragraph two.	.LI
		Numbered paragraph two.  .LE
BLOCK QUOTES		
		Start bulleted lists with .BL, and set the marker on each list item to an empty space
.(q	.QP	.BL
Quoted paragraph.	Quoted paragraph.	.LI " "
.)q		Quoted paragraph.  .LE
Or:		,
.(q	.QS	.BL
Quoted paragraph one.	.QP	.LI " "
p(.)	Quoted paragraph one.	Quoted paragraph one.
p). (q	.QP	.LI " "
Quoted paragraph two.	Quoted paragraph two.	Quoted paragraph two.
-)q	.QE	.LE
INLINE QUOTES		
\*(lqquoted text\*(rq	\*Qquoted text\*U	"quoted text"
Or:		
.q "quoted text"		
FOOTNOTES		
text\**	text\**	text\*F
.(f	.FS	.FS
\**Footnote text.	Footnote text.	Footnote text.
.)f	.FE	.FE
BOLD		
.b "bold text"	.B "bold text"	.B "bold text"
Or:		
.b	.В	.В
bold text	bold text	bold text
.r	.R	.R
ITALICS		
.i "italics text"	.I "italics text"	.I "italics text"
Or:		
i	.I	.I
italics text	italics text	italics text
l.r	.R	.R