

# Overused and Discouraged Words and Phrases

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To improve English usage, reduce monotony, and enrich English vocabulary in writing and speech, I have compiled these two lists on what not to say and what to say better. Many items in these tables were inspired by Emilio Bernal Labrada, “Good usage prevents abuse”, 2018.

The lists could also be useful as a handout to Literacy students from ninth grade and up, or to suggest alternatives to overused and discouraged words for younger students. For my other suggestions on Literacy instruction, see “**Suggestions for Instructional Materials**”<sup>1</sup>.

This is an open-source document; see its **source code**<sup>2</sup>. You can send comments on this document on the **GitHub issues page**<sup>3</sup>.

## 1 Overused Words

Instead of just saying...	Try saying...	Notes
Also, ...	in addition, furthermore, moreover, further, plus, besides, to add to that, on top of that, what is more, apart from that	
almost all	most all, nearly all, all but a few	Inspired by E. Bernal.
another [number] (e.g., <i>another five</i> )	an additional [number], [number] additional, a further [number], [number] more, [number] extra, an extra [number]	Inspired by E. Bernal.
award winner	awardee	
bad actor	malicious actor, malevolent actor, wrongdoer, evildoer, baddie, malfeasant, illegitimate actor	
bias ( <i>in the sense of ‘subjective opinion’</i> )	prejudice, subjectivity, partiality	Similarly: <i>biased</i> → <i>prejudiced</i> .
cause	lead to, provoke, engender, occasion, beget, breed, bring on, bring about, give rise to, produce, result in	Verb.
check out	discover, uncover, learn more about, find out about, see for yourself	In the sense of ‘discover’, rather than ‘register a book to borrow’ or ‘end a hotel stay’.

<sup>1</sup><https://peteroupc.github.io/insmat.html>

<sup>2</sup><https://github.com/peteroupc/peteroupc.github.io/raw/master/usage.md>

<sup>3</sup><https://github.com/peteroupc/peteroupc.github.io/issues>

Instead of just saying...	Try saying...	Notes
focus on	touch on, concentrate on, center on, emphasize, put/lay emphasis on, zoom in on, put/lay weight on, put/lay an accent on, deal mostly with, prioritize, concern, relate to, be anchored on, be devoted to, devote [itself] to, insist on, zero in on	
focused on (e.g., <i>a book (that is) focused on a topic</i> )	about, dedicated to, devoted to, dealing with, treating of, relating to, involving, concentrated on, concerning, anchored on, directed to, oriented on, aimed at	
good	nice, fine, swell, decent, lovely, admirable, pleasing, pleasant	Words of positive sentiment.
great	very good, fantastic, terrific, remarkable, magnificent, excellent, splendid, wonderful, superb	Words of very positive sentiment.
happen	occur, manifest, produce itself, present itself, take place, unfold, come about, come to pass.	Inspired by E. Bernal.
including [something]	[something] among them, among them [something], above all [something], [something] included, especially [something], even [something], inclusive of [something].	Inspired by E. Bernal.
<i>an event</i> leaves [someone] dead	<i>an event</i> kills [someone]; <i>an event</i> puts [someone] to death	Inspired by E. Bernal.
<i>an event</i> leaves many (people) dead	<i>an event</i> kills many; <i>an event</i> [synonym for <i>causes</i> ] the death of many; <i>an event</i> puts many to death	Inspired by E. Bernal.
<i>an event</i> leaves [someone] injured	<i>an event</i> injures [someone]	Inspired by E. Bernal.
<i>an event</i> leaves many (people) injured	<i>an event</i> injures many; <i>an event</i> [synonym for <i>causes</i> ] many injuries	Inspired by E. Bernal.
little house	housie, housette, houselet, minihouse	Diminutive.
Note that...	Observe that..., Notably..., Notice that..., Take note that..., It should be noted that..., It bears noting that..., Be aware that..., It is worth noting that, It bears mentioning that..., Keep in mind that..., We point out that..., [leave out]	
keep people safe online	keep users safe online, keep Internet users safe, keep internauts safe, protect users online	
jury member	juror	Suggested by E. Bernal.
many people member ( <i>of an association, club, etc.</i> )	many adherent, individual.	Inspired by E. Bernal. E. Bernal wrote of his concerns about this word's overuse.
people living in [territory]	residents of [territory], inhabitants of [territory]	Also consider gentile nouns; e.g.: <i>people living in Italy</i> → <i>Italians</i> .

Instead of just saying...	Try saying...	Notes
(the) professors	the faculty, professorship, professor corps, professor body, body of professors	
say	declare, affirm, assert, express, state, make (it) known, mention, comment, remark. <i>Depending on context:</i> opine, note, share, affirm, argue, contend, highlight, emphasize, underscore, add, explain, elaborate, conclude, reply, respond, answer, signal, indicate, point out, maintain, acknowledge, admit.	Spanish and French press articles tend to employ numerous synonyms for this word.
sit down with	interview, join ... for an interview, meet, consult with, exchange views with, speak with, talk with, converse with, chat with	Suggested by E. Bernal.
[someone] says (that)...	According to [someone], ...In the words of [someone], ...In [someone]'s words, ...Per [someone], ...As [someone] [synonym for <i>says</i> ], ...[someone] [synonym for <i>says</i> ] that...	
[someone] says (that)...	In [someone]'s opinion, ...In the opinion of [someone], ...In [someone]'s view, ...In [someone]'s eyes, ...For [someone], ...As [someone] believes, ...As [someone] sees it, ...In [someone]'s belief, ...[someone] believes that...[someone] opines that...[someone] considers that...	Expressing an opinion.
[someone] says (that) [something] is...	[someone] considers [something] (as)...[someone] labels [something] (as)...[someone] finds [something]...[someone] calls [something]...[someone] declares [something] (as)...[someone] qualifies [something] as...[something] is ... to [someone]for [someone], [something] is...	
[someone] was identified as [name].	[someone] went by the name of [name].[someone] was named [name].[someone], [name], ...	Inspired by E. Bernal.
[someone], identified as [name], ...	[someone], going by the name of [name], ...[someone], named [name], ...[someone], [name], ...	Inspired by E. Bernal.
The fact that...	That...	Suggested by Tom Hitchner, UCLA, in an Advanced Placement Daily video.
The fact that <i>he appeared</i>	<i>That he appeared, His appearance, His appearing.</i>	Suggested by Tom Hitchner, UCLA, in an Advanced Placement Daily video.
(the) teachers	teachership, teacher corps, teacher body, body of teachers	
use	employ, utilize, make use of	Verb.

Instead of just saying...	Try saying...	Notes
what's happening	what's going on, what's occurring, what's [synonym for <i>happening</i> ].	Inspired by E. Bernal.

Another technique to try is to rewrite a text to avoid overused words as much as possible.

## 2 Discouraged Words

Emilio Bernal, in “Good usage prevents abuse”, wrote of his concerns about, among other things, the overuse of *people*, *persons*, *members*, *day*, and *happen*, as well as the unnecessary repetition of words (e.g., *He is someone who is reliable*; *She wants what she wants*; *It'll happen when it'll happen*). His work formed the basis of many of the suggestions in the following table.

Don't say...	Say...	Notes
after [something] happened, ...	after [something]	Inspired by E. Bernal.
alleged victim	likely victim	Inspired by E. Bernal.
all day today	all day [if <i>today</i> is understood], from dawn to dusk (today), from sunrise to sunset (today)	Inspired by E. Bernal.
basically	[leave out]	
before [something] happened, ...	before [something]	Inspired by E. Bernal.
because of the fact that	because	Suggested by Tom Hitchner, UCLA, in an Advanced Placement Daily video.
blizzard conditions	blizzard	Inspired by E. Bernal.
[adjective] day today (e.g., <i>nice day today</i> )	[adjective] day [if <i>today</i> is understood], it's [adjective] today	Inspired by E. Bernal.
dead people	the dead	Inspired by E. Bernal.
due to the fact that	because	Suggested by Tom Hitchner, UCLA, in an Advanced Placement Daily video.
examples include but are not limited to	examples are	The word “examples” already conveys the idea that the list is not all-inclusive.
family members	relatives, kin	‘Relatives’ suggested by E. Bernal.
including but not limited to	including	Inspired by E. Bernal.
individual people	individuals	Inspired by E. Bernal.
injured people	the injured	Inspired by E. Bernal.
is someone who is	is	Inspired by E. Bernal.
is someone who is [adjective] (e.g., <i>is someone who is reliable</i> )	is [adjective]; is a(n) [adjective] one	Inspired by E. Bernal.
is something that is	is	Inspired by E. Bernal.
it is midnight tonight	it is midnight	Inspired by E. Bernal.
least favorite	least desired	Inspired by E. Bernal.

Don't say...	Say...	Notes
literally ( <i>in the sense of</i> ' <i>absolutely</i> ')  moment in time most favorite myth ( <i>when a story is not meant</i> ) [adjective] night tonight (e.g., <i>nice night tonight</i> ) [number] people/persons   one way or another one way or the other other people people's identities people's lives people/persons being held/jailed  people/persons know  people/persons complaining people/persons present/attending people/persons think   point in time prevent [something] from happening rain conditions, rainy conditions  (they) saved their lives (their) lives, deaths, lifetimes, healths, sakes, identities, futures This is [program].  [time] before now until such time as [verb] whether or not (e.g., <i>know</i> <i>whether or not</i> , <i>determine</i> <i>whether or not</i> )	absolutely, totally, utterly, altogether, downright, completely, certainly; [leave out]**  moment favorite falsehood, untruth [adjective] night [if <i>tonight</i> is understood], it's [adjective] tonight [number]  either way; [leave out] either way; [leave out] others people's identity, every personal identity life (the) detainees, the jailed. <i>In criminal cases:</i> (the) inmates, the prisoners. it is known, it is generally known, it is commonly known, we know (the) complainants (the) attendees it is thought, it is commonly thought, it is believed, the general belief is, we think, they believe, by popular belief time, instant, moment prevent [something]  rain. <i>Or as appropriate:</i> drizzle, showers, squalls, light rain, heavy rain, downpours. (they) were saved, (they) saved their life their life, death, lifetime, health, sake, identity, future <i>To identify the program:</i> [program]; You are listening to [program]; You are tuned to [program]. <i>To present the program:</i> [program] starts now; We (now) welcome you to [program]; We (now) bring you [program]; Now starting [program]; Presenting [program]; We now present [program]; We now start [program]; It's time for [program]. [time] ago until [verb] whether**	  Inspired by E. Bernal. Inspired by E. Bernal.  Inspired by E. Bernal.  Leave out <i>people</i> or <i>persons</i> if understood. Inspired by E. Bernal. Inspired by E. Bernal. Inspired by E. Bernal. Inspired by E. Bernal. Inspired by E. Bernal. Inspired by E. Bernal.  Inspired by E. Bernal.  Inspired by E. Bernal. Inspired by E. Bernal. Inspired by E. Bernal.  Inspired by E. Bernal. Inspired by E. Bernal.  Inspired by E. Bernal. Inspired by E. Bernal.  Inspired by E. Bernal. Inspired by E. Bernal.  Identifications of TV and radio programs. Suggested by E. Bernal.  Inspired by E. Bernal.  Suggested by E. Bernal.

Even here, it is worth trying to rewrite a text to avoid discouraged words to the greatest extent possible.

\*\* Use "whether or not B" or "whether B or not" only to mean 'both if B and if not'.

\*\*\* In formal writing, use *literally* only to mean ‘in the exact sense; not figuratively’.

### 3 To Improve English Usage Through Word Processing Apps...

What I would like to see is an open-source plugin for popular word-processing applications that finds overused and discouraged words and phrases in a document, such as those mentioned above, and suggests corresponding replacements. (A similar practice is found in Web browsers’ spell checkers and as a built-in feature in some closed source word-processing apps.) For example, the plugin could look for instances of “sit down with”, underline them, and show suggestions such as “interview”, “consult with”, and so on in a menu when the phrase is right-clicked on.

### 4 Derivations

Derivations of existing words, so underused a procedure in our language, can enrich the vocabulary of English.

An interesting exercise to try with students is to build—

- the feminine form of some words through suffixes. For example, -an becomes -anesse, -ian becomes -ienne, -ican becomes -ickenne or -icanesse: *Bostonian* becomes *Bostonienne*, *American* becomes *Americkenne* or *Americanesse*, *Puerto Rican* becomes *Puerto Ricanesse* etc., instead of resorting to adding *female* or *woman*.
- the diminutive form of some words through suffixes (for example: -ie, -ette, -kin, -let) or through prefixes (for example: mini-, micro-), without resorting to adding *little* or *small*.

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