

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**¹”.

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

1 Overused Words

Instead of just saying...	Try saying...	Notes
Also, ...	in addition, furthermore, moreover, further, plus, 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.
bad actor	malicious actor, malevolent actor, wrongdoer, evildoer, baddie, malfeasant	
cause	lead to, produce, provoke, engender, beget, bring on, bring about, produce, result in	Verb.
check out	discover, uncover, learn more about, find out about, see for yourself	
focus on	touch on, concentrate on, center on, emphasize, put/lay emphasis on, put/lay weight on, put/lay an accent on, deal mostly with, prioritize, concern, be anchored on, be devoted to	
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	
good	nice, fine, swell, decent, lovely, admirable, pleasing, pleasant	Words of positive sentiment.

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

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

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

Instead of just saying...	Try saying...	Notes
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 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]	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>] many deaths	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..., It is worth noting that, It bears mentioning that..., It should be mentioned that..., Keep in mind that..., We point out that..., [leave out]	
keep people safe online	keep users safe online, keep Internet users safe, keep internavts safe, protect users online	
jury member	juror	Suggested by E. Bernal.
many people	many	Inspired by E. Bernal.
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> .
(the) professors	the faculty, professorship, professor corps, professor body, body of professors	
say	declare, affirm, express, state, make (it) known, mention, comment, remark. <i>Depending on context</i> : opine, note, share, affirm, argue, contend, highlight, emphasize, underscore, add, explain, 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, 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...	

Instead of just saying...	Try saying...	Notes
[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] 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) teachers	teachership, teacher corps, teacher body, body of teachers	
use	employ, utilize, make use of	Verb.
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.
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.

Don't say...	Say...	Notes
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.
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.
literally	absolutely, totally; [leave out]***	
moment in time	moment	Inspired by E. Bernal.
most favorite	favorite	Inspired by E. Bernal.
myth (<i>when a story is not meant</i>)	falsehood, untruth	
[adjective] night tonight (e.g., <i>nice night tonight</i>)	[adjective] night [if <i>tonight</i> is understood],	Inspired by E. Bernal.
[number] people/persons	it's [adjective] tonight [number]	Leave out <i>people</i> or <i>persons</i> if understood.
one way or another	either way; [leave out]	Inspired by E. Bernal.
one way or the other	either way; [leave out]	Inspired by E. Bernal.
other people	others	Inspired by E. Bernal.
people's identities	people's identity, every personal identity	Inspired by E. Bernal.
people's lives	life	Inspired by E. Bernal.
people/persons being held/jailed	(the) detainees, the jailed. <i>In criminal cases:</i> (the) inmates, the prisoners.	Inspired by E. Bernal.
people/persons know	it is known, it is generally known, it is commonly known, we know	Inspired by E. Bernal.
people/persons complaining	(the) complainants	Inspired by E. Bernal.
people/persons present/attending	(the) attendees	Inspired by E. Bernal.
people/persons think	it is thought, it is commonly thought, it is believed, the general belief is, we think, they believe, by popular belief	Inspired by E. Bernal.
point in time	time, instant, moment	Inspired by E. Bernal.
prevent [something] from happening	prevent [something]	Inspired by E. Bernal.
rain conditions, rainy conditions	rain. <i>Or as appropriate:</i> drizzle, showers, squalls, light rain, heavy rain, downpours.	Inspired by E. Bernal.
(they) saved their lives	(they) were saved, (they) saved their life	Inspired by E. Bernal.
(their) lives, deaths, lifetimes, healths, sakes, identities, futures	their life, death, lifetime, health, sake, identity, future	Inspired by E. Bernal.

Don't say...	Say...	Notes
This is [program].	<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].	Identifications of TV and radio programs. Suggested by E. Bernal.
[time] before now [verb] whether or not (e.g., <i>know whether or not, determine whether or not</i>)	[time] ago [verb] whether**	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.) 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.

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