

## CRUTCH WORDS

Crutch words are words that many writers tend to repeat, resulting in overuse. Keep this handy when you revise (using Word's find feature works well for this). Chances are, some crutch words are unique to you, so if you become aware of new ones, add them to your list!

### Actions (Past and Present Forms)

Begin  
Breathe/Breaths  
Feel  
Frown  
Gaze  
Get  
Glance  
Grin  
Cross (the room, the floor, etc.)  
Hear  
Imagine  
Is/Was/Were  
Know  
Like  
Look  
Need  
Nod  
Notice  
Realize  
Recall  
Remember  
See  
Seem  
Shiver  
Shake  
Shrug  
Sigh  
Sit  
Smile  
Stand  
Stare  
Start  
Step  
Think  
Try  
Turn  
Understand  
Walk  
Want  
Was/Were + -ing verb

Watch  
Went  
Wonder

### Body Parts

Chest  
Hand  
Heart  
Stomach  
Eyes  
Face

### Unspecific Words & Words that Overgeneralize

All  
Almost  
Bad  
Believe  
Close  
Every  
Good  
Great  
Near  
Pretty  
Ugly

### Other Commonly Repeated Words

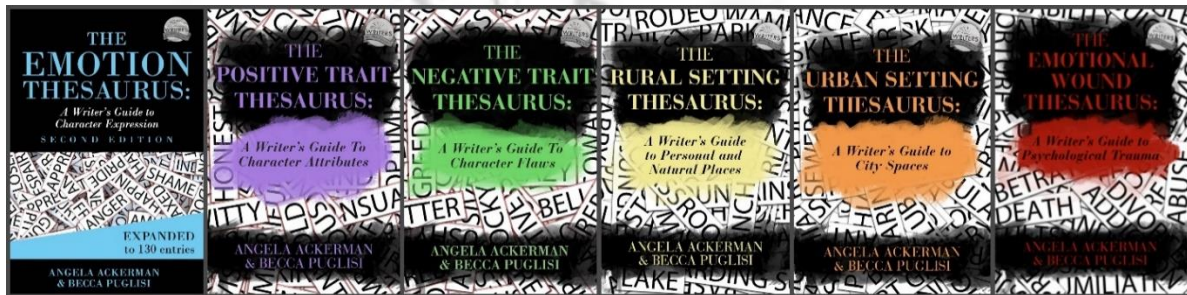
Across  
Adverbs ending in -ly  
Before/After  
As/Since/Because  
Could/Should/Would  
Down/Up  
Had/Have  
Just/Only  
Over/Under  
Really/Very  
Sudden/Suddenly  
That  
Well

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Have you ever had a critique partner or editor suggest you need to show, not tell? Angela Ackerman and Becca Puglisi have, which is why the two set out to learn as much as possible about showing and telling, and how to master both. To help others, they created the [Writers Helping Writers Thesaurus series](#), where they dive deep into an area of description and provide comprehensive lists of specific details that will help writers bring that element alive on the page.

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