

Redundant and Meaningless Words

Use this “starter” list to help you scale back (on the over-usage) and eliminate words that are just fillers and don’t move the story along.

Rubbed her/his eyes	Showcased	Slumped
Caressed	Had	Was
Looked	Pointed	She/he had
Yes	Once and for all	Disembark
The truth was	Sight-seeing	Fine
Truth	Frustrated	Cheap
Noticed	realized	overcame with emotion
goosebumps	whispered	swirl
spin	surreal	spotted
gestured	signaled	shrugged
make her/his way	stared	glared
smiled	looked	giggled
grinned	laughed	shook her/his head
motioned	hallway	entryway
running	reached	gathered
managed	stunned	twister
Fool	Al right	dear
surprised	touch	well
turned	rolled	oh
and you will	Nodded	Bathroom
crap	pulled	became
returned	toward	headed
All right	Scratched	Cocked
... (ellipses)	Say	Nudged

Curious	Wondered	Brain
Yes	Yeah	Squinted
Gawked	Hmm	Giggled
— (em dash)	as well	spun
Emotionally	Needs	Said
Okay	Ok	Became
Become	Should	Could
Would	And	Welled up
Tears	Cheeks	Face
Smirked	Loud	Out loud
Feeling	Tired	Worn out
Really	Sure	Of course