

Words to Avoid in Writing

	Category	Common Examples	Weak → Strong Example
	weak intensifiers	very, really, quite, totally, completely	He was very tired → He was exhausted
	filter words	felt, thought, noticed, realized, seemed	She felt nervous → She trembled
	filler words	basically, literally, simply, just	The result basically shows growth → The result shows growth
	informal language	kind of, sort of, a lot, pretty	The data is kind of unclear → The data is unclear
	absolutes and exaggerations	always, never, absolutely, best	This method always works → This method works in most cases
Avoid Entirely	clichés	at the end of the day, happy medium	At the end of the day, results matter → Ultimately, results matter
	emotional language	amazing, awful, beautiful, terrible	The results were amazing → The results were significant
	slang	cool, huge, bad	The increase was huge → The increase was substantial
	redundant phrases	in my opinion, due to the fact that, the reason is because	Due to the fact that data was missing → Because data was missing
	empty subjects	there is, there are, it is	There is a problem in the model → The model has a flaw
Use Carefully	first or second person	I, we, our, you, your	We analyzed the data → The study analyzes the data
	jargon	discipline-specific terminology	The system reached optimization → The system improved performance
	gender-biased language	Word stays lowercase unless proper noun.	Each student submits his work → Each student submits their work