

Filter Words to Reduce from Your Manuscript

Sight: see, saw, look, looked, looked like, noticed, observed, noticed, glimpsed, seemed, seemed to, spot, spotted

Smell: smell, smelled, smelling, whiff, whiffed

Hear: hear, heard, hearing, sound, sound of, listened to

Touch: feel, felt, feel like, feeling

Taste: taste, tasted, tasting, enjoy, relish, savor

Thought words: thought, knew, wondered, realized, wished, decided, remembered, recalled, pondered, questioned, felt, believed, deemed, discovered, suspect, suspected, understand, understood

Time words: suddenly, immediately, before, after

Causation words: made, cause, help, give, allow, enable, keep, hold, force, require

Add evidential adverbs and modal verbs to your manuscript

Evidential Adverbs: apparently, obviously, of course, clearly, surely, no doubt, naturally, likely

Modal verbs: can, could, may, might, must, shall, will, would

Resources for visceral reactions:

[The Emotion Thesaurus](#) by Angela Ackerman and Becca Puglisi

[Emotional Beats: How to Convert Your Writing into Palpable Feelings](#) by Nicholas C. Rossis

[Body Beats to Build On](#) by April W. Gardner

Books about Deep POV:

[Rivet Your Readers with Deep Point of View](#) by Jill Elizabeth Nelson

[Deep Point of View in Fiction](#) by Marcy Kennedy