



VERBS

THE MOST USED



1	Achieve	/ə'tʃi:v/	Raggiungere, ottenere	<i>She achieved her goal of passing the exam.</i>
2	Acknowledge	/ək'nɒlɪdʒ/	Riconoscere	<i>He acknowledged his mistake and apologized.</i>
3	Adapt	/ə'dæpt/	Adattarsi	<i>You must adapt to new environments quickly.</i>
4	Address	/ə'drɛs/	Affrontare	<i>The manager addressed the issue in the meeting.</i>
5	Adjust	/ə'dʒʌst/	Regolare, adattare	<i>She adjusted the volume of the TV.</i>
6	Advise	/əd'vaɪz/	Consigliare	<i>The doctor advised him to rest.</i>
7	Agree	/ə'ɡri:/	Essere d'accordo	<i>They agreed to meet at noon.</i>
8	Allow	/ə'laʊ/	Permettere	<i>The teacher allowed students to ask questions.</i>
9	Apologize	/ə'pɒlədʒaɪz/	Scusarsi	<i>She apologized for being late.</i>
10	Approve	/ə'pru:v/	Approvare	<i>The manager approved the new project.</i>
11	Cancel	/'kænsəl/	Annullare	<i>They canceled the concert due to rain.</i>
12	Cause	/kɔ:z/	Causare	<i>The delay caused a lot of problems.</i>
13	Claim	/kleɪm/	Affermare, reclamare	<i>He claimed he had seen a UFO.</i>
14	Compare	/kəm'peər/	Paragonare	<i>She compared the two products before buying.</i>
15	Complain	/kəm'pleɪn/	Lamentarsi	<i>He complained about the service at the restaurant.</i>
16	Confirm	/kən'fɜ:m/	Confermare	<i>She confirmed her attendance at the meeting.</i>
17	Convince	/kən'vɪns/	Convincere	<i>He convinced her to join the trip.</i>
18	Decide	/dɪ'saɪd/	Decidere	<i>We decided to go by train instead of flying.</i>
19	Delay	/dɪ'leɪ/	Ritardare	<i>The flight was delayed due to bad weather.</i>
20	Describe	/dɪ'skraɪb/	Descrivere	<i>He described the suspect to the police.</i>

Be Free English

21	Encourage	/ɪnˈkʌrɪdʒ/	Incoraggiare	<i>Her parents encouraged her to study abroad.</i>
22	Ensure	/ɪnˈʃʊər/	Garantire	<i>Please ensure that all windows are closed.</i>
23	Escape	/ɪˈskeɪp/	Scappare, sfuggire	<i>He escaped from the burning building.</i>
24	Estimate	/ˈɛstɪmeɪt/	Stimare	<i>The damage was estimated at \$1 million.</i>
25	Explain	/ɪkˈspleɪn/	Spiegare	<i>Can you explain this math problem?</i>
26	Express	/ɪkˈsprɛs/	Esprimere	<i>She expressed her opinion clearly.</i>
27	Fail	/feɪl/	Fallire	<i>He failed his driving test twice.</i>
28	Fear	/fɪər/	Temere	<i>She fears speaking in public.</i>
29	Forget	/fərˈɡet/	Dimenticare	<i>I forgot my keys at home.</i>
30	Forgive	/fərˈɡɪv/	Perdonare	<i>She forgave him for his mistake.</i>
31	Guess	/ɡes/	Indovinare	<i>Can you guess the answer?</i>
32	Handle	/ˈhændl/	Gestire	<i>She handled the situation well.</i>
33	Hesitate	/ˈhezɪteɪt/	Esitare	<i>Don't hesitate to ask for help.</i>
34	Hope	/hoʊp/	Sperare	<i>I hope to see you soon.</i>
35	Hurry	/ˈhʌri/	Affrettarsi	<i>We need to hurry or we'll miss the train.</i>
36	Ignore	/ɪɡˈnɔːr/	Ignorare	<i>He ignored my messages.</i>
37	Improve	/ɪmˈpruːv/	Migliorare	<i>She improved her English quickly.</i>
38	Include	/ɪnˈkluːd/	Includere	<i>The price includes breakfast.</i>
39	Increase	/ɪnˈkriːs/	Aumentare	<i>The demand for electric cars is increasing.</i>
40	Involve	/ɪnˈvɒlv/	Coinvolgere	<i>The project involves many people.</i>
41	Justify	/ˈdʒʌstɪfaɪ/	Giustificare	<i>Can you justify your decision?</i>
42	Lie	/laɪ/	Mentire	<i>He lied about his age.</i>
43	Manage	/ˈmænɪdʒ/	Gestire	<i>She manages a small business.</i>

Be Free English

44	Mention	/ˈmɛnʃən/	Menzionare	<i>He mentioned your name in the meeting.</i>
45	Misunderstand	/ˌmɪsʌndərˈstænd/	Fraintendere	<i>I misunderstood your question.</i>
46	Neglect	/nɪˈɡlɛkt/	Trascurare	<i>He neglected his studies.</i>
47	Obtain	/əbˈteɪn/	Ottenere	<i>She obtained a visa for Canada.</i>
48	Overcome	/ˌoʊvərˈkʌm/	Superare	<i>She overcame her fear of heights.</i>
49	Persuade	/pərˈsweɪd/	Persuadere	<i>He persuaded me to join the trip.</i>
50	Pretend	/prɪˈtɛnd/	Fingere	<i>She pretended to be asleep.</i>
51	Realize	/ˈriəlaɪz/	Rendersi conto	<i>I just realized I left my phone at home.</i>
52	Recognize	/ˈrɛkəɡnaɪz/	Riconoscere	<i>She didn't recognize me with my new haircut.</i>
53	Recommend	/ˌrɛkəˈmɛnd/	Raccomandare, consigliare	<i>Can you recommend a good book?</i>
54	Reduce	/rɪˈdjuːs/	Ridurre	<i>We need to reduce plastic waste.</i>
55	Refuse	/rɪˈfjuːz/	Rifiutare	<i>He refused to help us.</i>
56	Regret	/rɪˈgrɛt/	Pentirsi	<i>I regret not studying harder.</i>
57	Reject	/rɪˈdʒɛkt/	Rifiutare, respingere	<i>They rejected my application.</i>
58	Rely (on)	/rɪˈlaɪ/	Fare affidamento su	<i>You can rely on me for support.</i>
59	Remain	/rɪˈmeɪn/	Rimanere	<i>Only a few cookies remain in the jar.</i>
60	Remind	/rɪˈmaɪnd/	Ricordare (a qualcuno)	<i>Can you remind me to call my mom?</i>
61	Remove	/rɪˈmuːv/	Rimuovere	<i>She removed the stain from her shirt.</i>
62	Require	/rɪˈkwaɪər/	Richiedere	<i>This job requires experience.</i>
63	Resist	/rɪˈzɪst/	Resistere	<i>She couldn't resist eating the cake.</i>
64	Respond	/rɪˈspɒnd/	Rispondere	<i>He didn't respond to my email.</i>
65	Result (in)	/rɪˈzʌlt/	Portare a, risultare in	<i>The heavy rain resulted in floods.</i>

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66	Reveal	/rɪ'vi:l/	Rivelare	<i>He revealed his secret to me.</i>
67	Risk	/rɪsk/	Rischiare	<i>He risked losing everything.</i>
68	Satisfy	/'sætɪsfaɪ/	Soddisfare	<i>The meal satisfied my hunger.</i>
69	Schedule	/'skɛdʒu:l/	Pianificare	<i>The meeting is scheduled for 10 AM.</i>
70	Select	/sɪ'lekt/	Selezionare	<i>She selected a blue dress for the party.</i>
71	Separate	/'sepəreɪt/	Separare	<i>They decided to separate after 10 years of marriage.</i>
72	Serve	/sɜ:v/	Servire	<i>Dinner is served at 7 PM.</i>
73	Settle	/'setl/	Stabilirsi, risolvere	<i>They settled in a new city.</i>
74	Solve	/sɒlv/	Risolvere	<i>Can you solve this math problem?</i>
75	Specify	/'spesɪfaɪ/	Specificare	<i>Please specify your dietary preferences.</i>
76	Spill	/spɪl/	Rovesciare (liquido)	<i>She spilled coffee on her shirt.</i>
77	Spread	/sprɛd/	Diffondere, spalmare	<i>The news spread quickly.</i>
78	State	/steɪt/	Dichiarare	<i>He stated that he was innocent.</i>
79	Stick (to)	/stɪk/	Attenersi a	<i>She sticks to her diet.</i>
80	Strengthen	/'streŋθən/	Rafforzare	<i>Exercise strengthens your muscles.</i>
81	Struggle	/'strʌgl/	Lottare, avere difficoltà	<i>She struggled to finish her assignment.</i>
82	Submit	/səb'mɪt/	Consegnare, sottomettersi	<i>He submitted his application on time.</i>
83	Suggest	/sə'dʒɛst/	Suggerire	<i>Can you suggest a good restaurant?</i>
84	Supply	/sə'plaɪ/	Fornire	<i>The company supplies materials to factories.</i>
85	Support	/sə'pɔ:t/	Sostenere	<i>She supported her friend during hard times.</i>
86	Survive	/sər'vaɪv/	Sopravvivere	<i>He survived the accident.</i>
87	Suspect	/sə'spɛkt/	Sospettare	<i>I suspect he is lying.</i>
88	Tend (to)	/tɛnd/	Tendere a	<i>He tends to be late for meetings.</i>

89	Threaten	/ˈθreɪtən/	Minacciare	<i>He threatened to quit his job.</i>
90	Train	/treɪn/	Allenarsi, addestrare	<i>She is training for a marathon.</i>
91	Underestimate	/ˌʌndərˈestɪmeɪt/	Sottovalutare	<i>Don't underestimate your abilities.</i>
92	Undertake	/ˌʌndərˈteɪk/	Intraprendere	<i>She undertook a new project at work.</i>
93	Update	/ʌpˈdeɪt/	Aggiornare	<i>I updated my computer software.</i>
94	Upset	/ʌpˈset/	Turbare, sconvolgere	<i>The news upset him deeply.</i>
95	Urge	/ɜːrdʒ/	Esortare	<i>I urge you to reconsider your decision.</i>
96	Warn	/wɔːrn/	Avvertire	<i>She warned him about the storm.</i>
97	Waste	/weɪst/	Sprecare	<i>Don't waste your time on useless arguments.</i>
98	Weigh	/weɪ/	Pesare, considerare	<i>She weighed the pros and cons before deciding.</i>
99	Withdraw	/wɪðˈdrɔː/	Ritirare	<i>He withdrew money from the bank.</i>
100	Worry	/ˈwʌri/	Preoccuparsi	<i>She worried about the test results.</i>