

Essay Paraphrasing Table

125 practical groups for IELTS and PTE Writing

Choose by meaning - not just similarity.

These words and phrases are possible alternatives, but they are not interchangeable in every sentence. Check the grammar, meaning, formality and word combination before using one.

Word or phrase	Alternative 1	Alternative 2	Alternative 3	Alternative 4
agree	support	accept	share the view that	be in favour of
disagree	oppose	reject	do not support	hold a different view
I think	I believe	in my opinion	in my view	from my perspective
I believe	I think	I would argue that	it is my view that	I am convinced that
opinion	view	belief	perspective	point of view
argument	viewpoint	position	claim	line of reasoning
advantages	benefits	positive aspects	strengths	favourable outcomes
disadvantages	drawbacks	negative aspects	limitations	unfavourable outcomes
positive	beneficial	favourable	helpful	constructive
negative	harmful	unfavourable	damaging	adverse
impact	effect	influence	consequence	outcome
affect	influence	change	have an impact on	shape
cause	lead to	result in	bring about	contribute to
result	outcome	consequence	effect	impact
reason	cause	factor	explanation	basis
problem	issue	difficulty	challenge	concern
solution	answer	remedy	response	way to address the issue

Word or phrase	Alternative 1	Alternative 2	Alternative 3	Alternative 4
important	significant	essential	crucial	vital
necessary	essential	required	needed	vital
good	beneficial	positive	valuable	effective
bad	harmful	negative	damaging	undesirable
better	more effective	more beneficial	more suitable	preferable
worse	more harmful	less effective	more serious	less desirable
increase	rise	grow	expand	climb
decrease	fall	decline	reduce	drop
improve	enhance	strengthen	develop	make better
reduce	decrease	lower	minimise	cut
prevent	stop	avoid	reduce the risk of	protect against
solve	address	resolve	overcome	deal with
provide	offer	supply	deliver	make available
create	produce	develop	generate	establish
develop	improve	expand	advance	strengthen
encourage	promote	support	motivate	inspire
discourage	deter	prevent	reduce	make less attractive
allow	permit	enable	give the opportunity to	make it possible for
ban	prohibit	forbid	prevent	make illegal
control	regulate	manage	restrict	limit
consider	examine	assess	take into account	think about
discuss	examine	explore	consider	analyse
explain	clarify	describe	give reasons for	provide an explanation for
show	demonstrate	reveal	indicate	illustrate
suggest	propose	recommend	indicate	put forward

Word or phrase	Alternative 1	Alternative 2	Alternative 3	Alternative 4
believe	think	consider	argue	hold the view that
claim	argue	state	maintain	assert
many	numerous	a large number of	a considerable number of	a significant proportion of
some	several	a number of	certain	a proportion of
most	the majority of	a large proportion of	almost all	the greater part of
all	every	the whole	the entire	people as a whole
countries	nations	states	societies	parts of the world
developed countries	wealthy nations	advanced economies	industrialised countries	high-income countries
developing countries	developing nations	emerging economies	lower-income countries	less-developed nations
government	authorities	the state	policymakers	public administration
governments	national authorities	state authorities	policymakers	public institutions
people	individuals	members of society	the public	citizens
society	the community	the public	the population	people as a whole
youth	young people	younger generations	adolescents	young adults
children	young people	minors	younger members of society	school-aged children
teenagers	adolescents	young people	younger individuals	secondary-school students
adults	grown-ups	mature individuals	members of the adult population	working-age people
seniors	older people	senior citizens	older adults	the elderly
students	learners	pupils	young people in education	people studying
teachers	educators	instructors	teaching professionals	members of the teaching profession
workers	employees	members of the workforce	staff	working people
employers	companies	business owners	organisations	workplace managers
parents	mothers and fathers	caregivers	guardians	family members
families	households	family units	relatives	people living together
rich people	wealthy individuals	high-income earners	affluent people	financially secure people

Word or phrase	Alternative 1	Alternative 2	Alternative 3	Alternative 4
poor people	low-income individuals	disadvantaged people	people in poverty	financially vulnerable people
education	learning	schooling	academic development	formal instruction
university education	higher education	tertiary education	university study	academic study
school	educational institution	place of learning	learning environment	academic institution
knowledge	understanding	information	awareness	expertise
skills	abilities	capabilities	competencies	practical knowledge
technology	technological innovation	digital technology	modern tools	technical developments
the internet	online technology	the web	digital networks	online platforms
social media	social networking sites	digital platforms	online networks	social platforms
artificial intelligence	AI	intelligent technology	automated systems	machine-based technology
environment	natural world	ecosystem	surroundings	the planet
pollution	environmental damage	contamination	harmful emissions	environmental degradation
climate change	global warming	changes in the climate	the climate crisis	rising global temperatures
health	wellbeing	physical condition	state of health	physical and mental welfare
healthcare	medical care	health services	medical services	the healthcare system
lifestyle	way of life	daily habits	living habits	pattern of living
work	employment	a job	professional activity	occupation
job	occupation	position	employment	profession
workplace	work environment	place of employment	professional setting	organisation
money	income	financial resources	funds	finances
cost	expense	price	financial burden	amount paid
expensive	costly	high-priced	unaffordable	financially demanding
cheap	inexpensive	affordable	low-cost	economical
economy	economic system	national economy	financial system	economic conditions
business	company	enterprise	organisation	commercial activity

Word or phrase	Alternative 1	Alternative 2	Alternative 3	Alternative 4
crime	criminal activity	illegal behaviour	lawbreaking	unlawful conduct
criminals	offenders	lawbreakers	people who commit crimes	convicted individuals
punishment	penalty	legal consequence	sentence	disciplinary action
transport	transportation	travel services	public transit	means of travel
public transport	public transit	mass transportation	shared transport	buses and trains
traffic	road congestion	heavy traffic	crowded roads	traffic congestion
cities	urban areas	major centres	metropolitan areas	large towns
countryside	rural areas	regional areas	non-urban communities	remote areas
housing	accommodation	homes	residential property	places to live
culture	traditions	way of life	cultural practices	social customs
traditional	conventional	long-established	customary	historic
modern	contemporary	present-day	current	up-to-date
worldwide	globally	internationally	around the world	across the globe
nowadays	today	currently	in modern society	in the present day
in the future	in years to come	in the coming years	in the long term	in future generations
change	transformation	development	shift	alteration
choice	option	decision	alternative	preference
opportunity	chance	possibility	opening	prospect
responsibility	duty	obligation	role	accountability
freedom	independence	liberty	ability to choose	personal choice
successful	effective	prosperous	accomplished	achieving good results
equal	fair	balanced	equivalent	the same
inequality	unfairness	imbalance	unequal treatment	social disparity
major	significant	serious	considerable	substantial
common	widespread	frequent	typical	widely seen

Word or phrase	Alternative 1	Alternative 2	Alternative 3	Alternative 4
controversial	debatable	disputed	widely discussed	open to disagreement
more and more	an increasing number of	increasingly	a growing number of	a rising proportion of
less and less	a decreasing number of	increasingly fewer	a declining amount of	a smaller proportion of
advantages outweigh disadvantages	benefits are greater than the drawbacks	positive aspects are more significant	strengths exceed the limitations	overall effects are beneficial
to what extent	how far	to what degree	the degree to which	how strongly
do you agree or disagree?	do you support or oppose this view?	what is your position?	do you accept this argument?	how far do you support this idea?
discuss both views	examine both perspectives	consider both sides	analyse both positions	explore the two arguments
give your opinion	present your view	state your position	explain your perspective	provide your personal judgement

Teacher tip: paraphrasing means expressing the same idea accurately in a different way. It does not mean replacing every word with a synonym.