Here is a quick guide to some of the verbs that introduce quotations and paraphrases.

**All-Purpose Verbs**

These are neutral: Source says that… (also: *writes, adds, notes, comments*)

These indicate how strongly the source feels about the information: Source emphasizes that… (also: *affirms, asserts, explains, suggests, hints*)

These indicate that the information is a problem for the source: Source admits that… (also: *acknowledges, grants, allows*)

**Verbs for Argued Claims**

These are neutral: Source claims that… (also: *argues, reasons, contends, maintains, holds*)

These indicate that you find the claim convincing: Source proves that… (also: *shows, demonstrates, determines*)

**Verbs for Opinions**

These are neutral: Source thinks that… (also: *believes, assumes, insists, declares*)

These indicate that you find the opinion weak or irresponsible: Source wants to think that… (also: *wants to believe, just assumes, merely takes for granted*)

**Verbs for Matters of Judgment**

Source judges that… (also: *concludes, infers*)