Here is a quick guide to some of the verbs to use for claims, facts, opinions, inferences, guesses, or any other kind of information in a source.

**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)