**Appendix A: The WHIRL**

**“Reduced”**

Cut

Sunk

Sliced

Killed

Exiled

Struck

Stifled

Blazed

Sacked

Blitzed

Popped

Slashed

Deleted

Tackled

Crushed

Torched

Stormed

Dropped

Rammed

Stomped

Chopped

Depleted

Trimmed

Slammed

Thrashed

Shredded

Thwarted

Removed

Squashed

Disrupted

Bulldozed

Destroyed

Abolished

Pummeled

Decimated

Eradicated

Massacred

Smothered

Conquered

Hammered

Stampeded

Incinerated

Plummeted

Obliterated

Diminished

Vanquished

Extinguished

**“Increased / Strengthened”**

Grew

Jolted

Spread

Surged

Jumped

Inflated

Pumped

Boosted

Polished

Enlarged

Morphed

Bolstered

Upgraded

Enhanced

Expanded

Amplified

Magnified

Optimized

Electrified

Multiplied

Intensified

Maximized

Skyrocketed

**“Led”**

Drove

Bossed

Headed

Helmed

Reigned

Directed

Presided

Oversaw

Managed

Propelled

Governed

Anchored

Conducted

Supervised

Architected

Commanded

Championed

Orchestrated

Spearheaded

Quarterbacked

**“Started, but unfinished”**

Set

Staged

Fueled

Ignited

Primed

Piloted

Sparked

Charged

Powered

Prepared

Activated

Launched

Catalyzed

Rolled-out

Catapulted

**“Secured”**

Bound

Braced

Walled

Locked

Readied

Blocked

Cinched

Guarded

Fortified

Clamped

Clenched

Protected

Defended

Hardened

Wrangled

Prevented

Rigidified

Tightened

Barricaded

Garrisoned

Safeguarded

Locked down

**“Fixed”**

Patched

Purified

Revived

Restored

Repaired

Rectified

Cleansed

Resolved

Doctored

Corrected

Stabilized

Debugged

Dispatched

Revitalized

Rejuvenated

Resuscitated

Counteracted

Responded to

**“Avoided”**

Juked

Eluded

Evaded

Dodged

Averted

Escaped

Held off

Bypassed

Suppressed

Warded off

Outmaneuvered

**“Ensured”**

Evoked

Yielded

Fostered

Produced

Provoked

Manifested

Resulted in

Guaranteed

**“Critical”**

Key

Vital

Focal

Grave

Urgent

Pivotal

Drastic

Serious

Crucial

Integral

Lifeline

Perilous

Colossal

High-pri

Linchpin

Climactic

Important

Imperative

Dangerous

Significant

Momentous

Monumental

**“Vulnerability”**

Gap

Flaw

Hole

Fault

Threat

Defect

Fissure

Exploit

Weakness

Deficiency

Shortcoming

Attack vector

**“Controlled”**

Stalled

Calmed

Limited

Quelled

Isolated

Delayed

Numbed

Subdued

Enclaved

Outpaced

Cordoned

Deadened

Regulated

Contained

Restrained

Suppressed

Surrounded

Constrained

Quarantined

Tranquilized

**“Finished”**

Aced

Ruled

Ended

Outdid

Eclipsed

Mastered

Prevailed

Outpaced

Surpassed

Completed

Conquered

Dominated

Vanquished

Surmounted

**“Trained”**

Drilled

Taught

Molded

Educated

Groomed

Instructed

Sharpened

Developed

**“Stellar”**

Superb

Red-hot

Esoteric

Flawless

Superior

Faultless

Versatile

Point man

Herculean

White-hot

Unrivalled

Outshining

Unmatched

Astounding

Dominating

Magnificent

High-octane

Phenomenal

High-caliber

Unsurpassed

Multifaceted

Unparalleled

Unblemished

Hard-charging

**“Warrior”**

Chief

Sentry

Battler

Expert

Master

Fighter

Warden

Sentinel

Guardian

Protector

Defender

Gladiator

Blackbelt

Champion

Conqueror

Vindicator

Dominator

Practitioner

**“Praised”**

Lauded

Exulted

Boasted

Vaunted

Honored

Esteemed

Acclaimed

Resounded

Spotlighted

Highlighted

Gasconaded

Commended

Aggrandized

**“Improved”**

Reshaped

Reformed

Optimized

Revamped

Streamlined

\*See “increased/ strengthened” section\*

**“Beat” (as in a deadline)**

Outran

Dusted

Blasted

Eclipsed

Outpaced

Exceeded

Surpassed

Obliterated

**“Earned”**

Won

Scored

Reaped

Merited

Secured

Attained

Clinched

Captured

Obtained

Acquired

Garnered

Achieved

Triumphed

\*See “finished” section”

**“Monitored”**

Tested

Traced

Sniped

Studied

Gauged

Audited

Tracked

Scanned

Assessed

Surveyed

Analyzed

Inspected

Eagle eye

Evaluated

Examined

Computed

Scrutinized

Investigated

Watchdogged

**“Skills/Skilled”**

Deft

Craft

Forte

Adept

Gifted

Adroit

Expert

Talents

Finesse

Toolset

Abilities

Talented

Regimen

Expertise

Strengths

Ingenuity

Repertoire

Proficiency

Knowledge

Skillfulness

Capabilities

Inventiveness

**“Wrote”**

Inked

Coded

Signed

Indited

Scribed

Scripted

Conjured

Finalized

Authored

Composed

Committed

Formulated

Transcribed

**“Setup for”**

Set

Staged

Primed

Outlook

Readied

Prepared

Projected

Forecasted

Calculated to

\*See “started, but unfinished” section\*