

ILCRA September 2018

THE POWER OF PRACTICE

HOW TO GET THE MOST OUT OF PRACTICE

NOERNT (Northwestern) first outline shared with Chicago
Freelance Reporters

My mantra: I don't know what you don't know

SOME WORDS I'VE SEEN WRITTEN IN TWO STROKES

also, okay, all right, relevant, doctor, prefer, privilege,
issue, family, later, detail, effort, without, practice, fluid

STENO: -LS, OEK, L-RT, R-LT, DR-, PREFR, PRIF, OIRB,
FAEM, LAERT, DAOET, EFRT, WOUT, PRA, FLAOUUD.

And you might as well say AND is two strokes if you're
writing AND. Please stop. See "and" section below.

F for S

PAS = pass, PAFT = past, PAFD = passed

LOZ = lose; LOS = loss; LAUFT = lost (or LOFT)

ROES = rose, ROEFT = roast

POES = pose, POEFT = post

LAOES = lease; LAOEFT = least; LAOEFD = leased

(leafed would be LEAFD)

KOEFT = coast

KOFT = cost (or KAUFT)

BAOEFT = beast *

BAOFT = boost

BOEFT = boast

HOFT = honest; HOFLL = honestly

HAOEFT = honesty

HOEFT = host

HOIFT = hoist

WORS = worse; WOFRT = worst

WRIFT = wrist; KAFT = cast

TRIFT = terrorist

BLAFT = blast

RAOUS = ruse; RAOUFT = roost

KW*EFT = quest; KWES = questions

PAST TENSE *Parens (4025) denotes number of times used.

SKAOUS = excuse; SKAOUFD = excused; SKAOUFG = excusing

FAIF = face; FAIFG = facing; FAIFD = faced

STREFD = stressed; SKUFD = discussed (4025); FAIFD = faced;

SPREFD = expressed, KPREFD = compressed

RAOE/GREFD = regressed

HOUFD = housed; HOUFG = housing

KRAOIFS = crisis; KRAOIFSZ = crises

BAIS = base; BAIFS = basis (3793);

BAIFSZ = bases; BAIFD = based

PROEFS = process (1999); PROEFD = processed (53);

POEFS = possess

S and -FM

RAIFM = racism

PRIFM = prism

KUFM = custom (KRAP = custom and practice)

SIN/SIFM = cynicism

BLIFM = embolism

PLIFM = pulmonary embolism

RAOUM/TIFM = rheumatism

SKEPT/SIFM = skepticism

TRIFM = terrorism

MIFM = metabolism (92)

KRIFM = criticism

AUFM = autism

GRIFM = algorithm

THE –SK endings

RIFK = risk

DEFK = desk

DIFK = disk

MAFK = mask

FRIFK = frisk

FLAFK = flask

KLAFK = classic

BAIFK = basic

HOR/IFK = horrific

BRIFK = brisk

BRUFK = brusks

TAFK = task

WHIFK = whisk

BAFK = bask

STRIFK = asterisk

DUFK = dusk

FRIFK = frisk

VIFT(s) = visit(s)

HOFT = honest; HAOEFT = honesty

BAOES = obese; BAOEFT = obesity

SKWIFT = exquisite

SKES = success; SKEFL = successful

SUPERLATIVES

GRAIT/EFT = greatest – firmest – longest - widest –
smartest – ugliest – sincerest – firmest - deepest

RIFK/YEFT = riskiest

HAEP/YEFT = happiest

PRET/YEFT = prettiest

SUFFIX IST

TIV/IFT = activist

ARS/NIFT = arsonist

YAOURLG/IFT = urologist

HOPT/IFT = hospitalist

SKIFT = consist

FOIFT = foist

OPT/MIFT = optimist

KEM/IFT = chemist

SOME MEDICAL SPECIALTIES:

KROIFT = cardiologist

GOIFT = gynecologist

GROIFT = gastroenterologist

SKOIFT = psychologist (or SKLOIFT)

TROIFT = internist

KLOIFT = oncologist

ROIFT = radiologist

PROIFT = orthopedist

SKRIFT = psychiatrist

LOIFT = anesthesiologist *

THE “astic” ending

PLAFK = plastic (531)

SPAFK = spastic

STIFK = statistic

STRIFK = asterisk

DRAFK = drastic

LO/JIFK = logistic

KRIFK = characteristic

OPT/MIFK = optimistic

BLIFK = ballistic

NAR/SIFK = narcissistic

FAN/TAFK = fantastic

AU/TIFK = autistic (or AUFK)

SAR/KAFK = sarcastic

YAOUF/MIFK = euphemistic

LO/JIFK = logistic

AR/TIFK = artistic

RAOEL/IFK = realistic

LING/WIFK = linguistic

SIM/PLIFK = simplistic

BTW, I'm loving the final -V = FB

Active TIFB

OH, THOSE Z WORDS!

SD- = Z

ZAOIT = anxiety

ZAOEN = magazine

ZON = Amazon

ZEN = citizen

SUFFIX OIFD = ized; OIFG = izing; OIFS = izes

RAN/DOM/OIFD = randomized; MOEBL/OIFD = mobilized

STRAJ/OIFG = strategizing; GOER/OIFG = categorizing

VID/OIFG = individualizing; VID/OIFS = individualizes

SUFFIX plasty = PLAOEFT

THRO/PLAOEFT = arthroplasty

ANG/PLAOEFT = angioplasty

SUFFIX scopy = SKAOEP

THRO/SKAOEP = arthroscopy

LAP/SKAOEP = laparoscopy

LAP/SKIK = laparoscopic

-DZ for “ing” (thank you, Mark Kislingbury)

SUGTDZ = suggesting

URJDZ = urging

STUNGDZ = stunning

SINGDZ = singing

AIJDZ = aging

STINGDZ = stinging

KHARJDZ = charging

RUNDZ = running

BEGDZ = begging

LAOIKDZ = liking

RINGDZ = ringing

KLENGDZ = challenging

BLONGDZ = belonging

AKTDZ = acting

KHAINGDZ = changing

PLUNGDZ = plunging

“IBL/EBL” WORDS

HEBL = hello

JEBL = jello

PIBL = pillow

FEBL = fellow

MEBL = mellow

BEBL = bellow

BIBL = billow

SWABL = swallow

*HOBL = hollow

SHABL = shallow

WABL = wallow

BREBL = umbrella

- HO*BL = hobble

Bonus: BIBLDZ = billowing (billowing smoke was seen)

Yes, this was in my practice on World News Tonight. The fire at Trump Tower.

SOME MORE USEFUL “IBL” words

SEBL = acceptable

K-BL = accountable; K-BLT = accountability

VIBL = visible; VIBLT = visibility

SPOBL = responsible; SPOBLT = responsibility

POBL = possible; POBLT = possibility

PROBL = probable; PROBLT = probability

K-FRT = comfort; K-FRBL = comfortable

LOUBL = allowable; LOUBLT = allowability

PLIBL = applicable; PLIBLT = applicability

PORBL = portable; PORBLT = portability

VAIRBL = variable; VAIRBLT = variability

MY NEW FAVORITE OUTLINE

TWAK = attack; TWAKDZ = attacking

TA DA!

TWAOUR = tour (takes care of the “to your” issue.)

SUFFIX –ND

WEAK/-ND = weakened; LES/-ND = lessened

WAOEKD = weekend

SUFFIX –NS (4336)

WAEK/-NS = weakness; LAOIT/-NS = lightness

PROEPT/-NS = appropriateness; BIRT/-NS = bitterness

SUFFIX –NG (ening)

FAS/-NG = fastening

DAOEP/-NG = deepening

Some IN words

NORPT = incorporate

NORPGS = incorporation

NOEFT = innovate

NOEFGS = innovation

NIFBL = invisible

NAD/VERNT = inadvertent

NAK/URT = inaccurate

NOURJ = encourage

DIMT = indictment

SPWRENGS = intervention

NOP/RABL = inoperable

NOP/TIF = inoperative

NORD/AIT = inordinate

NAIRBT = inpatient

KWIR = inquire (KWAQIR = inquiry)

SNERT = insert; SNERGS = insertion

SNAOID = inside

SNED = instead

SNIGS = incision

SNIFT(S) = insist(s)

SNAUL = install; SNAULGS = installation

SNANT/YOUS = instantaneous

SNAOUT = institute

SNAOUGS = institution

SNULT = insult

SNIFT = insist

STANT = instant – STANL = instantly

STINGT = instinct

SLAIT = insulate; SLAIGS = insulation

STRUKT = instruct; STRUKS = instruction

N-PT = inspect; N-PGS = inspection

NAK/TIFT = inactivity

NAKT = enact

WAID = invade; WAIGS = invasion

WOIS = invoice; WOIFD = invoiced; WOIFG = invoicing

FAOR = inferior; SPAOER = superior; STAOR = exterior;
AER = anterior; POER = posterior;

Tuck the R

KPURT = computer

SMAURL = smaller

BERT = better

PRAOIRM = primary

RAIRP = repair

TRAIRL = trailer

DRERKT = director

MOERT = motor

SURM = summary

SKAOURM = consumer

BOURND = boundary

WOERK = worker; KWOERK = coworker

SWORK = social work; SWOERK = social worker

TUCK THE N

BAENT = beaten

FRAOINT = frighten; FRAOIND = frightened

THRENT = threaten; THREND = threatened

SHORNT = shorten; SHORND = shortened

TAOINT = tighten; TAOIND = tightened

TUCK THE E, DROP THE E

SENGS = essential (310); SAENGS = essentially (1143)

PLAENT = planet

SKAIP = escape

KWIP = equip

VAENT = event (2884); VAENTS = events (2539)

LEKT = elect; LEKS = election

STIMT = estimate; STIMGS = estimation

TUCK OR DROP THE A - F for S

WAU = away (718 in 14 months)

LARM = alarm - BLARM bed alarm - FLARM fire alarm

JAUFT = adjust; JAUFMT = adjustment

FAORD = afford

BORGS = abortion

DAPT = adapt; DOPT = adopt

BRUPGS = abruption

SLUT = absolutely; SLUL = absolutely

BAOUS = abuse; BAOUFD = abused

SKLAERT = accelerate

SEBL = acceptable; SEBLT = acceptability

K-T = account; KANT = accountant

KAOUS = accuse; KAOUFD = accused

SID = acid

KWAINT = acquaint

KWIT/AL = acquittal (or KWILT) in which case quilt would be KW*ILT

TWAER = actuary

KAOUT = acute

DRAES(D) = address(d)

JAOURN = adjourn

DULT = adult

VANS = advance

VAOIZ = advise

FEKT/FAEKT = effect/affect

FAORD = afford

JILT = agility

LAOEF/YAIT = alleviate

LER/JIK = allergic

BLAURT = ambulatory

MERN = American

MERK = America

MAONG = among

POLG = apology

JAOIZ = apologize

ROEB/IK = aerobic

SPRIN = aspirin

THRAOITS = arthritis

SERGS = assertion

SNANS = assistance

SOERBT = associate

SAOUM = assume

STRIFK = asterisk

SMA = asthma

THRAET = athlete

WAURD = award

HAOLD = ahold

TAEND = attend; TAENGS = attention

LAON = alone (1471)

KEL = ankle

GEL = angle

GRE = degree (4562)

GRAE = agree (7445); GRAEMT = agreement

TAFP = attach; TAFPLT = attachment

TAEMT = attempt

SAOM = assume (6373)

SUFRPGS = assumption

FRAID = afraid

SHURNS = assurance

KHAEF = achieve (KHAOEF = chief)

HAED = ahead

POIMT = appointment

TROS/TAES = atrocities

KAORD = accord; KAORGD = according

BAOUS = abuse; BAOUFD = abused; BAOUFG = abusing

RAOIV = arrive; RAOIFL = arrival (RAO*IFL = rifle)

LERT = alert

WAUR = aware (523); WAUF = aware of (643);

WAUFT = aware of the

WRAUR = were you aware; WRAUF(T) = were you aware of (the)

RAUR = are you aware; RAUFT = are you aware of the

DM,DW =

DM for "admin"

DM-R = administer

DMISH = admonish

DMIT = admit

DMIGS = admission

DMIFBL = admissible

DMIFL = dismissal

DMAOIR = admire

DWAOID = divide

DWAOIS = device

DWAOIZ = devise

DWEP = develop

DWOET = devote (70)

DWAOIN = define

DM-GS = administration (24 since June '18) (1265 since '03 in two strokes, AD/M-GS)

RE

WREFRB = reserve (or REFRB)

PREFRB = preserve

WRERS = reverse

RAOKT = react

RAOIBL = reliable; RAOIBLT = reliability

TUCK THE L

SUD/SULD = sudden/suddenly

KPLET/KPLELT = complete/completely

LAIT/LAILT = late/lately

VID/VILD = individual/individually

SLUT = absolute; SLULT or SLUL = absolutely

BAIFL = basically

SERNL = certainly (6981)

PRAOIRL = primarily

KURNL = currently

K-NL = conditional

TUCKING THE G

KAIGT = indicating (1329)

KAEGT = (indicating) (6,822)

PUGT = putting; STARGT = starting; SPLOEGD = exploding;

FAOINGD = finding; HEGD = heading; SPAOEGD =

speeding; RARGD = regarding

KAOUFG = accusing (F for S and tucked G)

TUCKING THE Y

SKOFR = discover; SKOEFR = discovery

DLIFR = deliver; DLAIFR = delivery (1351)

SENGS = essential; SAENGS = essentially (1143)

PERNL = personal; PAERNL = personally

CONS words

SKULT = consult; SKULG = consulting; SKULGS =
consultation

SKENT = consent

SKINT = consistent (1950); SKINL = consistently

SKAOED = concede (SKAED = succeed)

SKOL/DAIT = consolidate

SKOR/SHUM = consortium

SKUFRPGS = consumption

SKEN/SUS = consensus

SKEPT = concept; SKEPGS = conception

SKAOEL = conceal

SKAOURM = consumer

CONV words

KWAY = convey

KWIKT = convict; KWIKS = conviction

KWAEN = convene (KWAOEN = queen)

KWINS = convince

KWAIR = questionnaire

CONS words

SKOL/DAIT = consolidate

SKEN/SUS = consensus

SKAOIS = concise

THE USEFUL INITIAL S

SWARNT = search warrant

SFOEN = cellphone

SGLASZ = sunglasses

SWORK = social work/SWOERK = social worker

OJ = oxygen; SOJ = oxygen saturation; SOJS = oxygen saturations

SMAOED = social media

Using suffixes

-G = ing

-D = -ed

-Z = -es

LET'S TALK ABOUT BANK/TANK/SANK

BAUNG/TAUNG/SAUNG

PARG = parking (4158)

WAUG = walking (3258)

TAUG = talking (19,706)

WORG = working (12,513)

The power of F

L-F = all of (4544)

L-FT = all of the

L-UFS = all of us

L-FS = all of a sudden

LO-F = lot of; LO-FT = lot of the

WUF = one of (7297); WUFT = one of the (5962)

SM-F = some of (4598); SM-FT = some of the (4568)

FREF = friend of (399); FREFT = friend of the

TAOIF = type of (7812); KAOIF = kind of (17,953)

GROUF = group of (927); FREF = friend of

BIF = bit of; BLIT = a little bit; BLIF = a little bit of

OUF = out of (10,575); OUFT = out of the (2703)

BAUF = because of (1,457); BAUFT = because of the (984)

PROUF = proud of; PROUFT = proud of the

MOEF = most of; MOEFT = most of the (872)

BOEF = both of; BOEFT = both of the

POIF = point of

SPAOIF = spite of

FRAIF = afraid of

SOFR = sort of (6,208); SOEFR = so far

STAIF = state of

PAOEF = piece of (1,044)

NIF = any of

SPOEF = spoke of

KAIFR = care of

WAIFR = aware of

MOFR = more of

THOF = thought of

FROF = front of

PAFR = part of

HAEF = ahead of (555)

NOUF = in and out of; NOUFT = in and out of the

RHPEs

YA = I can't

-R = remember

YO = I don't

-RL = recall

YI = I didn't

-BL = believe

YU = I couldn't

-PT = want

-S = say

-Z = see (rhymes with Z)

-RG = agree

-F = have

-G = go

-GS = guess/goes (they both work)

-NG = think

-NGS = think so

-FL = feel

-RZ = recognize

=GT = get

-FR = ever

OTHER ENDINGS

-KD = could

-BS = said

-LD = would

-BD = did

-FP = much

A couple of words that were asked about at convention

FERGT = forget; FORGT = forgot

(I can't remember the other one!)

AND AND AND AND AND AND AND AND

AN- SKP SKW AN- SKP SKW AN- SKP

BUT PLEASE! NO A-N-D.

CONTRACTIONS

UL = you will; *UL = you'll (4164)

ULD = you would; *ULD = you'd

UFD = you have had; *UFD = you've had (706)

UF = you have; *UF = you've

THA*UFB; THA*UFG; THA*UFD

ELD = he would; *ELD = he'd (667)

SHELD = she would; SH*ELD = she'd

SHED = she had; SH*ED = she'd

WED = we had; W*ED = we'd

WEFD = we have had; W*EFD = we've had

IFD = I have had; *IFD = I've had

THEFD = they have had; TH*EFD = they've had

THEFG = they have gone; TH*EFG = they've gone

THEL = they will; TH*EL = they'll

ILD/ID = I would/I had; *ILD = I'd

ILDZ = I would say; *ILDZ = I'd say

THAT I – agree, am, believe, believed, can, could, did, ever, feel, get, go, got, guess, have, had, have been, have gone, have had, know, object, recall, recalled, recollect, remember, said, see, think, think so, understand, want, wanted, was, wasn't, will, would, would say, I'll, I'm, I've, I've had

THAIRG; THAIM; THAIBL; THAIBLD; THAIK; THAIKD;
THAIBD; THAIFR; THAIFL; THAIGT; THAIG; THA*IGT;
THAIGS; THAIF; THAID; THAIFB; THAIFG; THAIFD; THAIN;
THAIBT; THAIRL; THAIRLD; THAIRKT; THAIR; THAIBS;
THAIZ; THAING; THAINGS; THAINDZ; THAIPT; THAIPTD;
THAIFS; THAIFNT; THAIL; THAILD; THAILDZ; THA*IL;
THA*IM; THA*IF; THA*IFD.

FO = for in phrase

FOT = for the

FOIT = for it

FAO = for a

TPHOER = for her

TPAOIL = for a while (FAO*IL = file)

FOUR = for your (FOIR = four)

Q&A EXTENSIONS

STKPWHROU = Now,

STKPWHR-L = Well,

STKPWHROEBG = Okay.

STKPWHRAPB = And

STKPWHR-RT = All right.

NO-FRPBLGTS = A. No.

SNO-FRPBLGTS = A. No, sir.

R-FRPBLGTS = A. Right.

YE-FRPBLGTS = A. Yes.

SKWRE-FRPBLGTS = A. Yes, sir.

KR-FRPBLGTS = A. Correct.

HR-FRPBLGTS = A. All right.

K-FRPBLGTS = A. Okay.

W-FRPBLGTS = A. Well,

SH-FRPBLGTS = A. Sure.

LEM = let me; LEMT = let me tell

TA = at that (I write "take" TAIK)

YUM = you know what I mean?

YUMS = you know what I'm saying?

PROEKT = protect; PROEKS = protection

STROI = destroy; STROID = destroyed

VIM = victim

ERL = early; YERL = earlier

FRIF = forgive; FRIFN = forgiven

MAEK = mistake

RAOELS = release

SPWR-L = international

SPWR-T = internet

TROERBS = atrocious

KREF = access; KREFD = accessed

KREFBL = accessible

SWAOIF/SWAOIFR = survive/survivor

WRAU/WRAUN = withdraw/withdrawn

increase KRAOEF/increasing KRAOEFG

decrease DRAOEF/decreasing DRAOEFG

PRAUFK, PRAUFL = prophylactic, prophylactically

Some “and” phrases

SKPURP = and you were

SKPWER = and we are

SKPIT = and it

SKPUR = and your

SKPE = and he

SKPI = and I

SKP-BD = and did

SKP-U = and you

SKP-T = and the

SKPO = and so

SKPULD = and you would

SKPEN = and then (1230)

SKPILD = and I would

SKP-RP = and were

SPKIPT = and I want

SKP*UF = and you've; SKP*UFB = and you've been

SKPITS = and its; SKP*ITS = and it's

SKPOUG = and how long

BEGINNING PHRASES

WOURG = would you agree

KURG = can you agree

DOURG = do you agree

LURG = will you agree

STURP = is it your opinion

WURP(S) = with your opinion(s)

NURP = in your opinion

NURPGS = in your deposition

FOURP = for your opinion

SPWR-BGS = intersection

PER = per; P-FT = perfect

Do not waste the left side of the keyboard if you can help it! Here are a few: Alley LAEL; artery RAERT; access KREF; lesson SLON; ocean SHAN; ROERN = owner

Words in SC 220 Literary I wrote in one stroke

YAOUFRT = university

YAOUFRM = uniform (9)

FLOEKS = folks

WUF = one of

POPGS = population

KHAINGDZ = changing

BERT = better

SLON = lesson

BAIFK = basic

SHAN = ocean

OUFT = out of the

VAOIRMT = environment

KLENGS = challenges

HAOEFL = hopefully

VAU = value

N-PT = inspect

PIBL = pillow

PLAIFD = placed

TAFK = task (5)

EP = especially

WIMD = wisdom

SIFRPL = simple

PLIRBD = accomplished

NOURJ = encourage

BROEN = broken

S*UFR = surf

PALD = paddle

KOEFT = coast

WIRNT = winter

PLUNGDZ = plunging

KWAL = equal

TAUFD = tossed

SKAED = succeed

S-GTS = sergeants

SHAOUG = sugar

Words in LEGAL 230 I wrote in one stroke

RAOEF(D) = review(d)

SKOURT = Circuit Court

KWIKD = convicted

FRAL = federal

MULT = multiple

KLUG = including

SPR- = conspiracy

KWIKSZ = convictions

FAOIRM = firearm

N-FD = informed

LOUD = allowed

PAOURNT = pursuant

PRAOF = approve

VAOIM = vitamin

PROFL = approval

SPWROUFD = introduced

FOERGS = information

MARKT = market

PERMT = permit

MAELD = immediately

BAIND = obtained

PORMD = performed

KMUNT = community

KMIMT = commitment

KRAIR = character

HOFT = honest

SOLD = solid

PRAOEFT = priest

KHUFP = church

HARL = harmful

DRERKT = director

RAEFL = relief

PUB = public

GRAED = agreed

KPWOEFD = imposed

AEG = agency

KRIL = criminal

SAOEKDZ = seeking

DOUMT = document

DMITD = admitted

AKTDZ = acting

HOER = history

IJ = image

GENS = against

BAOUFD = abused

SKREGS = discretion

PAEL = appeal

SDIGS = decision

GRAE = agree

PLIKT = applicant

BAIFD = based

MAIJ = major

FLAOE = felony

BLONGDZ = belonging

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