

# PSYCHOLOGICAL GESTURE CHEAT SHEET



## Push

Thrust, Press, Nudge, Jolt, Force, Propel, Poke, Prod, Spread, Drive, Punch



## Pull

Drag, Haul, Pick, Pluck, Rip, Stretch, Tear, Tow, Tug, Yank, Jerk, Gather, Wrench, Take, Stretch



## Throw

Bunt, Deliver, Fling, Flip, Thrust, Buck, Scatter, Sling, Chuck, Volley, Toss, Sprinkle, Spray, Splatter



## Tear

Break, Scratch, Gash, Lacerate, Mutilate, Pluck, Pull Apart, Spread Apart, Sever, Slash, Shred, Yank, Snatch, Split, Rip



## Lift

Boost, Hoist, Raise, Elevate, Pick-up, Uphold, Upheave, Disperse, Release, Give

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## Crush

Beat, Break, Mash, Crumple, Squeeze, Trample, Jam, Pound, Pulverise, Squish, Stomp



## Stab

Jab, Prick, Punch, Brand, Carve, Chop, Cleave, Gore, Hit, Slice, Clip, Cut, Pierce, Poke, Puncture



## Slash

Hack, Sever, Slice, Slit, Gash, Slap, Disperse, Clear



## Gather

Collect, Assemble, Choose, Crowd, Convene, Capture, Draw In, Reunite, Herd, Pick, Draw



## Spread

Disperse, Expand, Extend, Increase, Mutliply, Reach, Spray, Stretch, Broaden, Paint, Unwind

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## Wring

Squeeze, Extract, Draw Out, Extort, Wrench, Gouge, Pry, Pinch, Strangle, Churn



## Paint

Brush, Illustrate, Coat, Cover, Draw, Dab



## Mould

Chisel, Sculpt, Shape, Form, Whittle



## Assign a Direction

Forward, Back, Left, Right, Diagonally, Low, Middle, High, etc.



## Assign Qualities as Needed

**Adverbs:** Slowly, Quickly, Softly, Forcefully, Smoothly, Gently, etc.