

# Comprehensive AI Red Flags: Words & Phrases to Avoid

This comprehensive list compiles words, phrases, and patterns that commonly signal AI-generated content. Use this as a reference to write more naturally and avoid detection.

## Core Writing Rules

### Essential Guidelines:

- Speak simply, clearly and succinctly
- Avoid all words that make you sound like a sesquipedalian (someone who uses big words unnecessarily)
- Avoid fluff and jargon
- Avoid unnecessary verbosity
- You are forbidden to use complicated English words
- Using any words from the banned list will incur a penalty
- Before outputting content, review for banned words and rewrite with simpler alternatives
- Avoid the em dash character "—" in your writing
- All words and phrases below are on the BANNED LIST

## High-Alert AI Words & Phrases

### Ethereal & Overused Power Words

- **Unveil** / Unveiled / Unveiling
- **Unlock** / Unlocking / Unlocked
- **Elevate** / Elevated / Elevating
- **Embark** / Embarking
- **Unleash** / Unleashed / Unleashing
- **Demystify** / Demystifying / Demystified
- **Delve** / Delving
- **Embrace** / Embracing
- **Beacon**
- **Revolutionize** / Revolution / Revolutionary
- **Supercharge** / Supercharged
- **Harness** / Harnessing
- **Transform** / Transformative / Transformation

## **Academic & Corporate Buzzwords**

- **Plethora**
- **Hitherto**
- **Realm** (especially "in the realm of")
- **Notably**
- **Essentially**
- **Crucial / Critical**
- **Vital / Essential**
- **Comprehensive**
- **Holistic**
- **Paradigm shift**
- **Cutting-edge**
- **State-of-the-art**
- **Best-in-class**
- **World-class**
- **Innovative / Innovation**
- **Disruptive**
- **Groundbreaking**
- **Game-changer / Game-changing**
- **Leverage / Leveraging**
- **Optimize / Optimization**
- **Streamline**
- **Scalable**
- **Synergy / Synergies**

## **Overused Transitional Phrases**

- **In today's digital world/age/era**
- **In today's fast-paced world**
- **In conclusion**
- **In summary / To summarize**
- **In essence**
- **In a nutshell**
- **Firstly / Secondly / Lastly**
- **Furthermore / Moreover / Additionally**
- **However** (when overused)
- **Consequently / Therefore / Thus**
- **It's important to note that**
- **It's worth noting that**
- **Bear in mind**
- **With regard to**
- **When it comes to**
- **As previously mentioned**

- **To put it simply**

## **Poetic & Abstract Language**

- **Tapestry** (AI's #1 favorite metaphor)
- **Symphony**
- **Dance** (metaphorically)
- **Whimsical**
- **Bustling**
- **Nestled / Nested**
- **Vibrant**
- **Enigma / Enigmatic**
- **Labyrinth / Labyrinthine**
- **Gossamer**
- **Indelible**
- **Reverberate**
- **Virtuoso**
- **Metamorphosis**

## **Generic Starter Phrases**

- **Let's dive in / Take a dive into**
- **Let's explore**
- **Picture this**
- **Look no further**
- **Gone are the days**
- **Say goodbye / Say hello to**
- **Remember that**
- **We understand**
- **We've got you covered**
- **You may want to**
- **You could consider**

## **Formal & Stuffy Language**

- **Utilize** (instead of "use")
- **Facilitate**
- **Implement**
- **Foster / Fostering**
- **Enhance / Enhancement**
- **Ensure**
- **Achieve** (when generic)
- **Obtain**
- **Acquire**

- **Demonstrate**
- **Establish**
- **Maintain**
- **Pertaining to**
- **With respect to**
- **Notwithstanding**
- **Insofar as**
- **Ostensibly**

## **Marketing Speak & Jargon**

- **Unique value proposition**
- **Customer-centric**
- **Results-driven**
- **Future-proof**
- **Thought leadership**
- **Strategic alignment**
- **Maximize your potential**
- **Unlock your potential**
- **Next level / Take it to the next level**
- **Win-win situation**
- **Out-of-the-box thinking**
- **Push the envelope**
- **Break down silos**
- **Agile mindset**
- **Seamlessly integrated**
- **Best practices**

## **Filler & Qualifying Words**

- **Indeed**
- **Arguably**
- **Undoubtedly**
- **Certainly**
- **Obviously**
- **Naturally**
- **Of course**
- **Needless to say**
- **It goes without saying**
- **As you might expect**
- **Interestingly**
- **Surprisingly**
- **Remarkably**

## **Sentence Patterns to Avoid**

### **Common AI Sentence Structures**

- "It's not just X, it's also Y"
- "The result? More people are..."
- "Think of X as Y"
- "Like [metaphor]" (overused similes)
- "Not only X, but also Y"
- "X is more than just Y"
- "From X to Y, everything..."
- "Whether you're X or Y..."

### **AI-Favorite Openers**

- "In today's digital landscape..."
- "As a professional..."
- "There are several things to consider..."
- "It's crucial to understand..."
- "Let's take a closer look..."
- "One might argue that..."
- "It's widely acknowledged that..."
- "It's common knowledge that..."

### **Robotic Conclusions**

- "Key takeaways include..."
- "To sum up..."
- "The bottom line is..."
- "At the end of the day..."
- "All things considered..."
- "Taking everything into account..."



## **Writing Style Red Flags**

### **Formatting Tells**

- Overuse of em dashes (—)
- Excessive colons for emphasis
- Too many bullet points restating obvious content
- Overly structured numbered lists

### **Tone Issues**

- Overly formal language for casual topics
- Lack of contractions ("it is" instead of "it's")
- Perfect grammar without natural flow
- Absence of colloquialisms or personality
- Repetitive sentence patterns
- Lack of varied sentence lengths

## Content Patterns

- Generic examples without specificity
- Absence of personal anecdotes
- Overuse of abstract concepts
- Lack of concrete details
- Missing emotional nuance
- Predictable structure

## Better Alternatives

### Instead of AI Favorites, Use:

- **Instead of "utilize"** → use
- **Instead of "facilitate"** → help, enable
- **Instead of "implement"** → start, use, put in place
- **Instead of "leverage"** → use, take advantage of
- **Instead of "optimize"** → improve, make better
- **Instead of "enhance"** → improve, boost
- **Instead of "streamline"** → simplify, speed up
- **Instead of "revolutionary"** → new, different, changed everything
- **Instead of "cutting-edge"** → latest, newest
- **Instead of "seamlessly"** → smoothly, easily

### Natural Transitions

- **Instead of "Furthermore"** → Also, Plus, What's more
- **Instead of "However"** → But, Though, Yet
- **Instead of "Therefore"** → So, That's why
- **Instead of "In conclusion"** → To wrap up, Bottom line

## Writing Guidelines for Human-Like Content

### Focus On:

- **Conversational tone** with natural speech patterns

- **Varied sentence lengths** (mix short and long)
- **Personal examples** and specific details
- **Contractions** and informal language where appropriate
- **Natural flow** over perfect structure
- **Clear, direct language** over fancy words
- **Specific metrics** instead of vague claims
- **Real pain points** and practical solutions

### **Avoid:**

- Blog-style corporate speak
- Academic paper formality
- SEO content stuffing
- Generic motivational language
- Overly polished presentations
- Corporate jargon that sounds disconnected from real people
- Formal business language when casual tone works better

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*Remember: The goal isn't to deceive but to write authentically. Use this list to identify patterns that make writing sound robotic and replace them with more natural, human expressions that connect with your audience.*

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