

Word/Phrase	Part of speech	IPA (UK)	IPA (US)	Definition	Sample sentence
Competition and cooperation					
ally	noun	'ælai		someone who is ready to help you, especially against someone else who is causing problems for you	If you're going to succeed in this job you will need allies .
cooperate	verb	kəʊ'bpərəɪt	kou'apə'reɪt	to work with other people to achieve a result that is good for everyone involved	Local people decided to cooperate with the authorities in their investigation.
coordinate	verb	kəʊ'ɔ:(r)dɪnɪt	kou'ɔrdɪ'nɪt	to organize the different parts of a job or plan so that the people involved work together effectively	A senior embassy official is coordinating efforts to free the captives.
outdo	verb	,aʊt'du:	,aʊt'du	to be better than someone else at doing something	The kids were trying to outdo each other.
outmaneuver	verb	,aʊtmə'nu:və(r)	,aʊtmə'nuvər	to defeat or gain an advantage over someone by being more clever or skilful than they are	When he realized he had been outmaneuvered , he conceded defeat.
outnumber	verb	,aʊt'nʌmbə(r)	aʊt'nʌmbər	if one group outnumbered another, there are more in the first group than in the second	Despite being outnumbered , they managed to fight back bravely.
outplay	verb	,aʊt'pleɪ		to play much better than your opponent in a sport	They were completely outplayed for the whole game and lost heavily.
outrun	verb	,aʊt'rʌn		to run faster than someone else	It's no use trying to outrun a bear. It's better to play dead.
outsmart	verb	,aʊt'sma:(r)t	aʊt'smart	to gain an advantage over someone, especially by using a clever or dishonest trick	The criminals outsmarted the police by blocking their escape route.
outweigh	verb	,aʊt'weɪ		to be more important, useful or valuable than something else	The possible benefits outweigh the risks involved.
overcome	verb	,əʊvə(r)'kʌm	,oʊvər'kʌm	to succeed in dealing with or controlling a problem	What can I do to overcome my fear of rejection?
prevail	verb	prɪ'veɪl		to be the strongest influence or element in a situation	We hope that common sense will prevail and an agreement will soon be reached.
rival	noun	'raɪv(ə)l		a person, team or business that competes with another	She scored twice as many points as her nearest rival .
Reporting verbs					
acknowledge	verb	ək'nɒlɪdʒ	ək'nalɪdʒ	to accept or admit that something exists, is true or is real	She won't acknowledge that there's a problem.
allege	verb	ə'ledʒ		to say that something is true or that someone has done something wrong or illegal, even though this has not been proved	The defense alleges that she was at her sister's house when the crime happened.
assert	verb	ə'sɜ:(r)t	ə'sɜrt	to state firmly that something is true	The governor asserted that no more money would be available.

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boast	verb	bəʊst	boust	to proudly tell other people about what you or someone connected with you has done or can do, or about something you own, especially in order to make them admire you	He's always boasting about his great athletic achievements.
clarify	verb	'klærəfaɪ		to explain something more clearly so that it is easier to understand	Could you clarify your remarks?
conclude	verb	kən'klu:ɪd	kən'klud	to decide that something is true after looking at all the evidence you have	The report concluded that a world recession was unlikely.
doubt	verb	daʊt		to think that something is probably not true or that it probably does not exist	Some people doubt my ability but I will prove them wrong.
imply	verb	ɪm'plaɪ		to suggest that you think something without saying it directly	The doctor has stressed that her comments do not imply criticism of the study.
instruct	verb	ɪn'strʌkt		to tell someone to do something, especially officially or as their employer	He instructed his men to collect information about troop movements.
speculate	verb	'spekjʊleɪt	'spekjə,leɪt	to consider or discuss why something has happened or what might happen	We can only speculate on the reasons for his sudden resignation.
urge	verb	ɜ:(r)dʒ	ɜrdʒ	to advise someone very strongly about what action or attitude they should take	The UN has urged them to honor the peace treaty.
Motivation and manipulation					
act against your best interests	phrase	ækt ə'genst ʃ: best 'ɪntrests	ækt ə'genst jʊər best 'ɪntrəsts	to do something that will disadvantage you	You'll be acting against your best interests if you don't cooperate.
be inclined to	phrase	bi: ɪn'klaɪnd tu:	bi ɪn'klaɪnd tu	feeling that you want to do something	Karen wasn't inclined to help.
coax someone into something	verb	kəʊks 'ɪntu:	kouks 'ɪntu	to gently persuade someone to do something	After dinner Lily was coaxed into singing several songs.
go nuts for	phrase	gəʊ nʌts fɔ:	gou nʌts fɔr	to behave in a crazy, enthusiastic or violent way	The toys were so successful that all the children went nuts for them.
spur someone on	phrasal verb	spɜ:r ɒn	spɜr ʌn	to encourage someone to do something	His comments spurred me on to write the book.
steer someone toward something	phrasal verb	stɪə tə'wɔ:dz	stɪr tə'wɔrdz	to influence the way that something happens or the way that people behave	I try to steer my children toward healthier foods.
tap into something	phrasal verb	tæp 'ɪntu:	tæp 'ɪntu	if you tap into something such as someone's ability or a supply of information, you use it or get some benefit from it	There is a supply of skilled workers that they can tap into .