



# **SURVIVAL HANDBOOK**

## GUIONES ESENCIALES

By P.D. Leonard

### SURVIVAL HANDBOOK RECOMMENDS

- Only revise the verbs you use in the scripts (*guiones*)
- Be constant when you study
- Always Revise from scratch ( *zero* )
- Vary your scripts ( *variety is the spice of life* )
- Choose the relevant verbs and extract from list
- Listen to the audio and repeat the verbs


---

<i>infinitive</i>	<i>past simple</i>	<i>past participle</i>	<i>meaning</i>
arise	arose	arisen	levantarse; surgir
awake	awoke	awoken	despertarse
be	was/were	been	ser, estar
bear	bore	born	soportar; llevar
beat	beat	beaten	golpear; vencer
become	became	become	llegar a ser; convertirse
begin	began	begun	empezar
bend	bent	bent	doblar, flexionar
bet	bet	bet	apostar
bind	bound	bound	vendar; encuadernar
bite	bit	bitten	morder
bleed	bled	bled	sangrar
blow	blew	blown	soplar
break	broke	broken	romper
bring	brought	brought	traer; llevar
broadcast	broadcast	broadcast	emitir
build	built	built	construir
buy	bought	bought	comprar
cast	cast	cast	echar, arrojar
catch	caught	caught	coger, atrapar
choose	chose	chosen	elegir
cling	clung	clung	aferrarse, agarrarse
come	came	come	venir
cost	cost	cost	costar
creep	crept	crept	deslizarse; trepar
cut	cut	cut	cortar
deal	dealt	dealt	tratar
dig	dug	dug	cavar, excavar
do	did	done	hacer
draw	drew	drawn	dibujar
dream	dreamt/dreamed	dreamt/dreamed	soñar
drink	drank	drunk	beber
drive	drove	driven	conducir
dwell	dwelt/dwelled	dwelt/dwelled	morar

eat	ate	eaten	comer
fall	fell	fallen	caer
feed	fed	fed	alimentar
feel	felt	felt	sentir
fight	fought	fought	luchar
find	found	found	encontrar
fit	fit/fitted	fit/fitted	encajar, ajustar
flee	fled	fled	huir
fling	flung	flung	arrojar
fly	flew	flown	volar
forbid	forbade	forbidden	prohibir
forecast	forecast	forecast	prever, predecir
forget	forgot	forgotten	olvidar
freeze	froze	frozen	congelar(se)
get	got	got	obtener
give	gave	given	dar
go	went	gone	ir
grow	grew	grown	crecer; cultivar
hang	hung/hanged	hung/hanged	colgar
have	had	had	tener
hear	heard	heard	oir
hide	hid	hidden	ocultar(se)
hit	hit	hit	golpear
hold	held	held	sostener, coger
hurt	hurt	hurt	herir
keep	kept	kept	guardar; quedarse
kneel	knelt/kneeld	knelt/kneeled	arrodillarse
knit	knit/knitted	knit/knitted	tejer, hacer punto
know	knew	known	saber, conocer
lay	laid	laid	colocar, poner
lead	led	led	guiar, llevar
lean	leant/leaned	leant/leaned	apoyar(se)
leap	leapt/leaped	leapt/leaped	saltar
learn	learnt/learned	learnt/learned	aprender
leave	left	left	dejar; salir
lend	lent	lent	prestar
let	let	let	dejar, permitir

lie	lay	lain	estar tumbado
light	lit	lit	encender
lose	lost	lost	perder
make	made	made	hacer, fabricar
mean	meant	meant	significar
meet	met	met	encontrarse; conocer
mow	mowed	mown/mowed	cortar, segar
pay	paid	paid	pagar
prove	proved	proven/proved	probar, demostrar
put	put	put	poner
quit	quit	quit	dejar
read	read /red/	read /red/	leer
ride	rode	ridden	montar, cabalgar
ring	rang	rung	sonar/tocar timbre/teléfono
rise	rose	risen	levantarse
run	ran	run	correr
saw	sawed	sawn/sawed	serrar
say	said	said	decir
see	saw	seen	ver
seek	sought	sought	buscar
sell	sold	sold	vender
send	sent	sent	enviar
set	set	set	poner
sew	sewd	sewn/sewed	coser
shake	shook	shaken	agitar
shear	sheared	shorn/sheared	esquilar
shed	shed	shed	verter, derramar
shine	shone	shone	brillar
shoot	shot	shot	disparar; filmar
show	showed	shown	mostrar
shrink	shrank	shrunk	encoger(se)
shut	shut	shut	cerrar
sing	sang	sung	cantar
sink	sank	sunk	hundir(se)
sit	sat	sat	sentarse
sleep	slept	slept	dormir
slide	slid	slid	resbalarse

sling	slung	slung	tirar, arrojar
smell	smelt/smelled	smelt/smelled	oler
sow	sowed	sown/sowed	sembrar
speak	spoke	spoken	hablar
speed	sped/speeded	sped/speeded	conducir a mucha velocidad
spell	spelt/spelled	spelt/spelled	deletrear
spend	spent	spent	gastar; pasar tiempo
spin	spun/span	spun	girar
spit	spit/spat	spit/spat	escupir
spill	spilt/spilled	spilt/spilled	derramar
split	split	split	dividir
spoil	spoilt	spoilt	estropear
spread	spread	spread	extender; untar
spring	sprang	sprung	brotar, nacer
stand	stood	stood	estar de pie
steal	stole	stolen	robar
stick	stuck	stuck	pegar; encajarse
stink	stank	stunk	apestar
strike	struck	struck	golpear
sting	stung	stung	picar (insecto)
strive	strove	striven	esforzarse, luchar
swear	swore	sworn	jurar
sweep	swept	swept	barrer
swell	swelled	swollen/swelled	hinchar(se)
swim	swam	swum	nadar
swing	swung	swung	balancear
take	took	taken	coger
teach	taught	taught	enseñar
tear	tore	torn	rasgar
tell	told	told	decir
think	thought	thought	pensar
throw	threw	thrown	lanzar
thrust	thrust	thrust	empujar
tread	trod	trodden	pisar
understand	understood	understood	comprender
wake	woke	woken	despertar(se)
wear	wore	worn	llevar puesto



weave	wove	woven/weaved	tejer
weep	wept	wept	llorar
wet	wet/wetted	wet/wetted	mojar
win	won	won	ganar
wind	wound	wound	enrollar; dar cuerda
wring	wrung	wrung	torcer, retorcer
write	wrote	written	escribir