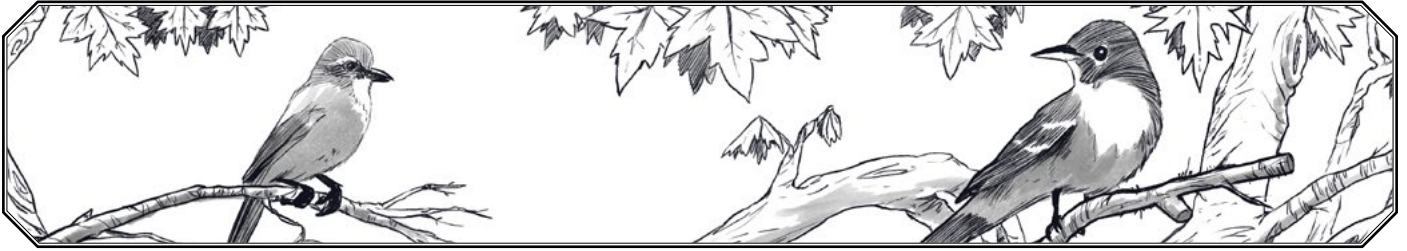


# Post Verbal Intensifiers

*with Examples*



## What are Post Verbal Intensifiers?

Post verbal intensifiers are words that help to add meaning and/or intensity to an action. They work similar to adverbs in English but are usually more restricted in use. Some of them can be used after any action word what-so-ever. Some can only be used after certain types of action words. Some, for example, can only be used with words that deal with perception or some are only used after a tragic, negative, or painful action. Some of them are even only used after one or two specific action words and absolutely no others. Below are some more common examples.

## Completely Unrestricted

---

You can use these after absolutely any verb (action)

### ZUJ ZUS

*Gradually, bit by bit.*

Nws loj.	He is big, it is big.
Nws loj zuj zus.	He grows gradually.
Nws kho lub tsheb.	He fixes the car.
Nws kho lub tsheb ib qho zuj zus.	He gradually fixes the car, one part at a time.

### TAS ZOG

*Completely, with all your strength.*

Nws dhia.	He runs.
Nws dhia tas zog.	He runs with all his heart, he is always running.
Nws taj thov kuv.	He begs me.
Nws taj thov kuv tas zog.	He is begging me non-stop.

### UA LUAJ

*Very, great, very much.*

Loj	Big
Loj ua luaj.	Very big.
Npau taws.	Angry.

Npau taws ua luaj.

Furious, very angry.

## KIAG

*Several meanings, depending on context. When used with 'not' or 'don't', means 'at all.' When used with a physical action, means decisive, fast. When used with speech, means 'straightforward, direct.'*

Tsis txhob noj.

Don't eat.

Tsis txhob noj kiag li.

Don't eat at all.

Nws hais rau kuv.

He says to me.

Nws hais kiag rau kuv.

He says straight to me, right to me.

Tus plis muab tus qaib tom. The wildcat bit the chicken.

Tus plis muab tus qaib tom kiag. The wildcat suddenly bit the chicken.

## Restricted

---

These can only be used after some verbs (actions).

## DHEEV

*Suddenly, abruptly (regarding perception, the mental)*

Tsim.

To wake up.

Tsim dheev.

To wake up suddenly.

Nco.

To remember.

Nco dheev.

To suddenly remember something.

**Other examples:** tsim, hnov, pom, nco, ras.

## HLO, HLO LI

*Conveys the idea of an action or emotion being completely or resolutely that way or an action happening abruptly. When used with a negative statement like 'not' or 'don't' it means 'at all.'*

Vau.

To fall over.

Vau hlo.

To suddenly fall over.

Zoo siab hlo nqes tes pab.

To be completely happy to put your hand in and help.

Tsis kam.

Not willing.

Tsis kam hlo li.

Absolutely not willing. Not willing at all.

**Other examples:** qheb hlo, zoo hlo, nqa hlo, ris hlo, rov hlo, keev hlo, ntseev, tig, tsa, rho, kwv, mus, los, sawv, hle, vau, poob, ua, kaw, muab, txias, hlawv, noj, haus.

## LUG

*Idea of freely, clearly, in abundance, without hinderance or limit.*

Pom kev kaj lug.	To see very clearly, it is very clear.
Kaj siab.	To be at peace.
Kaj siab lug.	To be completely at peace, have a clear heart.
Ci lam lug.	To shine brightly.
Teeb cig lam lug.	The lamp burns brightly.
Du lug.	To be bare, completely smooth.
Qheb.	To be open.
Qheb lug.	To be wide open.
Tso siab.	To trust, be at ease.
Tso siab lug.	To completely trust in, to be at ease.
Nto hws lug.	To sweat profusely.
Tso kev lug.	To allow someone to flee, set them free.
Lub npe nrov nto moo lug mus.	His reputation spread far and wide.
Muaj pa ncho lug.	Smoke is billowing abundantly.
Qhib qhov rooj lug.	The door is wide open.
Dej ntws lug.	The water flows freely.

*Often 'lug' is used after something 'hot' to show that it is 'very hot' or 'burning hot.'*

Kub siab lug.	To be full of ardor and zeal (burning heart).
Mob kub lug.	A burning pain.
Rhaub kub lug.	To heat up water burning hot.

## NKAUS

*Used to emphasize the singular; Emphasizes that an amount is exactly that amount, no more, no less. With some actions it shows that the action was done quickly, decidedly.*

Saib ib zaj xwb.	Watch only one video.
Saib zaj nkaus xwb.	Only watch precisely one video.
Lub tais puv.	The bowl is full.
Lub tais puv nkaus.	The bowl is completely full.
Zoo kawg.	Completely good.
Zoo kawg nkaus.	Absolutely, completely good. Perfect.
Txaus.	Enough.
Txaus nkaus.	Just enough.

**Other examples:** yam nkaus, puv nkaus, txais nkaus, hum nkaus, nres nkaus, txheem nkaus, puas, ntsiab, tsawv, ceeb, tib, ti, nthos, puab, khaws, lo, npuaj, txiv, txij, cuag, zoo, thooj, tim, tsuam, nias, puag, kem.

## NKOOS

*Stooped over, curled up, or just very low in general. Can include a low voice or sound.*

Laus.	To be old.
Laus nkoos.	To be old and stooped over.
Nkaum tes nkoos.	To retract/hide the hand (be unwilling to help.)
Tsov quaj laus nkoos.	The tiger growls in a very low voice.
Hais lus nraim nkoos.	To speak secretly.
Khoov.	To be bent over.
Khoov nkoos	To be very hunched over.
Suav rog khiav khoov nkoos.	The soldiers flee, all hunched over.
Xauj.	To peek, take a look into something.
Xauj nkoos.	Bent down to peek in.
Pw caws nkoos.	Sleep all curled up.

## NPLAWG NTIA

*An action done all together by a large crowd; An action done collectively. (Same meaning as zom zaws)*

Lawv tawm los.	They came out.
Lawv tawm nplawg ntia los.	They all came out as a large crowd.
Tsa taubhau.	To lift up the head.
Tsa taubhau nplawg ntia.	All lifted up head at once.
Sawv daws khiav tuaj.	They all came running over.
Sawv daws khiav nplawg ntia tuaj.	They all came running over at once.
Nyuj noj zaub nplawg ntia saum tej roob.	All the cows are grazing together all over the mountains.

**Other examples:** ua, cem, zaum, los, nyob, hais, ntaus, tuaj, txeeb, khiav, qw, nyiav.

## NRAIM

*Follow according to, in line with, strictly along.*

Ncaj nraim.	Perfectly straight.
Raws nraim.	Follow strictly, follow steadfastly.
Sawv nraim.	Standing in one place, fixedly.
Koj lub ntsej muag sawv nraim hauv kuv lub siab. - Your face arises steadily in my heart. ("I have you in my heart.")	
Nrog nraim.	Always accompanying, stay close beside.
Xyuas nraim.	To study faithfully, follow plan.
Mus nraim.	To go straight, follow straight.
Khaws nraim.	To pick things up (as a regular custom)
Kuv leg nraim txoj hauj lwm ntawd.	I am constantly busy with this work.
Xyab tes raws nraim cev.	Stretch your hands down along the side of your body.
Peb ua ke nraim.	We are continually together.

Peb taug qab nraim.

We follow right behind without wavering.

## **NREES**

The idea of having been so for some time, firm, solidly that way.

Ruaj.	Firm, solid, steady.
Ruaj nrees.	Firm, steady, enduring.
Txhav.	To be stiff, rigid, frozen.
Txhav nrees.	Frozen in place, stiff, unmovable.
Lub siab txhav nrees.	Hard hearted.
Kaw nrees.	Closed tightly.
Kem nrees.	Divided off.
Chob nrees.	Pierced through.
Ntsia nrees.	Nailed firmly.
Khuam nrees.	Caught fast.
Lo nrees.	Stuck on.
Ntog nrees.	Fallen down, stumbled.
Nqaij ceev nrees.	Tight, muscular flesh.
Mov tawv nrees.	The rice is cooked really hard.
Npuav nplaig nrees.	To speak with the tongue between the teeth.
Yig nrees.	To flat out refuse.
Nias nrees.	To press down, put pressure on.
Pos nrees qhov ncauj.	To cover the mouth (perhaps with the hand).
Tswj nrees lub siab.	To control the heart, to have self-control.

## **NRUJ NRIS**

*Nodding off, nodding the head, the action of bobbing up and down.*

Ncaws nruj nris.	Nodding the head up and down sleepily.
Mus nruj nris.	To walk at a good pace, head bobbing up and down.
Tsaug zog nruj nris.	Fall asleep, head nodding up and down.
Ncaws nruj nris.	Bobbing the head up and down.
Nees taub hau ncaws nruj nris.	The horse raises and lowers his head.

## **NRHO**

*The idea of completely, utterly, to a finish. Often used regarding separation or conclusion.*

Tag nrho.	
Hais tas nrho lus.	Reveal everything about a matter.
Cua tu nrho.	The wind has completely stopped.
Tu siav nrho.	To be completely dead.
Tu siab nrho.	To be extremely unhappy, bitter, or offended.
Lawv sib ceg lawv tu moo nrho.	They quarreled, relations are cut off.

Yos txhua nrho qhov txhia chaw. To walk everywhere.  
Kuv de nrho ib lub txiv coj mus noj. I pick a fruit and take it to eat.  
Txiaiv nrho peb txoj kev ua si. To cut off our fun completely.

## **NTAIS**

*For something to completely disappear.*

Ploj. To disappear.  
Ploj ntais. Completely disappeared.  
Dua. To leave, pass, go away.  
Dua ntais. To completely leave or pass away.  
Cua tuaj ib vuag dua ntais. The wind came and left in one gust.  
Nws nyuam qhuav dua ntais. He just disappeared.

*'Dua ntais,' can also mean 'surpassing quality, greater, exceedingly.'*

Tus loj dua ntais. The greatest one.  
Tus phem dua ntais. The most evil, the worst one.  
Tus tseem ceeb dua ntais. The most important one.  
Tus zoo dua ntais. The best one, the most good.

*To be very dark.*

Tsaus ntuaj ntais. Very dark.

## **NTHAV**

*Used to emphasize that something fell quickly, suddenly.*

Poob. To fall.  
Poob nthav. To fall suddenly.  
Poob siab. to be surprised, worried.  
(poob siab is literally translated 'fallen liver')  
Poob siab nthav. To be astonished, shocked.

## **NTHAWV NTHAV**

*An action that is sudden, without warning, and almost always negative.*

Lub neej hloov. Life changes.  
Lub neej hloov nthawv nthav. Live takes a sudden (downward) turn.  
Nws mob. He is sick.  
Mob nthawv nthav tuag. He suddenly feel sick and died..

## **NTSOOV**

*Intensely or fixedly (regarding perception).*

Xav. To think.

Xav ntsoov.	To meditate on, to think intensely about.
Ntsia.	To watch.
Ntsia ntsoov.	To stare at.

**Other examples:** saib, tos, nco, cim, vam

## NTSUAV

*Used to emphasize bad, painful, or negative qualities.*

Lwj siab.	Depressed (rotten heart).
Lwj siab ntsuav.	Miserable, devastated.
Txom nyem.	Poor and suffering.
Txom nyem ntsuav.	Destitute and in agony.
Hnoos.	To cough.
Hnoos ntsaub hau ntsuav.	Bent over double coughing.
Vwm.	To be crazy, insane.
Nws ua tus vwm ntsuav.	He has lost his mind, he is insane.
Qias neeg.	To be dirty, unclean (physically, morally, etc.)
Qias neeg ntsuav.	To be absolutely filthy, disgusting.

**Other examples:** phum lam, mob, phem, nyuaj siab, qias

## NTXHIAS

*A definite, forceful, decided, or fast action. This word has broad usage and in some instances is similar in meaning to the word 'very,' or 'really.'*

Khav ntxhias.	To brazenly brag, boast.
Vam meej ntxhias.	To prosper greatly.
Qhuas ntxhias.	To be content, completely satisfied without worry.
Nyob qhuas ntxhias.	To be content, usually bragging about one's prosperity.
Qhuas ntxhias.	To praise, to compliment, to brag about.
Tseev zam ntxhias.	To dress in fancy clothing, put on the best.
Dais tom nws, kuv ya loo ntxhias mus pab nws. - The bear bites him, I fly to his aid.	
Nrov ntxhias.	Very loud.
Kam ntxhias.	Very willing, immediately willing.
Plhaw ntxhias.	Jumped suddenly.
Kwm ntxhias.	To forcefully wade through deep water, to ford a river.
Plos ntxhias.	To forcefully push through grass, jungle, wade through water.
Lav ntxhias.	To guarantee, completely bear responsibility for something.
Hluas ntxhias.	Quite young.

## PAWG LUG

*In large numbers, scattered, motionless all over the place.*

Tso nra pawg lug.	Set their luggage down all over in piles.
Tuag pawg lug.	Die, bodies fallen everywhere.
Zaum pawg lug.	Sitting all over the place, bunched together.

**Other examples:** Nyob, zaum, pov, ua, txiav, cia.

## **PLAWS**

*Suddenly, abruptly (regarding the physical)*

Tshwm.	To appear.
Tshwm plaws.	To appear suddenly.
Kab lij tshooj tawm qhov tuaj.	The centipede came out of the hole.
Kab lij tshooj tawm plaws qhov tuaj.	The centipede burst suddenly out of the hole.

**Other examples:** dhau, tshab, dim, ya, sam, phua, tawm

*'Plaws' means something different when paired with certain verbs. For example:*

Tshaj plaws.	To the superlative degree.
Zoo tshaj plaws.	The best.
Thoob plaws.	All over, covering entirely.
Thoob plaws lub ntiaj teb.	All over the earth.

## **PLUJ PLAWS**

*A back and forth or appearing and disappearing action.*

Cig pluj plaws.	(of a flame) Flickering and going out.
Tshwm pluj plaws.	Appearing and disappearing.
Yuj pluj plaws.	To hover around, going back and forth.
Lawv tawm pluj plaws los saib peb.	They keep coming in and out (of the house) to look at us.
Ya pluj plaws.	To quickly fly back and forth (like a fly).
Noog ya pluj plaws.	The bird flies back and forth.
Ntses nti tawm pluj plaws ntawm nplaim dej.	The fish pops out of the surface of the water.

## **PLHUAV**

*Refers to a sudden, abrupt, and complete release.*

Tso plhuav.	To suddenly let go of something.
Tso siab plhuav.	To completely trust, completely let the heart relax.
Txias plhuav.	A trap suddenly springing.



Plam plhuav.	To suddenly come undone, fall apart.
Poob plhuav.	To suddenly fall down.
Dim plhuav.	Freed suddenly, to have escaped suddenly.
Nws nqes plhuav saum nees los.	He suddenly came down off of the horse.

## QEES

*To do something consistently, over time. To keep on doing something.*

Qawj.	To be sunken in, (physically) depressed.
Qawj qees.	To wear something down over time until there is an impression or depressed spot.
Mus mus los los ua kev qawj qees.	To walk back and forth until you wear a hole in the floor.
Hais qees.	To keep speaking even when told to stop.
Qhia qees.	To keep on teaching.
Thov qees.	To keep on asking.
Nrhiav qees.	To keep on seeking, searching.
Ua phem qees.	To keep on doing bad.
Txhawb qees.	To keep on supporting.
Mob siab qees.	To keep being concerned.
Tso siab qees.	To keep on trusting.
Nyuaj siab qees.	To keep being sad, depressed.
Hnov mob qees.	To continuously feel pain.
Nkees qees.	To always feel tired.

**Other examples:** noj, khawb, ntov, nkag, pab, cem, tu.

## QUJ QEES

*Slowly and steadily, without letup, continuously over time. (Same meaning as 'qees,' but more intense).*

Chim quj qees.	To get angrier and angrier over time.
Hais quj qees.	To speak slowly and steadily.
Ntxub quj qees.	To keep hating, over a long period of time.

**Other examples:** tos, rov, mus, slos, tuaj, ntaus, khiav, ua.

## RAWV

*Something that is held tightly or holds tightly to, an action done tightly, closely, without wandering or becoming loose.*

Tuav rawv pas nrig.	Tightly held on to the stick.
Khi rawv.	Tie up tightly.
Hwj rawv.	To stabilise with the hand, to closely support.
Npuav rawv.	To hold tightly in the mouth.

Puag rawv.	To hug tightly.
Nqa rawv.	To carry tightly (in the hand).
Cuam rawv.	To carry tightly (under the arm).
Ris rawv tus menyuam.	To carry the child closely on the back.
Coj rawv.	To wear (jewelry) tightly.
Hnav rawv.	To wear (clothing) tightly.
Tos rawv.	To wait patiently for, without wandering away.
Kov rawv.	To constantly be touching as if fingers attached to, eg. a mobile phone
Tswj rawv.	To keep close control over.
Zov rawv.	To guard carefully, never leave post.
Kauv rawv pam.	To pull the blanket tightly over you.

## **RHE**

*To emphasize something being ripped apart or exploding.*

Rub rhe.	To yank or jerk at violently. To pull apart.
Tawg rhe.	Exploded, completely broken apart.
Lub siab ntais rhe.	Heartbroken.
Dua rhe.	Torn apart, completely torn up. To rip up.
Nws dua rhe lub tsho.	He ripped up the shirt.
Pob rhe.	To collapse, come crashing down, crumble apart completely.
Lub tsev pob rhe.	The house came crashing down.

## **TAWG NTHO**

*A sudden burst of action.*

Luag.	To laugh.
Luag tawg ntho.	To suddenly break out laughing.
Nthe.	To yell, scream.
Nthe tawg ntho.	To suddenly break out yelling.
Quaj.	To cry, weep.
Quaj tawg ntho.	To suddenly burst out crying.
Cem.	To scold.
Cem tawg ntho.	To suddenly start scolding someone loudly.

**Other examples:** nyiav tawg ntho, qw tawg ntho, nrov tawg ntho.

## **ZOJ**

*A relatively quick action or something done quickly. Not extremely fast, not extremely slow. 'Zoj,' is used with many actions.*

Xav zoj.	To suddenly think of something.
----------	---------------------------------

Khawb zoj.	To quickly dig up.
Saib zoj.	To look suddenly.
Hais zoj.	To suddenly say something.
Nug zoj	To ask straightforwardly, without hesitation.
Teb zoj	To answer straightforwardly, without hesitation.

**Other examples:** mloog, hu, xam, nco, pam, ntim, ua, tuav, muab.

## **ZOM ZAWS**

*All happening at once, all over the place possibly in chaos.*

Sib tham.	To talk together, two people having a casual conversation
Lawv tham zom zaws.	Everybody is having their own conversation or talking to each other. You can hear everyone's voice combining.
Tus nees ras.	The horse is startled, it stampedes.
Cov nees ras zom zaws.	The horses are startled, the all panic and run in different directions.

**Other examples:** ua, hais, ceeb, quaj, qw, sawv.