

The Angry GM's Stupid Narration Tricks

Extemporaneous Speaking Skill-Building Worksheet

Drill 1: Lexical Pausing (1 Minute)

1. Choose a topic. Pick a procedure to explain, an object to describe, or a story to relate.
2. Speak out loud on the topic for one minute.
3. Include a deliberate pause between each thought or sentence.

Drill 2: No-Stall Speaking (2 Minutes)

1. Choose a topic. Pick a procedure to explain, an object to describe, or a story to relate.
2. Speak out loud on the topic for two minutes without stopping.
3. If you stall, repeat the last thing you said.
4. For best effect, include lexical pauses between thoughts and sentences.

Drill 3: Progressive Compression (2 Minutes)

1. Choose a passage from a book.
2. Set a one-minute timer.
3. While watching the timer, summarize the passage using the full minute of time.
4. Summarize the same passage using a 30-second timer.
5. Summarize the same passage using a 15-second timer.

Drill 4: Progressive Expansion (2 Minutes)

1. Choose a topic with a clear beginning and ending. Pick a procedure to explain or a story to relate.
2. Set a 15-second timer.
3. While watching the timer, completely relate the topic using the full 15 seconds of time.
4. Relate the same topic using a 30-second timer.
5. Relate the same topic using a one-minute timer.

Drill 5: Ass-Pulling Description (1 Minute)

1. Choose a random character archetype, place, or object to describe or use the table below to randomly select one.
2. Set a timer for one minute.
3. Describe the subject for one full minute.
4. Insert lexical pauses and do not stall.

Drill 6: Key-Phrase Insertion (1 Minute)

1. Choose a random character archetype, place, or object to describe or use the table below to randomly select one.
2. Choose a random descriptive detail such as a color, mood, texture, or sensory detail.
3. Set a timer for one minute.
4. Describe the subject for one full minute.
5. Include at least one explicit reference to the key detail.
6. Try to include at least one more implicit or oblique reference to the same detail.
7. Insert lexical pauses and do not stall.

The Angry GM's Tips for Success

- Don't repeat topics; use new ones every day.
- Don't limit yourself to gaming topics; pick natural things to talk about.
- Don't record yourself and listen back; conscious evaluation is the death of progress.

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Random Ass-Pull Description Table

Roll	Result	Roll	Result
01	Griffin	51	Ring
02	Backpack	52	Workshop
03	Scholar	53	Innkeeper
04	Snake	54	Stable
05	Temple	55	Statue
06	Axe	56	Forest
07	Harpy	57	Rope
08	Caravan	58	Demon
09	Cave	59	Sword
10	Shield	60	Sailor
11	Barracks	61	Library
12	Noble	62	Priest
13	Wagon	63	Kitchen
14	Dragon	64	Minstrel
15	Gate	65	Goblin
16	Beggar	66	Ruin
17	Bridge	67	Cell
18	Spider	68	River
19	Lantern	69	Farmer
20	Tiefling	70	Vampire
21	Chamber	71	Lich
22	Peasant	72	Halfling
23	Hill	73	Clearing
24	Orc	74	Gallery
25	Market	75	Boar
26	Boots	76	Potion
27	Camp	77	Elf
28	Messenger	78	Dock
29	Throne room	79	Laboratory
30	Zombie	80	Helmet
31	Fisher	81	Tavern
32	Well	82	Bear
33	Tower	83	Fort
34	Map	84	Dagger
35	Hunter	85	Wolf
36	Basilisk	86	Dragonborn
37	Cloak	87	Waterskin
38	Merchant	88	Crypt
39	Armory	89	Bandit
40	Giant	90	Plaza
41	Tent	91	Shrine
42	Hall	92	Troll
43	Rat	93	Centaur
44	Blacksmith	94	Dwarf
45	Necklace	95	Torch
46	Bat	96	Fortress
47	Ogre	97	Alley
48	Cellar	98	Vault
49	Wyvern	99	Inn
50	Guard	100	Kitchen

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Random Key-Phrase Table

Roll	Result	Roll	Result
01	Rusty	51	Rusty
02	Green	52	Green
03	Smooth	53	Smooth
04	Smoky	54	Smoky
05	Bent	55	Bent
06	Bitter	56	Bitter
07	Tarnished	57	Tarnished
08	Large	58	Large
09	Whispering	59	Whispering
10	Leather	60	Leather
11	Murky	61	Murky
12	Gold	62	Gold
13	Damp	63	Damp
14	Cloudy	64	Cloudy
15	Broken	65	Broken
16	Spidery	66	Spidery
17	Opaque	67	Opaque
18	Loud	68	Loud
19	Sweet	69	Sweet
20	Soft	70	Soft
21	Shadowy	71	Shadowy
22	Rough	72	Rough
23	Canvas	73	Canvas
24	Grim	74	Grim
25	Dusty	75	Dusty
26	Calm	76	Calm
27	Sticky	77	Sticky
28	Dim	78	Dim
29	Fur	79	Fur
30	Ominous	80	Ominous
31	Stained	81	Stained
32	Wool	82	Wool
33	Brass	83	Brass
34	Rotten	84	Rotten
35	Earthy	85	Earthy
36	Chipped	86	Chipped
37	Bright	87	Bright
38	Copper	88	Copper
39	Clear	89	Clear
40	Musty	90	Musty
41	Iron	91	Iron
42	Cheerful	92	Cheerful
43	Polished	93	Polished
44	Worn	94	Worn
45	Quiet	95	Quiet
46	Heavy	96	Heavy
47	Clay	97	Clay
48	Rustling	98	Rustling
49	Blue	99	Blue
50	Frozen	100	Frozen