

Positive verbs that start with U

14 verbs with meanings and examples. Updated 10 October 2026. Free to print and share in a classroom.

Unburden v.

To relieve someone of worry, responsibility, or weight.
A frank conversation helped unburden him before the hearing.

Undergird v.

To strengthen and provide firm support for something.
Shared standards undergird the cooperative's longstanding fair lending policy.

Understand v.

To grasp meaning and respond with informed sympathy.
Patient questions helped the mediator understand both families' concerns.

Unfetter v.

To free someone or something from restraint.
The scholarship helped unfetter her research from commercial pressure.

Unify v.

To bring people or parts together into harmony.
A shared garden can unify neighbors across several generations.

Unite v.

To join people around a shared purpose or effort.
The annual cleanup will unite residents from every neighborhood.

Untangle v.

To resolve confusion or separate a difficult knot.
A clear timeline helped investigators untangle the conflicting accounts.

Unwind v.

To relax and release tension after effort or worry.
The musicians unwind after rehearsals with tea in the courtyard.

Upcycle v.

To turn discarded material into something of greater use or value.
The class will upcycle old banners into durable book bags.

Upgrade v.

To improve something by replacing or adding better features.
The clinic will upgrade its backup power before winter.

Uphold v.

To support and defend a principle, right, or standard.
Good leaders uphold the same safety rules for everyone.

Uplift v.

To raise someone's mood, confidence, or sense of possibility.
The children's concert helped uplift the residents of the care home.

Upraise v.

To lift, elevate, or praise someone or something.

The poem will upraise quiet acts of everyday courage.

Upskill v.

To learn additional abilities for work or a practical role.

The free course helps local cooks upskill in food safety.