

 The "First vs. Second" Stress List: aka Homographs
(Noun = **FIRST** syllable | Verb = sec**OND** syllable)

Word	NOUN (Thing/ Person)	VERB (Action)	Memory Hook / Visual Cue
Object	OB -ject (/'ɒb.dʒekt/) "An <i>object</i> on the table"	ob- JECT (/əb'dʒekt/) "To <i>object</i> to the plan"	Noun: "Look at the OB -ject." Verb: "I ob- JECT !" (Like shouting "No!")
Record	REC -ord (/'rek.ɔ:d/) "A vinyl <i>record</i> "	re- CORD (/rɪ'kɔ:d/) "Record the song"	Noun: "Buy a REC -ord." Verb: "Re- CORD it now!" (Press the button)
Present	PRE -sent (/'prez.ənt/) "A <i>birthday present</i> "	pre- SENT (/prɪ'zent/) "Present the award"	Noun: "Here is a PRE -sent." Verb: "Pre- SENT yourself." (Stand up straight)
Project	PRO -ject (/'prɒdʒ.ekt/) "A school <i>project</i> "	pro- JECT (/prə'dʒekt/) "Project the image"	Noun: "My PRO -ject is done." Verb: "Pro- JECT the light." (Throw it forward)
Increase	IN -crease (/'ɪn.kri:s/) "An <i>increase</i> in price"	in- CREASE (/ɪn'kri:s/) "Increase the speed"	Noun: "See the IN -crease." Verb: "In- CREASE it!" (Push the button up)
Decrease	DE -crease (/'di:.kri:s/) "A <i>decrease</i> in sales"	de- CREASE (/dɪ'kri:s/) "Decrease the volume"	Noun: "Notice the DE -crease." Verb: "De- CREASE it!" (Turn it down)
Import	IM -port (/'ɪm.pɔ:t/) "Coffee is an <i>import</i> "	im- PORT (/ɪm'pɔ:t/) "Import the file"	Noun: "The IM -port is heavy." Verb: "Im- PORT the data." (Bring it in)
Export	EX -port (/'ek.spɔ:t/) "Wine is an <i>export</i> "	ex- PORT (/eks'pɔ:t/) "Export the photo"	Noun: "The EX -port is sold." Verb: "Ex- PORT it." (Send it out)
Contract	CON -tract (/'kɒn.trækt/) "Sign a <i>contract</i> "	con- TRACT (/kən'trækt/) "Muscles <i>contract</i> "	Noun: "Read the CON -tract." Verb: "Con- TRACT !" (Squeeze tight)
Permit	PER -mit (/'pɜ:.mɪt/) "A <i>parking permit</i> "	per- MIT (/pə'mɪt/) "Permit entry"	Noun: "Show your PER -mit." Verb: "Per- MIT me to enter." (Allow it)
Refuse	RE -fuse (/'ref.ju:s/) "Trash / <i>Refuse</i> "	re- FUSE (/rɪ'fju:z/) "Refuse to go"	Noun: "Pick up the RE -fuse." Verb: "Re- FUSE !" (Say NO loudly)
Desert	DES -ert (/'dez.ət/) "The hot <i>desert</i> "	de- SERT (/dɪ'zɜ:t/) "Desert your post"	Noun: "Walk in the DES -ert." Verb: "De- SERT !" (Run away)
Suspect	SUS -pect (/'sʌs.pekt/) "The police <i>suspect</i> "	sus- PECT (/səs'pekt/) "Suspect a lie"	Noun: "Catch the SUS -pect." Verb: "Sus- PECT something." (Doubt it)
Rebel	RE -bel (/'reb.əl/) "A rebel leader"	re- BEL (/rɪ'bel/) "Rebel against rules"	Noun: "The RE -bel speaks." Verb: "Re- BEL !" (Fight back)