

APSU Writing Center

Sore and Soar

Word	Sore	Soar
Definition	<ul style="list-style-type: none"> • a painful and uncomfortable feeling because of injury, infection, or too much use 	<ul style="list-style-type: none"> • to fly or rise high in the air • to maintain height in the air without flapping wings or using engine power.

Sore means to be physically tender (as from overuse or injury): feeling or affected by pain.

- Example: I went rowing yesterday for the first time in years, and my arms are **sore** today.
- Example: He accused me of being a **sore** loser.

Soar means to fly high in the sky.

- Example: Temperatures will **soar** over the weekend, say the weather forecasters.
- Example: The song's **soaring** melody sounded joyful and optimistic.

- **Hint:** Remember that **soar** is related to flying while **sore** is related to pain.

Sole and Soul

Word	Sole	Soul
Definition	<ul style="list-style-type: none"> • belonging exclusively or otherwise limited to one usually specified individual, unit, or group • the bottom of a foot or shoe • to replace the bottom part of a shoe 	<ul style="list-style-type: none"> • the essence or embodiment of a specified quality • a musical genre (soul music)

Sole refers to one of something and can also be the bottom of a foot or shoe.

- Adjective Example: The **soles** of my feet hurt from walking barefoot through hot sand.
- Noun Example: The **sole** purpose of our secret mission is to gather info.
- Verb Example: I need to **sole** my shoes.

Soul the spiritual essence of a being and can also be a musical genre.

- Example: Alicia was the heart and **soul** of our group, and now she is gone.
- Example: She was a vocalist who combined blues and **soul**.

- **Hint:** If you are referring to the bottom of a foot or shoe, remember that *sole* and *shoe* both end with the letter **E**.



APSU Writing Center

References

Brians, P. (2023). *soar / sore*. Washington State University. <https://brians.wsu.edu/2016/05/31/soar-sore/>

Writing Explained. (2023). *Sole vs Soul: What's the Difference?* Writing Explained. <https://writingexplained.org/sole-vs-soul-difference>

Writing Explained. (2023). *Sore vs Soar: What's the Difference?* Writing Explained. <https://writingexplained.org/sore-vs-soar-difference>