

How to Understand What an *only* Sentence is Saying

Find the word or phrase that is modified by, i.e., is after, the *only*.

Change the word or phrase to something else.

Remove the *only* and then negate the sense of the sentence that is left.

The resulting sentence is something that could have been said *just before* the *only* sentence.

Only I nap after lunch.
Joe does not nap after lunch.

I only nap after lunch.
I don't eat after lunch.

I nap only after lunch.
I don't nap before lunch.

I nap after only lunch.
I don't nap after breakfast.

How to Understand What an also Sentence is Saying

Find the word or phrase that is modified by, i.e., is after, the also.

Change the word or phrase to something else.
Remove the also.

The resulting sentence is something that could have been said *just before* the also sentence.

Also I nap after lunch.
Joe naps after lunch.

I also nap after lunch.
I read after lunch.

I nap also after lunch.
I nap before lunch.

I nap after also lunch.
I nap after breakfast.