An actor can use the following technique to help understand dialogue.

For every sentence, find an “action word” to describe what your character is doing to another character on stage. Words that describe physical actions are best of all. The action word helps you to understand your character’s intention. If you decide on a word that describes a physical action — such as punch or kick, see if you can use that physical action in the performance of your line. Use the action word in this sentence format: I <action> you (the character you are talking to).

By “action word”, I really mean a “transitive verb”. You need to understand a bit of English grammar to get the most out of this acting exercise.

A “verb” is a “doing word”: I punch you, I love you, I kiss you. Every complete sentence must have a verb.

A transitive verb is an action word that has a subject (the person or thing doing the action) and a direct object (who the action is done to).

For example:
I (subject) punch (verb) you (direct object).

In this exercise, the direct object must always be the other character who you are talking to.

Most verbs are transitive. An intransitive verb cannot have a direct object. For example:
I thrive in sunshine. I lie down.

You can’t use intransitive verbs in this exercise. If you do, then you’re talking about yourself and not relating to the other character(s) onstage. In narrative drama, you must always be talking to another character on stage.

Don’t repeat words in a scene: find a new action, even just slightly different, for each sentence of dialogue that you say.

Finally, this is only an exercise. There are no correct answers and you might write action words in your script during one rehearsal and change some, many or all of them at the next rehearsal.

I’ve found it useful but it doesn’t matter if you don’t.
SOME ACTION WORDS:

PUNCH  ENTERTAIN  DISMISS
KICK    CORRUPT    DELIGHT
DAB     SCOLD      AMAZE
FLICK   TREASURE   STRIP
TEASE   ENVELOP    SMOOTHER
SEDUCE  COMMAND    BLOCK
SQUEEZE STROKE     WOUND
PULL    FREEZE     CUT
PROD    MASSACRE   IGNITE
LIFT    DOMINATE   CRUSH
STEAL   MOTHER     BAFFLE
PROTECT ENDANGER   SHOCK
SHIELD  SUBJUGATE  CHILL
REJECT  PRICKLE    MOCK
DENY    PUSH       DERIDE
HUMOUR  BECKON     TEMPT
BERATE  CALM       SHATTER
FLIP    COMFORT    PERSUADE
DROP    ENGAGE     UNDERMINE
TRAP    POKE       CAstrate
SHAVE   REJECT     EMASculate
CARESS  PACIFY     CASTIGATE
SMEAR   REBUT      DE-SEX
STRETCH BLAME      DISSECT
CHALLENGE BAIT      CHARM
CONFRONT CAJOLE     NEEDLE
SEDUCE  BELITTLE   EMBRACE
AVOID   ENLIGHTEN  SURPRISE
HUMILIATE DRAIN     NIGGLE
WARM    EXHAUST    MASSAGE
PATRONIZE SUFFOCATE  THRILL
FRIGHTEN OVERWHELM  BAFaffle
SCARE   SOOTHE     EXPOSE
ALIENATE APPEASE    EMBARRASS
INVITE  RAPE       TITILLATE
INSTRUCT DECEIVE   INTRIGUE
INSPIRE REPRIMAND  SHAKE
ELEVATE UNDRESS    DENY
FLATTER DEROBE     CORNER
INTIMIDATE ENCOURAGE LIGHTEN
UPLIFT  EDUCATE    BREAK
EXCITE  ENTHUSE    ENTHRAll
ENLIVEN TANTALIZE  ATTACK
ENERGIZE THREATEN   TAUNT
AMUSE   INTERRUPT  STAB