Exercise (adapted from Nádasdy's Practice Book, p 84):

Write above each syllable the stress degree it has.

0 1 0 0 activity

particle

1 0 0 decorate

particular

2 0 1 0 decoration

vegetable

neurobiological

progress (noun)

armchair

continue

sardine

analysis

observation

follow

object (noun)

decorated

object (verb)

event

anarchy

postman

anarchic

trio

myself

accommodate

horizon

outrage

horizontal

cigar

thermometer

bookshelf