

PHYSICAL

I saw Trevor **warming up** though I didn't stay for his fight. I heard the other fighter put him in a choke hold until he **passed out**. And when he **came round**, he **threw up**. He didn't seem to mind getting **beaten up** though. He was back **working out** at the gym the next day even though his eye had **swollen up**!



EMOTIONAL

I was about to quit my job because I couldn't **put up with** my colleagues, when someone recommended getting a pet. They said it would **cheer me up** whenever work **brings me down**. I got a dog called Eddie and he's **lightened up** my life. If I ever come home feeling **fed up**, I take Eddy for a walk and it **calms me down** immediately.



HEALTH

I **came down with** the flu last week but thankfully, Mum was there to **care for** me. I knew I'd soon **get over** it but Mum was worried because a friend of hers had **passed away** recently. She'd caught pneumonia and couldn't **pull through**. Anyway, Mum **looked after** me so well, I even **put on weight**, thanks to all her cooking.



20 MIND & BODY PHRASAL VERBS



PHYSICAL

warm up	prepare body for physical exercise
pass out	lose consciousness
come round	regain consciousness
throw up	vomit
beat up	physically assault somebody
swell up	expand in size
work out	do physical exercise

EMOTIONAL

put up with	tolerate something unpleasant
cheer up	start to feel happier
bring down	put someone into a worse mood
lighten up	stop being so serious
fed up	bored, annoyed or disappointed
calm down	stop feeling upset, angry or excited

HEALTH

come down with	start to suffer from an illness
care for	protect or provide for somebody
get over	recover from illness or emotional difficulty
pass away	die
look after	keep somebody safe or healthy
pull through	become well after serious illness.
put on	increase in weight



EXERCISES



PHYSICAL

1) Match the phrasal verb to its definition

a. warm up	1. lose consciousness
b. pass out	2. physically assault somebody
c. come round	3. vomit
d. throw up	4. do physical exercise
e. beat up	5. prepare body for physical exercise
f. swell up	6. regain consciousness
g. work out	7. expand in size



2) Put the phrasal verb in its correct form into the sentences

The victim's older brother suddenly arrived and		the bully.
I try to	at the gym three times a week.	
His ankle	after he sprained it.	
She	after eating the bad seafood.	
Let's	before we start lifting the heavy weights.	
After the accident, he	in the hospital.	
He	from the heat.	

EMOTIONAL

3) Match the phrasal verb to its definition

a. put up with	1. put someone into a worse mood
b. cheer up	2. bored, annoyed or disappointed
c. bring down	3. tolerate something unpleasant
d. lighten up	4. start to feel happier
e. fed up	5. stop feeling upset, angry or excited
f. calm down	6. stop being so serious



4) Put the phrasal verb in its correct form into the sentences

Stop taking everything so seriously;		!
I bought her some flowers to	her	.
I can't	his constant complaining.	
You need to	and take a deep breath.	
I'm	with all his excuses.	
Don't let your problems	you	.

HEALTH

5) Match the phrasal verb to its definition

a. come down with	1. die
b. care for	2. keep somebody safe or healthy
c. get over	3. start to suffer from an illness
d. pass away	4. protect or provide for somebody
e. look after	5. recover from illness or emotional difficulty
f. pull through	6. increase in weight
g. put on	7. become well after serious illness.



6) Put the phrasal verb in its correct form into the sentences

It took me a long time to		that breakup.
It's easy to	my cat. Just feed it and refill its water bowl.	
When her grandma	, the whole village came to the funeral.	
He's	a lot of weight recently; he used to be much thinner.	
She really	her friends and give them emotional support.	
We're all praying that your Mum will	that awful disease.	
My nose is running. I think I'm	a cold.	

Answers:

- 1) a5; b1; c6; d3 e2; f7; 2) beat up; work out; swelled up; there up; warm up; came round; passed out;
 3) a3; b4; c1; d6; e2; f5; 4) let... in; lighten up; cheer ... up; put up with; calm down; fed up; bring ... down;
 5) a3; b4; c5; d1; e2; f7; g6; 6) get over; look after; passed away; put on; cares for; pull through; coming down with.





GOOD RELATIONSHIPS

I wasn't sure if I'd **take to** the new boss but we really **hit it off**. We've only ever had one argument and we **made up** soon after. I'm so happy that we **get on** well. She's the kind of person who **stands by** you if you're struggling, and **backs** you **up** in any kind of dispute with clients.



ROMANCE

When I **asked her out** I just wanted to **hook up with** her but when I discovered her wicked sense of humour I knew I could never **break up** with her. I'd **fallen for** her, head over heels! We **went out** for a couple of years, then we **settled down**, got married and here we are, thirty years together!



OUT & ABOUT

I **bumped into** an old classmate today. I **popped into** the bank and she was waiting in line. We said it'd be great to **get together** because we haven't **hung out** in years. I told her to **come over** or just **drop in** the next time she's here. I hope we don't **meet up** though. She was so dull in school!



19 SOCIAL PHRASAL VERBS



GOOD RELATIONSHIPS

get on	Have a good relationship
hit it off	become friends immediately
make up	be friendly again after an argument
stand by	Support somebody
back up	Defend somebody
take to	Start to like

ROMANCE

ask out	invite on a date
hook up with	be sexually intimate
break up	separate
fall for	fall in love
go out with	have a romantic relationship
settle down	live together in a stable relationship

OUT & ABOUT

bump into	meet sb unexpectedly
pop into	come to a place for a short time
get together	meet, usually for social reasons
hang out	spend time relaxing
come over	come to sb's home
drop in	come to sb's home, often unexpectedly
meet up	meet, always for social reasons



EXERCISES



GOOD RELATIONSHIPS

1) Match the phrasal verb to its definition

a. get on	1. support somebody
b. hit it off	2. become friends immediately
c. make up	3. have a good relationship
d. stand by	4. start to like
e. back up	5. be friendly again after an argument
f. take to	6. defend somebody



2) Put the phrasal verb in its correct form into the sentences

My sister always		me when I'm going through tough times.
It took a few days, but they		with each other after their fight.
I		well with my coworkers; we have a lot in common.
The new teacher is friendly, and the students have really		her.
Sarah and John		right away and became good friends.
When I explained my idea to the boss, my team		me .

3) Match the phrasal verb to its definition

a. ask out	1. have a romantic relationship
b. hook up	2. separate
c. break up	3. be sexually intimate
d. fall for	4. invite on a date
e. go out with	5. live together in a stable relationship
f. settle down	6. fall in love



ROMANCE

4) Put the phrasal verb in its correct form into the sentences

He didn't expect to		her so quickly, but it was love at first sight.
They both wanted to		in a quiet town and start a family.
Pam started		Jim last month. They've had several dates.
At the party, they ended up		, and it turned into a brief fling.
After two years together, they realised it wasn't working and		.
Chad finally found the courage to		Betty for a drink.

5) Match the phrasal verb to its definition

a. bump into	1. spend time relaxing
b. pop into	2. meet, usually for social reasons
c. get together	3. meet, always for social reasons
d. hang out	4. meet somebody unexpectedly
e. come over	5. visit somebody's home, often unexpectedly
f. drop in	6. come to a place for a short time
g. meet up	7. come to sb's home



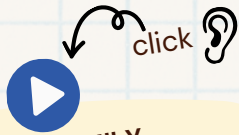
6) Add the phrasal verb in its correct form.

On weekends, I usually		by myself at the lake to relax.
Feel free to		anytime you're nearby; you don't need to call first.
The whole team will		later to discuss the work project.
I didn't expect to		my old friend at the cinema yesterday.
Let's		for coffee tomorrow afternoon and catch up on things.
I'll		the store quickly to grab some milk on my way home.
Why don't you		to my house later and we can watch a film?

Answers:

- 1) a3; b2; c5; d1; e6; f4; 2) stands by; made up; get on; taken to; hit it off; backed ... up;
 3) a4; b3; c2; d6; e1; f5; 4) fall for; settle down; going out with; hooking up; broke up; ask ... out;
 5) a4; b6; c2; d1; e7; f5; 6) hang out; drop by; get together; bump into; meet up; drop by; come over





FAMILY

I saw Stan today looking all **grown up**. His parents **brought him up** well. He **goes by** Stan even though he was **named after** his dad, Paul. However, Stan chose that name for himself because he always **looked up to** Stanley Kubrik. He doesn't make films though. He **takes after** his dad so call him if your loo needs fixing.



THE HOME

The cottage I bought needs **fixing up**. I'm going to paint it, **put together** some furniture, buy a couple of beds and **move in**. Then if any guests want to visit I'll be able to **put them up**. Oh, and the front door needs replacing. I can't **lock it up** properly at the moment so anyone could **let** themselves in!



CHORES

We do chores to get pocket money. I **wash up** after dinner and **throw out** the rubbish. My sister **hangs up** the wet laundry and **puts** the clean clothes **away**. And once a week, we **tidy up** the living room together. We **dust off** the surfaces and **clean up** any mess, which is always hers!



19 FAMILY HOME PHRASAL VERBS



FAMILY

grow up	become an adult
bring up	raise somebody
look up to	admire somebody
take after	be like or look like another family member
name after	be given the same name as sb
go by	be called a name

THE HOME

let in	allow to enter
put together	build or assemble
move in	start living in a different home
lock up	secure a room or building
put (sb) up	let somebody stay at your home
fix up	repair or decorate to make ready

CHORES

clean up	remove dirt from a place
dust off	remove dust from something
hang up	place something on a hook or hanger
throw out/away	get rid of something
wash up	wash plates, cutlery etc. after a meal
put away	put something where it is kept
tidy up	put things or places in order



EXERCISES



FAMILY

1) Match the phrasal verb to its definition

a. grow up	1. raise somebody
b. bring up	2. be given the same name as somebody
c. look up to	3. admire somebody
d. take after	4. be called a name
e. name after	5. become an adult
f. go by	6. be like or look like another family member



2) Put the phrasal verb in its correct form into the sentences

My parents	me	to be respectful of others.
The town I		in is really old and charming.
I always		my grandfather because he was so kind.
My daughter		her grandmother; they both have the same curly hair and love to read.
My parents	me	my grandmother, who was a famous artist.
Although his birth name is Reginald, he prefers to		Reggie.

THE HOME

3) Match the phrasal verb to its definition

a. let in	1. secure a room or building
b. put together	2. repair or decorate to make ready
c. move in	3. allow to enter
d. lock up	4. start living in a different home
e. put (sb) up	5. build or assemble
f. fix up	6. let somebody stay at your home



4) Put the phrasal verb in its correct form into the sentences

Could you	me	please; I forgot my keys.
We had to		the new bookshelf ourselves.
We're so excited to		to our new apartment next week.
Before going to bed, I always		the house to keep it safe.
We	our friend	for the night because he couldn't find a hotel.
We're going to		the old house and make it our dream home.

CHORES

5) Match the phrasal verb to its definition

a. clean up	1. to place sthg on a hook or hanger
b. dust off	2. get rid of something
c. hang up	3. remove dirt from a place
d. throw out/away	4. wash plates etc. after a meal
e. wash up	5. put something where it is kept
f. put away	6. remove dust from something
g. tidy up	7. put things or places in order



6) Put the phrasal verb in its correct form into the sentences

You		those old books, then I'll put them back on the shelves.
		the toy you've finished with before you take another.
Will you		the spilt juice before it leaves a stain?
		your wet towel, please; it's still dripping water.
How about if you		the dirty dishes and I'll dry them?
Would you		the rotten fruit? It's starting to smell bad.
Look at all the clothes and toys on the floor.		your room!

Answers:

- 1) a5; b1; c3; d6; e2; f4; 2) brought... up; grew up; looked up to; takes after; named ... after; go by;
 3) a3; b5; c4; d1; e6; f2; 4) let... in; put together; move in; lock up; put... up; fix up;
 5) a3; b6; c1; d2; e4; f5; g7; 6) dust off; Put away; clean up; Hang up; wash up; throw out; Tidy up

