

Look at the sentences. Choose the correct option.

1. Every time I ask for help none of my friends have time, i feel a bit **let down/calm down**.
2. First try to **grow on/calm down**, and then tell me what happened.
3. He's starting to **bottle up/grow on** me, I think I really like him.
4. I know you tend to **lash out at/ bottle up** your feelings, but it's better to let go.
5. I know you're not feeling all too great right now but try to **cheer up/tear apart** a little
6. I tried to pet the cat, but she **lashed out/grew on** at me.
7. It **tore me apart/ pulled me together** to see her with her new boyfriend.
8. No need to **bottle up/be hung up** about it, there will be another test next week.
9. Stop sulking and **pull yourself together/ let yourself down** man.
10. You're dreaming if you can do that, **snap out of/lash out at** it and come back to your senses.

Fill in the blanks with the correct phrasal verb. Don't forget to use the correct tense.

1. \_\_\_\_\_, there are so many beautiful and exciting women out there.
2. Don't give up you've got to \_\_\_\_\_ yourself \_\_\_\_\_ and find a job
3. He is still \_\_\_\_\_ the break- up
4. I didn't like him at first, but now he's starting to \_\_\_\_\_ me.
5. If you receive some bad news, resist the temptation to \_\_\_\_\_ your boss.
6. I got some bad news today and I really can't \_\_\_\_\_ it.
7. My mom is telling me to \_\_\_\_\_ and that everything will be ok.
8. Stop \_\_\_\_\_ your feelings inside, you need to let go from time to time.
9. When I had to leave my family for a year I was really \_\_\_\_\_.
10. You will come and help me move and won't \_\_\_\_\_ me \_\_\_\_\_, will you?

## Answers

1. Every time I ask for help none of my friends have time, i feel a bit **let down**.
2. First try to **calm down**, and then tell me what happened.
3. He's starting to **grow on** me, I think I really like him.
4. I know you tend to **bottle up** your feelings, but it's better to let go.
5. I know you're not feeling all too great right now but try to **cheer up** a little
6. I tried to pet the cat, but she **lashed out at** me.
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8. No need to **be hung up about** it, there will be another test next week.
9. Stop sulking and **pull yourself together** man.
10. You're dreaming if you can do that, **snap out of** it and come back to your senses.

**Fill in the blanks** with the correct phrasal verb. Don't forget to **use the correct tense**.

1. **Cheer up**, there are so many beautiful and exciting women out there.
2. Don't give up you've got to **pull yourself together** and find a job
3. He is still **hung up about** the break up
4. I didn't like him at first, but now he's starting to **grow on** me.
5. If you receive some bad news, resist the temptation to **lash out at** your boss.
6. I got some bad news today and I really can't **snap out of** it.
7. My mom is telling me to **calm down** and that everything will be ok.
8. Stop **bottling up** your feelings inside, you need to let go from time to time.
9. When I had to leave my family for a year I was really **torn apart**.
10. You will come and help me move and won't **let me down**, will you?