



| | |
|--|--|
| <p>To be hung up about someone or something Why are you still hung up about your ex? Try to get over it.</p> | To be preoccupied or worried about something |
| <p>To bottle up It's really unhealthy to bottle up all your feelings.</p> | To keep your emotions inside for a very long time, repress and hide them |
| <p>To calm down Just calm down first, then we can talk.</p> | To become more relaxed and less angry |
| <p>To cheer up Try to cheer up, it's not so bad.</p> | To become happier |
| <p>To grow on I'm starting to like her more and more, she's really growing on me.</p> | To become more attractive or interesting over time |
| <p>To lash out at He lashed out at me because he was angry.</p> | To try to hit, kick or hurt someone |
| <p>To let someone down I had hoped to count on my friends, but they let me down again.</p> | To fail to support or help someone who needed or expected your help |
| <p>To pull yourself together Stop crying and pull yourself together.</p> | To take control of your feelings and don't let go. |
| <p>To snap out of Just snap out of it and try to relax a bit.</p> | To get out of a bad or unhappy mood |
| <p>To tear apart I was torn apart by the whole affair.</p> | To completely destroy by tearing it into small pieces |