

ESSENTIAL PHRASAL VERBS

B2 First & C1 Advanced Cheat Sheet

RELATIONSHIPS & SOCIAL LIFE

PHRASAL VERB	MEANING IN ENGLISH
Bring up	Mention a topic / Raise a child
Get along / Get on (with)	Have a good relationship with someone
Get together	Meet with people
Grow up	Become an adult
Look up to	Admire someone
Look down on	Feel superior to someone
Make up	Reconcile / Invent a story
Fall out (with)	Argue and stop speaking
Split up / Break up	End a relationship
Take after	Look or behave like a family member
Ask out	Invite someone on a date
Catch up (with)	Exchange the latest news
Count on	Rely on someone
Let down	Disappoint someone
Run into / Bump into	Meet someone by accident

ROUTINE, WORK & STUDIES

PHRASAL VERB	MEANING IN ENGLISH
Carry out	Do or complete a task/ experiment
Catch on	Become popular / Finally understand
Deal with / Cope with	Handle a problem
Drop out (of)	Quit a course or school
Fill in / Fill out	Complete a form
Hand in	Submit homework or a task
Keep up (with)	Move at the same speed
Look forward to	Feel excited about something (+ -ing)
Look into	Investigate a situation
Look up	Find information (in a dictionary)
Put off	Delay or postpone
Put up with	Tolerate a difficult situation
Take up	Start a new hobby
Work out	Calculate / Find a solution / Exercise
Fall behind	Make less progress than others
Turn in	Submit work / Go to bed
Set out / Set off	Start a project or journey
Go over	Review carefully
Lay off	Fire staff
Take over	Take control of something

COMMUNICATION & EXPRESSION

PHRASAL VERB	MEANING IN ENGLISH
Point out	Draw attention to a fact
Speak up	Speak louder / Express an opinion
Talk into	Persuade someone to do something
Talk out of	Persuade someone NOT to do something
Turn down	Reject an offer / Decrease volume
Come across	Give an impression / Find by chance
Get across	Communicate an idea clearly
Break in / Interrupt	Interrupt a conversation
Blurt out	Say something suddenly without thinking
Make out	Hear or see something with difficulty

CHANGES, MOVEMENT & TRAVEL

PHRASAL VERB	MEANING IN ENGLISH
Check in	Register at a hotel or airport
Check out	Leave a hotel / Investigate
Drop off	Take someone somewhere by car
Get in / Get out (of)	Enter / Leave a car
Get on / Get off	Enter / Leave a bus or train
Get away (with)	Escape punishment / Go on holiday
Head for / Head towards	Move in the direction of
Pick up	Collect someone in a car / Learn quickly
Set off / Set out	Start a journey
Speed up	Go faster
Slow down	Reduce speed
Stop over	Stay somewhere briefly during a journey
Pull over	Stop a vehicle by the side of the road
Turn back	Return the way you came
Move in / Move out	Start / Stop living in a house

UNEXPECTED SITUATIONS & PROBLEMS

PHRASAL VERB	MEANING IN ENGLISH
Break down	Stop working (machine) / Lose emotional control
Call off	Cancel an event
Come up	Happen unexpectedly
Come up with	Think of an idea or plan
End up	Reach a situation eventually
Face up to	Accept and deal with a problem
Give in	Surrender or agree to something
Give up	Stop a habit / Quit
Run out of	Have nothing left (time, money)
Turn out	Happen in a particular way
Wear out	Make someone tired / Damage by use
Blow up	Explode / Become suddenly famous
Sort out	Solve a problem
Pan out	Develop in a successful way
Die down	Become less intense or noisy

SHOPPING, MONEY & LIFESTYLE

PHRASAL VERB	MEANING IN ENGLISH
Clear out	Tidy up and throw away things
Cut down on	Reduce the amount of
Dress up	Wear formal or special clothes
Pay back	Return money
Save up (for)	Keep money for a specific purpose
Shop around	Compare prices
Splash out	Spend a lot of money on a luxury
Take back	Return an item to a shop
Try on	Put on clothes to see if they fit
Wear off	Lose effect gradually

HEALTH, MOOD & BODY

PHRASAL VERB	MEANING IN ENGLISH
Pass out	Faint or lose consciousness
Get over	Recover from an illness
Come down with	Become sick with a minor illness
Pull through	Survive a serious illness
Cheer up	Become happier
Calm down	Become relaxed
Burn out	Become exhausted from overworking
Work off	Remove stress through exercise
Throw up	Vomit
Check up on	Make sure someone is okay

OTHER ESSENTIAL FCE VERBS

PHRASAL VERB	MEANING IN ENGLISH
Bring about	Cause something to happen
Carry on	Continue doing something
Go on	Happen / Continue
Hold on	Wait a moment
Look out / Watch out	Be careful
Show up / Turn up	Arrive or appear
Take off	Leave the ground / Become successful
Set up	Start a business or organization
Go off	Explode / Ring (alarm) / Go bad (food)
Stand out	Be easy to notice