Exercise 1

Match verbs 1–4 with particles A–D to make phrasal verbs from this unit.

1 cheer / open	A for
2 calm / let	B up
3 care / hope	C to
4 relate / get	D down

Exercise 2

Choose the best answer to complete the sentences.

1 It took her a long time to *go through / get over / care for* the loss of her pet cat.
2 We're all *hoping for / relating to / opening up to* a solution to the problem.
3 I don't understand it. It's something I just can't *get to / play on / relate to*.
4 Are you *cheering up / calming down / looking forward to* your trip?
5 A good teacher is able to *let down / calm down / go through* a class of noisy, excitable children.
6 I know it's annoying, but try not to let it *cheer you up / open you up / get to you*.
7 You should *open up / calm down / look forward* to her and talk about how you feel.
8 She did not want to *calm down / cheer up / let down* her boss, so she agreed to work more overtime.

Exercise 3

Complete the sentences with the particles in the box.

up to | to | for | over | up | with | on | down

1 Without him I could not possibly have faced _____ all my fears and difficulties.
2 Cerys always does a good job. She never lets me _____.
3 The family are dealing _____ their loss and ask that their privacy is respected.
4 Chad booked a holiday to cheer himself _____.
5 She always likes to have something to look forward _____.
6 It took a long time for her parents to get _____ the shock.
7 He played _____ the fact that people felt sorry for him.
8 She really cared _____ him.

Exercise 4

Match sentence halves 1–6 with A–F to make complete sentences.

1 A police officer tried to	A permanent relationship with John.
2 She lives with a nurse	B what she said about music.
3 His rude behaviour was really starting	C to get to me.
4 James played	D on Daphne's guilt.
5 I could relate to	E calm her down.
6 Anya was hoping for a more	F who cares for her.

Exercise 5

Match phrasal verbs 1–6 with definitions A–F.

1 Please just calm down!	A upset or annoy
2 The company really let us down, so I won't use them again.	B stop (him) feeling sad and make (him) become happier
3 He could easily relate to her situation.	C happy (something) is going to happen because we expect to enjoy it
4 We're really looking forward to the weekend.	D failed to do something (I) expected
5 I don't know what I can do to cheer him up.	E become less upset, excited, or angry
6 Don't let these silly remarks get to you.	F understand (something) because he has had a similar experience

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Exercise 6

Replace the underlined verbs with a phrasal verb from the box with the same meaning.

plays on	got over	gone through	deal with	calmed down

1 A year after the accident, things have settled down again.
2 Mohammed now finds it easier to cope with his workload.
3 She still hasn't recovered from the shock.
4 The news story simply plays upon existing fears.
5 The family have undergone a terrible trauma.

Exercise 7

Complete the sentences with the correct form of the phrasal verbs in the box.

care for	face up to	get over	go through	hope for	open up

1 After a few hours he began to _____ about his problems.
2 He used to _____ the children while she was away.
3 The best we can _____ is to get at least some of our money back.
4 They have _____ such a hard time lately.
5 Sooner or later you have to _____ the truth.
6 He never _____ the death of his wife.

Exercise 8

Read the email. Underline all the phrasal verbs, then in your own words, explain what each one means.

Hi Liam

How are you? I'm okay. I had a car accident last weekend. I was really shocked when it happened but I've calmed down now and am getting over it. However, I may have to face up to the fact that the accident was my fault. I'm sure you can relate to all this after your car accident last year. Anyway, I'm really looking forward to seeing you next weekend as I need something to cheer me up!

See you soon,

Emily

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____

Your turn!

Have you ever been in a difficult situation? Use the phrasal verbs in this unit to talk about how it made you feel. For example:

I felt so bad about letting down my friends.



It helps him **deal with** the stress.

LIVEWORKSHEETS