

Phrasal verbs

2 Complete the blog post with the correct phrasal verbs.



My digital detox diary

Day 1

My first challenge was to 1 sign out of my social media accounts for just half an hour. It was a bit scary, but I did it! In fact, it was quite nice because I spent time 2 _____ my brother instead. He wants me to

3 _____ with him at the gym tonight, so I've said yes - without my phone, of course!

Day 5

I did nearly two hours without my phone today! I'm slowly learning to 4 _____ without it. I need to 5 _____ now because I've arranged to 6 _____ some friends, and I'm planning to leave my phone at home. Scary! ☹️

Day 9

It's definitely getting easier! This morning I checked my phone for messages and then I 7 _____ and left it upstairs while I had my breakfast. I'm feeling really good today - I think I might even 8 _____ running!

Third conditional

2 Complete the third conditional sentences. Use the verbs in brackets.

- 1 If Dean *hadn't decided* (not/decide) to text his friend, he *wouldn't have fallen* (not/fall) into the river.
- 2 If Amy _____ (not/call) her friend by accident, the present _____ (be) a surprise.
- 3 If Tara _____ (look) at the photo, she _____ (not/post) it online.
- 4 If Jake _____ (not/forgotten) to switch his phone off, he _____ (not/be) embarrassed.
- 5 If Hayati _____ (see) the message about the party, she _____ (come).