

**MATCH THE PHRASAL VERBS TO THE DEFINITIONS.**

calm (somebody) down	become or make somebody happier
cheer (somebody) up	accept that a difficult situation exists
chill out	become or make somebody quieter or more relaxed
cut down	do exercise to get fit
face up to	relax completely
open up	reduce the amount you take or use something
slow (something) down	talk about how you feel
work out	start to do something less fast