

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