

# EMOTIONS AND PHRASAL VERBS

## I Match the verbs with the definition

- |                         |                                            |
|-------------------------|--------------------------------------------|
| 1 choke up ____         | A to disappoint someone                    |
| 2 cheer up ____         | B to be too emotional to speak             |
| 3 lash out ____         | C to feel or make someone more happy       |
| 4 let someone down ____ | D to be worried or anxious about something |
| 5 blow up ____          | E to release anger at someone              |
| 6 stress out ____       | F to laugh                                 |
| 7 freak out ____        | G to make someone angry                    |
| 8 crack up ____         | H to explode with anger                    |
| 9 tick off ____         | I to come to a heightened state of emotion |
| 10 lighten up ____      | J to contain emotions                      |
| 11 bottle up ____       | K to reduce anger                          |
| 12 goof off ____        | L to relax                                 |
| 13 chill out ____       | M to get irrationally angry or upset       |
| 14 flip out ____        | N to be idle, not working                  |



## II Read the sentences and circle the correct form of the verb.

- I ..... when Riley came back home.  
A choked up      B choked myself up      C both are correct
- Mom tried to ..... during training  
A cheer Riley up      B cheer up Riley      C both are correct
- Riley lost control with her parents. She .....  
A lashed out at them.      B lashed them out      C both are correct
- Riley's mother really never .....  
A let her down      B let down her      C both are correct
- Riley's father looked at her. Then he .....  
A blew her up      B blew up at her      C both are correct
- Moving to San Francisco .....  
A stressed Riley out      B stressed out Riley      C both are correct
- Riley looked at the new school. It .....  
A freaked her out      B freaked out her      C both are correct
- When Dad fell on the ice, Riley .....  
A cracked up over it      B cracked it up      C both are correct
- She didn't know why but that really ....  
A ticked off her      B ticked her off      C both are correct
- Joy told Anger to ....  
A lighten up      B lighten it up      C both are correct
- Express your emotions! Don't....  
A bottle up them      B bottle them up      C both are correct
- Exams are coming. This is no time to...  
A goof off on them      B goof them off      C both are correct
- You're letting anger get the best of you. ....!  
A Chill out      B Chill it out!      C both are correct
- When she saw that Riley had gone, her mother ....  
A flipped herself out      B flipped out      C both are correct

