

6 Use the correct form of the verbs in brackets together with the suitable preposition (*up* or *down*) to replace the parts in bold.

- 1 You should talk to people about your problems and not bottle things up. (open) (*up or down*)
- 2 You need to have a couple of weeks holiday in order to relax completely. (wind) (*up or down*)
- 3 Why don't you try to work less intensely and not get so stressed? (ease) (*up or down*)
- 4 You should try to relax and enjoy yourself. (loosen) (*up or down*)
- 5 Nothing I said could make him feel better; he was really depressed. (cheer) (*up or down*)
- 6 Please try to control yourself and tell me what happened. (calm) (*up or down*)
- 7 Eve's job is making her unhappy; She needs a change. (get) (*up or down*)
- 8 I'm so sorry I disappointed you yesterday. I'll try to be more reliable in future. (let) (*up or down*)