

Exercise 1

Match the particles with the verbs to make phrasal verbs from this unit.

down | out | from | in | on | up | around | with

- | | | | |
|----------------------------|-------|----------|-------|
| 1 carry / hold / keep / go | _____ | 5 live | _____ |
| 2 clear / clean | _____ | 6 settle | _____ |
| 3 help | _____ | 7 turn | _____ |
| 4 protect | _____ | 8 take | _____ |

Exercise 2

Match sentence halves 1–6 with A–F to make complete definitions.

- | | |
|---|---|
| 1 If you clean up a place or person, | A you stop having a past feeling and progress to something new. |
| 2 If you hold on to someone, | B you take care of them. |
| 3 If you leave something behind, | C you make them cleaner. |
| 4 If you look after someone or something, | D it becomes calmer or stops changing. |
| 5 If something settles down, | E you allow them to live at your house or in your country. |
| 6 If you take someone in, | F you keep your arms around them. |

Exercise 3

Decide if the sentences are true (T) or false (F).

- 1 If something turns your life around, it changes your life for the worse. ☐
- 2 If you look after something, you ignore it. ☐
- 3 If something gets you through a difficult situation, it helps you cope. ☐
- 4 If you carry on in a difficult situation, you stop living your life normally. ☐
- 5 If things settle down, they become calmer. ☐
- 6 If you hold on to something, you give it to someone else. ☐

Exercise 4

Complete the book titles with the particles in the box.

BEHIND | WITH | AROUND | OUT | FROM | AFTER

- 1 HOW TO TURN YOUR LIFE _____
- 2 LEAVING YOUR PAST _____
- 3 LOOKING _____ YOUR NEW BABY
- 4 LIVING _____ STRESS
- 5 PROTECTING YOURSELF _____ HARM
- 6 HELPING _____: A GUIDE TO CHARITY WORK

Exercise 5

Replace the underlined verbs with a phrasal verb from the box with the same meaning.

settled down | live with | kept on | held on to | clean up | protect ... from

- 1 It took us hours to clear up the mess the children had made.
- 2 You need to take measures to protect yourself against skin cancer.
- 3 Qiang doesn't like going to the dentist, but he can put up with it.
- 4 She held onto his hand as they walked up the hill.
- 5 I carried on walking along the street.
- 6 Life has calmed down more now that we've moved away from the city.

Exercise 6

Correct the phrasal verbs in these sentences.

- 1 It was difficult for him to carry in after the accident.
- 2 I just don't know how we're going to get ahead this difficult time.
- 3 If there's anything I can do to help in, just let me know.
- 4 Things will get better – You just need to keep holding over!
- 5 Dario really wanted to leave his past ahead and move on with life.
- 6 I offered to look under Helen's children while she's in hospital.
- 7 After a few hours, his stomach settled over and he ate a sandwich.
- 8 They took at a homeless couple for a week while they looked for a place to stay.

Exercise 7

Read Oliver's story. Underline all the phrasal verbs, then match them with definitions 1–6.

When I was younger, I was homeless and had nowhere to go. I became depressed. Then I met Sophie and that turned my life around. We became friends and she took me in and let me live in her house. She looked after me and even helped me out with things like money. She helped me get through my depression and now I really feel like I've left that part of my life behind.

- 1 stopped having a past feeling and progressed to something new
- 2 took care of me
- 3 survive something
- 4 did something to help me
- 5 changed my life completely and made it better
- 6 allowed me to live at her house

Exercise 8

Complete the sentences with the correct forms of phrasal verbs from this unit.

- 1 If I can find someone to _____ my baby tonight, I can come to the cinema with you.
- 2 I hope you'll be happy in your new home! When you've unpacked and things have _____, I'd love to come and visit.
- 3 When you're climbing up the mountain, _____ the rope tightly.
- 4 The post office is just ahead of you, at the end of this street. Just _____ and you'll see it, on your right.
- 5 It was a great party – but the room is a mess! It'll take us a long time to _____. We'd better start now.
- 6 When our son left home to go to university, we _____ a lodger. It helped pay the rent and made the house feel less empty without him.

Your turn!

Can you think of someone or something that has helped you at some time in your life? Use the phrasal verbs in this unit to talk about them. For example:

My sister looked after me when I was sick.

The book helped me get through a difficult time in my life.



He knew his friends would get him through this ordeal.