

1 Choose the correct option to complete the sentences.

- 1 You *ought to* / *mustn't* drive if you feel dizzy.
- 2 I'm so stressed. I *need to* / *mustn't* relax.
- 3 You *must* / *should* be over 18 to come to this gym.
- 4 It's getting late. You *don't have to* / *had better* go to bed soon.
- 5 If you've got a headache you *ought to* / *needn't* lie down for a minute.
- 6 When my parents are out, I *have to* / *mustn't* look after my little sister.
- 7 This reaction is completely normal. You *should* / *needn't* worry.
- 8 If you panic, you *should* / *needn't* take a deep breath.
- 9 You *must* / *don't have to* print this form. You can email it to us.

1 Match the sentence beginnings (1–8) to the endings (A–H).

- 1 He was so angry that he lost B.
- 2 Are you OK? You look very pale,
- 3 I can't forget the exam. I keep going over
- 4 My sister always gets in
- 5 My brother has no difficulty
- 6 I have a headache and I feel
- 7 Our dog is not well. He's lost
- 8 I don't feel great. I have an upset
- A a panic before taking any exam.
- B his temper and walked out of the class.
- C stomach - a herbal tea might help settle it.
- D sleeping on a plane, but I find it impossible.
- E you're not going faint, are you?
- F his appetite which is very unusual.
- G dizzy. I think I might be sick.
- H and over the questions in my mind.

3 Choose the correct options.

I hate having flu. It's horrible when you ¹ throw up / *get over* and your head hurts. It really ² *comes down with* / *gets me down* that I have no energy at all. It takes me days to ³ *get over* / *come round* it. Once I ⁴ *came down* / *calmed down* with flu on New Year's Eve and missed all the celebrations! However, my cousin has just had an operation which is more serious. He's ⁵ *come round* / *come down* from the anesthetic now, but he needs to rest. He got very angry and crashed his bike. He needs to learn to ⁶ *get over* / *calm down* and take things less seriously.

4 Complete the sentences with the phrasal verbs in Exercise 3.

- 1 School is cancelled today as a lot of students and teachers have come down with influenza.
- 2 You shouldn't eat those mushrooms, you're allergic to them and you'll probably
- 3 You need to take a deep breath and before you say something you regret.
- 4 It's taken me months to the knee operation, but now I'm finally back at the gym.
- 5 Reading a sad book like this really me
- 6 The patient hasn't after the operation yet, so we still don't know if it was successful.

5 Choose the correct options.

- A: So, tell me how you feel.
B: I feel sick and a little ¹ *panic* / *dizzy* and I ² *have an upset stomach* / *go over and over it in my mind*.
A: Have you ³ *got down* / *thrown up*?
B: No, thankfully.
A: What did you eat yesterday?
B: Not much, some fruit and a sandwich at lunchtime. I've ⁴ *lost my appetite* / *lost my temper* recently.
A: Well, I think you have ⁵ *come round* / *come down* with a virus of some sort. I'm ⁶ *aware of* / *cautious about* the fact that you've had a lot to ⁷ *compare with* / *cope with* recently. You need to go home and rest. Drink lots of water too. You must focus on ⁸ *calming down* / *getting over* this illness.