

# 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.

1 I ..... when Riley came back home.  
 A choked up      B choked myself up      C both are correct

2 Mom tried to ..... during training  
 A cheer Riley up      B cheer up Riley      C both are correct

3 Riley lost control with her parents. She .....  
 A lashed out at them.      B lashed them out      C both are correct

4 Riley's mother really never .....  
 A let her down      B let down her C both are correct

5 Riley's father looked at her. Then he .....  
 A blew her up      B blew up at her      C both are correct

6 Moving to San Francisco .....  
 A stressed Riley out      B stressed out Riley      C both are correct

7 Riley looked at the new school. It .....  
 A freaked her out      B freaked out her      C both are correct

8 When Dad fell on the ice, Riley .....  
 A cracked up over it      B cracked it up      C both are correct

9 She didn't know why but that really ....  
 A ticked off her      B ticked her off      C both are correct

10 Joy told Anger to ....  
 A lighten up      B lighten it up      C both are correct

11 Express your emotions! Don't....  
 A bottle up them      B bottle them up      C both are correct

12 Exams are coming. This is no time to...  
 A goof off on them      B goof them off      C both are correct

13 You're letting anger get the best of you. ....!  
 A Chill out      B Chill it out!      C both are correct

14. When she saw that Riley had gone, her mother ....  
 A flipped herself out B flipped out C both are correct

