

EMOTIONS AND PHRASAL VERBS

I Match the verbs with the definition

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| 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

