

DIGITAL NUTRIENTS



ENGLISH

PHRASAL VERBS

MASTERY GUIDE

A2 -> B1 -> B2

Understand it. Place it correctly. Say it naturally.

Master meaning, particles, separability, pronoun placement, register, stress, and fast speaking retrieval - not just lists of definitions.

30-day practice path • 15 graded units • grammar maps • speaking drills • answer key

Created for Digital Nutrients learners | 2026

How to Use This Guide

Phrasal verbs are learned best as complete patterns: meaning + grammar + context + pronunciation.

What is a phrasal verb?

A phrasal verb combines a verb with one or more particles, usually an adverb or preposition, to create a unit of meaning: wake up, turn off, figure out, put up with. The meaning may be literal, partly idiomatic, or highly idiomatic.

The seven-step mastery loop

1. Learn	Learn one useful meaning, not every dictionary meaning at once.
2. Classify	Mark the verb as separable, inseparable, intransitive, or three-word.
3. Notice	Study it inside a full sentence and pay attention to the object position.
4. Choose	Select the right particle or meaning from context.
5. Repair	Correct word-order and particle mistakes.
6. Speak	Use the verb in a personal answer without reading.
7. Recycle	Review after 1, 3, 7, and 14 days.

About the A2, B1, and B2 labels

Accuracy note

CEFR describes communicative ability; it does not publish one official phrasal-verb list for each level. The level labels here are instructional estimates based on frequency, transparency, grammar complexity, idiomaticity, and the situations learners typically handle at each stage.

Phrasal verbs vs. other multi-word verbs

Not every verb + preposition combination is a phrasal verb. Compare look up a word (phrasal verb) with depend on someone (prepositional verb). This guide focuses mainly on phrasal verbs, but occasionally notes closely related multi-word patterns because learners meet them together in real English.

Contents

FOUNDATIONS

Meaning, particles, literal vs. idiomatic uses, and how to record a phrasal verb.

GRAMMAR MAP

Intransitive, separable, inseparable, three-word verbs, and pronoun placement.

A2 CORE

Units 1-5: routines, home, people, travel, study and work.

B1 DEVELOPMENT

Units 6-10: problems, relationships, study/work, travel, money.

B2 PRECISION

Units 11-15: discussion, change, professional English, idioms, multiple meanings.

PARTICLE LOGIC

What up, down, out, off, on, back, over, and away often contribute.

NATURALNESS TOOLKIT

Register, formal equivalents, noun/verb stress contrasts, and common errors.

SPEAKING & RETRIEVAL

Timed drills, repair races, storytelling, and meaning switching.

30-DAY PLAN

A structured path from recognition to spontaneous use.

MASTER BANK

A2-B2 phrasal verbs organized by level and function.

ANSWER KEY

Answers for closed exercises and model corrections.

Part 1 - Foundations

1. One verb, one particle, a new meaning

Phrasal verb	Core meaning	Example
wake up	stop sleeping	I usually wake up at 6:30.
turn off	stop a device/light	Please turn off the television.
give up	stop trying or stop a habit	Do not give up after one mistake.
figure out	understand or solve	We finally figured out the problem.
run into	meet unexpectedly	I ran into an old friend downtown.

Do not translate the pieces separately

Knowing give and up does not automatically produce the meaning stop trying. Store the whole unit: give up + something / give something up.

2. Literal, semi-idiomatic, and idiomatic

Example	Type	Meaning
sit down	mostly literal	movement to a lower seated position
take off (clothes)	transparent	remove clothing from the body
take off (plane)	semi-idiomatic	leave the ground
take off (business)	idiomatic	become successful very quickly
put up with	highly idiomatic	tolerate something unpleasant

3. How to record a phrasal verb

Use a four-part note

Write: (1) phrasal verb, (2) one useful meaning, (3) grammar code, and (4) one personal example.

Example: turn off - stop a device - separable/transitive - I turn my phone off before class.

Foundation Check

Choose the best answer.

1. If you stop trying, you (give up / give in the up).
2. If a plane leaves the ground, it (takes off / takes out).
3. If you unexpectedly meet a friend, you (run into / run over) the friend.
4. If you solve a puzzle, you may (figure it out / figure out it).
5. Which is more idiomatic: sit down or put up with?

Part 2 - The Grammar Map

The most common phrasal-verb mistakes are grammar mistakes, not meaning mistakes.

1. Intransitive: no object

Verb	Example	Pattern
wake up	I woke up late.	No object
show up	He did not show up.	No object
grow up	She grew up in Cairo.	No object
break down	The car broke down.	No object in this meaning

2. Separable: object can move

Verb	Noun object	Pronoun object
turn off	turn off the light / turn the light off	turn it off
pick up	pick up the bag / pick the bag up	pick it up
write down	write down the number / write the number down	write it down
throw away	throw away the box / throw the box away	throw it away

Pronoun rule

With a separable phrasal verb, a short object pronoun normally goes between the verb and particle: turn it off, pick them up, write it down. Not: turn off it.

3. Inseparable: object stays after the particle

Verb	Noun object	Pronoun object
run into	I ran into Maria.	I ran into her.
look after	She looks after the children.	She looks after them.
come across	I came across an interesting article.	I came across it.
get over	He got over the illness.	He got over it.

4. Three-word verbs

Verb	Meaning	Example
put up with	tolerate	I cannot put up with the noise.
look forward to	anticipate with pleasure	I look forward to meeting you.
get along with	have a good relationship	She gets along with her coworkers.
come up with	produce an idea/solution	We came up with a better plan.

Do not split three-word verbs

Keep the unit together: put up with it, look forward to it, come up with an idea.

Grammar Repair

Rewrite each sentence correctly.

1. Turn off it, please. _____
2. I picked up it from the floor. _____
3. She ran her into at the store. _____
4. We came a solution up with. _____
5. He grew up his children in London. _____

5. Quick grammar code reference

Code	Pattern	Memory cue
I	intransitive	No object: The car broke down.
S	separable	Noun can move; pronoun goes in the middle: turn it off.
INS	inseparable	Object stays after the particle: run into her.
3W	three-word	Keep the full unit together: put up with it.

Pronoun Flip Drill

Replace the noun object with the pronoun in parentheses.

1. Turn off the television. (it) _____
2. Pick up the keys. (them) _____
3. Write down the number. (it) _____
4. Throw away the old papers. (them) _____
5. Bring back my book. (it) _____
6. Hand in the assignment. (it) _____

A2 | UNIT 1

Daily Routines

Use high-frequency phrasal verbs for everyday movement and routines

Phrasal verb	Core meaning	Example	Code
wake up	stop sleeping	I wake up at 6:00.	I
get up	leave your bed	I get up a few minutes later.	I
put on	dress yourself in something	Put on your jacket.	S
take off	remove clothing	Take off your shoes.	S
go out	leave home for social activity	We went out after dinner.	I
come back	return	I will come back at eight.	I
sit down	move into a seated position	Please sit down.	I
stand up	rise to your feet	Everyone stood up.	I
hurry up	do something faster	Hurry up or we will be late.	I

Codes: I = intransitive • S = separable • INS = inseparable • 3W = three-word. Always check the meaning because grammar can change with meaning.

Exercise A - Complete it

Write the missing phrasal-verb word.

1. I usually ___ up before my alarm. _____
2. Please ___ on your coat. _____
3. You can ___ your shoes off here. _____
4. We ___ out on Friday night. _____
5. ___ up! The bus is coming. _____

Exercise B - Repair it

Correct the grammar or word order.

1. wake at up -> _____
2. put your coat on it -> _____
3. take off them -> _____

Exercise C - Speak

Speaking challenge

Describe your morning and evening routine using 5 phrasal verbs.

A2 | UNIT 2

Home & Everyday Objects

Control objects and organize your space

Phrasal verb	Core meaning	Example	Code
turn on	start a light/device	Turn on the lamp.	S
turn off	stop a light/device	Turn the computer off.	S
pick up	lift or collect	Pick up your keys.	S
put down	place on a surface	Put the box down.	S
clean up	make a place clean/tidy	We cleaned up after dinner.	S/I
throw away	discard	Throw away the empty bottle.	S
put away	return to its usual place	Put the dishes away.	S
take out	remove from inside	Take the trash out.	S
look for	try to find	I am looking for my charger.	INS

Codes: I = intransitive • S = separable • INS = inseparable • 3W = three-word. Always check the meaning because grammar can change with meaning.

Exercise A - Complete it

Write the missing phrasal-verb word.

1. Please ___ off the lights. _____
2. Can you ___ up that paper? _____
3. Do not ___ the receipt away. _____
4. I need to ___ my books away. _____
5. I am ___ for my glasses. _____

Exercise B - Repair it

Correct the grammar or word order.

1. turn off it -> _____
2. throw it away it -> _____
3. look my keys for -> _____

Exercise C - Speak

Speaking challenge

Explain how you clean or organize one room using 5 phrasal verbs.

A2 | UNIT 3

People & Social Life

Use phrasal verbs for visits, calls, and social activity

Phrasal verb	Core meaning	Example	Code
call back	return a phone call	I will call you back later.	S
come in	enter	Come in and have a seat.	I
go away	leave a place	We went away for the weekend.	I
come over	visit someone at home	Come over after work.	I
get together	meet socially	We get together every month.	I
hang out	spend relaxed time socially	I hang out with my cousins.	I
show up	arrive/appear	He showed up late.	I
bring back	return something	Please bring the book back.	S
give back	return something to its owner	Give me my pen back.	S

Codes: I = intransitive • S = separable • INS = inseparable • 3W = three-word. Always check the meaning because grammar can change with meaning.

Exercise A - Complete it

Write the missing phrasal-verb word.

1. I missed her call, so I will ___ her back. _____
2. Would you like to ___ over tonight? _____
3. We usually ___ together on Saturdays. _____
4. He did not ___ up for the meeting. _____
5. Please ___ the book back tomorrow. _____

Exercise B - Repair it

Correct the grammar or word order.

1. call back her -> _____
2. showed late up -> _____
3. give back it -> _____

Exercise C - Speak

Speaking challenge

Describe a recent visit or social event using 4 phrasal verbs.

A2 | UNIT 4

Travel & Transportation

Use phrasal verbs when entering, leaving, and moving

Phrasal verb	Core meaning	Example	Code
get on	enter bus/train/plane	We got on the bus.	INS
get off	leave bus/train/plane	Get off at the next stop.	INS
get in	enter a car/taxi	Get in the car.	I/INS
get out	leave a car/taxi/place	She got out of the taxi.	I
take off	leave the ground	The plane took off on time.	I
pick up	collect a person	I will pick you up at six.	S
drop off	take someone somewhere and leave them	Can you drop me off downtown?	S
set off	begin a journey	We set off before sunrise.	I
head back	start returning	We headed back after lunch.	I

Codes: I = intransitive • S = separable • INS = inseparable • 3W = three-word. Always check the meaning because grammar can change with meaning.

Exercise A - Complete it

Write the missing phrasal-verb word.

1. We ___ on the train at Central Station. _____
2. The plane ___ off at 9:15. _____
3. Can you ___ me up at the airport? _____
4. We ___ off early to avoid traffic. _____
5. It is late; we should ___ back. _____

Exercise B - Repair it

Correct the grammar or word order.

1. get the bus on -> _____
2. pick up me -> _____
3. set early off -> _____

Exercise C - Speak

Speaking challenge

Describe a trip from leaving home to arriving using 5 phrasal verbs.

A2 | UNIT 5

Study & Work Basics

Manage notes, forms, tasks, and information

Phrasal verb	Core meaning	Example	Code
write down	record in writing	Write down the new words.	S
look up	search for information	Look the word up in a dictionary.	S
fill in	complete missing information	Fill in your name here.	S
fill out	complete a form	Please fill out this form.	S
hand in	submit	Hand in your homework tomorrow.	S
give back	return	The teacher gave our tests back.	S
go over	review	Let us go over the answers.	INS
read over	read again to check	Read over your email before sending it.	S
catch up	reach the same progress level	I need to catch up after missing class.	I

Codes: I = intransitive • S = separable • INS = inseparable • 3W = three-word. Always check the meaning because grammar can change with meaning.

Exercise A - Complete it

Write the missing phrasal-verb word.

1. ___ down the address. _____
2. I need to ___ this word up. _____
3. Please ___ in the missing information. _____
4. ___ in your assignment by Friday. _____
5. Let us ___ over the answers. _____

Exercise B - Repair it

Correct the grammar or word order.

1. write down it -> _____
2. look it in the dictionary up -> _____
3. hand tomorrow in it -> _____

Exercise C - Speak

Speaking challenge

Explain how you prepare for a test or work task using 5 phrasal verbs.

B1 | UNIT 6

Problems & Solutions

Describe problems, recovery, and solutions naturally

Phrasal verb	Core meaning	Example	Code
figure out	understand/solve	We figured out what caused the error.	S
work out	find a solution / end successfully	We worked out a solution.	S
sort out	resolve or organize	I need to sort out this problem.	S
break down	stop functioning	My car broke down.	I
go wrong	develop a problem	Something went wrong during the test.	I
get over	recover from	She got over the flu quickly.	INS
give up	stop trying	Do not give up.	S/I
carry on	continue	Carry on with your work.	I
start over	begin again	We had to start over.	I

Codes: I = intransitive • S = separable • INS = inseparable • 3W = three-word. Always check the meaning because grammar can change with meaning.

Exercise A - Complete it

Write the missing phrasal-verb word.

1. Can you ___ out this puzzle? _____
2. My laptop ___ down yesterday. _____
3. Do not ___ up after one failure. _____
4. We finally ___ out the scheduling problem. _____
5. If the file is corrupted, we may need to ___ over. _____

Exercise B - Repair it

Correct the grammar or word order.

1. figure out it -> _____
2. get the flu over -> _____
3. carry your work on with -> _____

Exercise C - Speak

Speaking challenge

Describe a problem that went wrong and how you sorted it out.

B1 | UNIT 7

Relationships & Communication

Describe emotional and social dynamics

Phrasal verb	Core meaning	Example	Code
get along	have a good relationship	We get along well.	I
break up	end a romantic relationship	They broke up last year.	I
make up	become friendly again	They argued but later made up.	I
fall out	have a serious disagreement	They fell out over money.	I
bring up	mention a topic	She brought up an important issue.	S
calm down	become calmer	Take a moment to calm down.	I/S
cheer up	become/make happier	I tried to cheer him up.	S/I
let down	disappoint	I do not want to let you down.	S
open up	begin sharing feelings	He opened up about his fears.	I

Codes: I = intransitive • S = separable • INS = inseparable • 3W = three-word. Always check the meaning because grammar can change with meaning.

Exercise A - Complete it

Write the missing phrasal-verb word.

1. My coworkers and I ___ along well. _____
2. She ___ up a difficult topic. _____
3. Try to ___ down before you respond. _____
4. I hope I do not ___ you down. _____
5. He finally ___ up about the problem. _____

Exercise B - Repair it

Correct the grammar or word order.

1. bring it up it -> _____
2. let down me -> _____
3. opened about it up -> _____

Exercise C - Speak

Speaking challenge

Describe a disagreement or relationship using 4 phrasal verbs.

B1 | UNIT 8

Study, Projects & Deadlines

Manage workload and academic progress

Phrasal verb	Core meaning	Example	Code
set up	arrange/create	We set up a study group.	S
take on	accept responsibility/work	She took on a new project.	INS
keep up	continue at the required level	It is hard to keep up.	I
fall behind	fail to maintain progress	I fell behind after being sick.	I
catch up	reach the expected level	I studied all weekend to catch up.	I
go over	review carefully	Go over your notes before the exam.	INS
hand in	submit	Hand the report in by noon.	S
put off	delay	Do not put off your assignment.	S
carry out	perform/complete	The students carried out an experiment.	S

Codes: I = intransitive • S = separable • INS = inseparable • 3W = three-word. Always check the meaning because grammar can change with meaning.

Exercise A - Complete it

Write the missing phrasal-verb word.

1. We need to ___ up the equipment first. _____
2. She decided to ___ on more responsibility. _____
3. I am trying to ___ up with the class. _____
4. Do not ___ off studying until the last day. _____
5. The team ___ out the test successfully. _____

Exercise B - Repair it

Correct the grammar or word order.

1. put it off it -> _____
2. carry the experiment out it -> _____
3. take responsibility on -> _____

Exercise C - Speak

Speaking challenge

Explain how you manage deadlines or catch up after falling behind.

B1 | UNIT 9

Travel, Events & Movement

Talk about departures, stops, and short trips

Phrasal verb	Core meaning	Example	Code
set off	start a journey	We set off at dawn.	I
pull over	move a vehicle to the side	The driver pulled over safely.	I
stop over	stay briefly during a journey	We stopped over in Istanbul.	I
see off	go with someone to departure point	We saw them off at the station.	S
take off	leave the ground	Our flight took off late.	I
get away	leave for a break/holiday	We hope to get away this weekend.	I
head out	leave/start going somewhere	I am heading out now.	I
head back	start returning	We headed back before dark.	I
drop by	visit briefly without much formality	Drop by if you are nearby.	I

Codes: I = intransitive • S = separable • INS = inseparable • 3W = three-word. Always check the meaning because grammar can change with meaning.

Exercise A - Complete it

Write the missing phrasal-verb word.

1. We ___ off before sunrise. _____
2. The police asked the driver to ___ over. _____
3. We ___ them off at the airport. _____
4. I need to ___ away for a few days. _____
5. I may ___ by after work. _____

Exercise B - Repair it

Correct the grammar or word order.

1. saw off them -> _____
2. get for a break away -> _____
3. pulled the road over -> _____

Exercise C - Speak

Speaking challenge

Tell a short travel story using set off, get away, see off, or drop by.

B1 | UNIT 10

Money & Shopping

Use phrasal verbs for saving, paying, and buying

Phrasal verb	Core meaning	Example	Code
pay back	return borrowed money	I will pay you back Friday.	S
save up	save gradually for a purpose	I am saving up for a laptop.	I
cut back	reduce spending/use	We need to cut back this month.	I
sell out	have no stock left	The tickets sold out quickly.	I
shop around	compare prices/options	Shop around before you buy.	I
take back	return an item to a store	I took the shirt back.	S
give away	give for free	They gave old furniture away.	S
run out	use all of something	We ran out of milk.	I
add up	calculate total / make sense	The costs add up quickly.	I

Codes: I = intransitive • S = separable • INS = inseparable • 3W = three-word. Always check the meaning because grammar can change with meaning.

Exercise A - Complete it

Write the missing phrasal-verb word.

1. I will ___ you back next week. _____
2. She is ___ up for a new phone. _____
3. We should ___ back on unnecessary spending. _____
4. The concert ___ out in one hour. _____
5. We ___ out of printer paper. _____

Exercise B - Repair it

Correct the grammar or word order.

1. pay back him -> _____
2. gave away it -> _____
3. ran the milk out -> _____

Exercise C - Speak

Speaking challenge

Explain one way you are saving money or cutting back.

Ideas, Arguments & Discussion

Use phrasal verbs to organize and support ideas

Phrasal verb	Core meaning	Example	Code
point out	draw attention to	She pointed out a flaw in the argument.	S
bring up	mention for discussion	He brought up the cost issue.	S
back up	support with evidence	Back up your claim with data.	S
sum up	state the main points briefly	Let me sum up the argument.	S
spell out	explain very clearly	The contract spells out the rules.	S
put forward	propose	The team put forward a new approach.	S
rule out	eliminate as a possibility	We cannot rule out human error.	S
come up with	produce an idea/solution	They came up with three options.	3W
zero in on	focus closely on	The discussion zeroed in on cost.	3W

Codes: I = intransitive • S = separable • INS = inseparable • 3W = three-word. Always check the meaning because grammar can change with meaning.

Exercise A - Complete it

Write the missing phrasal-verb word.

1. She ___ out an important limitation. _____
2. Please ___ up your claim with evidence. _____
3. Let me ___ up the main points. _____
4. They ___ forward a new proposal. _____
5. We cannot ___ out that possibility. _____

Exercise B - Repair it

Correct the grammar or word order.

1. point it out it -> _____
2. came an idea up with -> _____
3. rule the possibility out it -> _____

Exercise C - Speak

Speaking challenge

Give a 45-second opinion using point out, bring up, back up, and sum up.

Change, Growth & Reduction

Describe trends and organizational change

Phrasal verb	Core meaning	Example	Code
build up	increase gradually	Pressure built up over several weeks.	S/I
die down	become less intense	The criticism eventually died down.	I
phase out	remove gradually	The company is phasing out the old system.	S
roll out	introduce officially	They rolled out the update nationally.	S
scale up	increase size/capacity	We need to scale up production.	S
wind down	reduce activity toward an end	The team is winding down the project.	S/I
turn around	change from bad to good	The new plan turned the business around.	S
break out	begin suddenly (war/fire/disease)	A fire broke out overnight.	I
pick up	increase/improve	Sales picked up in July.	I

Codes: I = intransitive • S = separable • INS = inseparable • 3W = three-word. Always check the meaning because grammar can change with meaning.

Exercise A - Complete it

Write the missing phrasal-verb word.

1. The company will ___ out the old software. _____
2. Demand began to ___ up in spring. _____
3. They plan to ___ up production. _____
4. The argument eventually ___ down. _____
5. A fire ___ out during the night. _____

Exercise B - Repair it

Correct the grammar or word order.

1. phase it out it -> _____
2. scale production up it -> _____
3. broke the fire out -> _____

Exercise C - Speak

Speaking challenge

Describe a change in a company, technology, or trend using 4 verbs.

Professional & Organizational English

Use high-value phrasal verbs in workplace contexts

Phrasal verb	Core meaning	Example	Code
carry out	perform	We carried out a risk assessment.	S
draw up	prepare a document/plan	The lawyer drew up the agreement.	S
follow up	take further action	I will follow up tomorrow.	I
take over	assume control/responsibility	She took over the project.	INS
step down	leave a senior role	The director stepped down.	I
lay off	dismiss because work is unavailable/costs	The company laid off 20 workers.	S
hand over	transfer control/possession	He handed the account over to me.	S
set out	present/explain systematically	The report sets out three priorities.	S
branch out	expand into a new activity	The company branched out into training.	I

Codes: I = intransitive • S = separable • INS = inseparable • 3W = three-word. Always check the meaning because grammar can change with meaning.

Exercise A - Complete it

Write the missing phrasal-verb word.

1. The team ___ out a full review. _____
2. The lawyer ___ up the contract. _____
3. I will ___ up with the client tomorrow. _____
4. She ___ over the department in May. _____
5. The report ___ out the main recommendations. _____

Exercise B - Repair it

Correct the grammar or word order.

1. carried it out it -> _____
2. took the department over it -> _____
3. laid workers off them -> _____

Exercise C - Speak

Speaking challenge

Give a professional project update using carry out, follow up, take over, and set out.

Idiomatic Everyday English

Handle highly idiomatic phrasal and three-word verbs

Phrasal verb	Core meaning	Example	Code
come across	find/meet unexpectedly	I came across an old photo.	INS
get around to	finally find time to do	I never got around to calling him.	3W
put up with	tolerate	She will not put up with rude behavior.	3W
look down on	consider inferior	Do not look down on beginners.	3W
look up to	admire/respect	I looked up to my grandfather.	3W
get away with	escape punishment	He cannot get away with cheating.	3W
run into	meet unexpectedly / encounter a problem	We ran into a technical problem.	INS
brush up on	improve a skill you learned before	I need to brush up on my French.	3W
come down to	be essentially about	The decision comes down to cost.	3W

Codes: I = intransitive • S = separable • INS = inseparable • 3W = three-word. Always check the meaning because grammar can change with meaning.

Exercise A - Complete it

Write the missing phrasal-verb word.

- I ___ across an interesting article. _____
- I finally ___ around to cleaning the garage. _____
- I cannot ___ up with that noise. _____
- Many young players ___ up to her. _____
- We ___ into an unexpected problem. _____

Exercise B - Repair it

Correct the grammar or word order.

- came it across -> _____
- put the noise up with -> _____
- look her up to -> _____

Exercise C - Speak

Speaking challenge

Tell a story using at least 4 idiomatic verbs from this unit.

One Phrasal Verb, Several Meanings

Build flexibility by switching meanings from context

Phrasal verb	Core meaning	Example	Code
take off	remove / plane departs / become successful	Take off your coat. The plane took off. Her business took off.	S/I
turn down	reduce volume / reject	Turn the music down. She turned down the offer.	S
work out	exercise / solve / end successfully	I work out daily. We worked out the answer. It worked out well.	S/I
pick up	lift / collect / learn informally / improve	Pick it up. I will pick you up. He picked up Spanish. Sales picked up.	S/I
break down	stop functioning / lose emotional control / divide for analysis	The car broke down. She broke down in tears. Break the costs down by category.	S/I
set up	arrange/create / frame someone	Set up the meeting. They set him up.	S
come up	arise / be mentioned / approach	A problem came up. The topic came up. She came up to me.	I

Codes: I = intransitive • S = separable • INS = inseparable • 3W = three-word. Always check the meaning because grammar can change with meaning.

Exercise A - Complete it

Write the missing phrasal-verb word.

1. The plane ___ off at noon. _____
2. She ___ down the job offer. _____
3. Everything ___ out better than expected. _____
4. I ___ up some Italian while traveling. _____
5. A new issue ___ up during the meeting. _____

Exercise B - Repair it

Correct the grammar or word order.

1. turned the offer down it -> _____
2. picked Italian it up -> _____
3. came the issue up -> _____

Exercise C - Speak

Speaking challenge

Choose two verbs with multiple meanings and demonstrate two meanings for each.

Part 6 - Particle Logic

Particles often carry recurring ideas, but they are clues, not formulas. Idiomatic meanings still need to be learned as complete chunks.

Particle	Common ideas	Examples	Caution
UP	completion, increase, approach, creation	eat up, speed up, come up, set up	up does not always mean physically higher
DOWN	reduction, collapse, writing/recording	slow down, break down, write down	meanings can be physical or abstract
OUT	outward movement, completion, discovery, disappearance	find out, work out, sell out, phase out	often suggests something becoming visible/finished/removed
OFF	separation, departure, stopping	take off, cut off, turn off, set off	often suggests disconnection or movement away
ON	continuation, attachment, activation	carry on, put on, turn on, take on	can suggest continuation or adding something
BACK	return, repetition toward an earlier state	come back, pay back, call back, give back	strong return/reversal idea
OVER	crossing, transfer, review, control	go over, take over, hand over, start over	often suggests movement across or repetition
AWAY	distance, removal, continued action	go away, throw away, get away, give away	often suggests movement/removal from a point

Sharper learning strategy

When you learn a new verb with out, ask whether the particle contributes an idea like completion, discovery, or disappearance. Then verify the actual meaning from context instead of guessing.

Particle Sort Challenge

Sort by particle

Write the missing particle.

1. phase ___ an old system _____
2. carry ___ despite difficulty _____
3. pay someone ___ _____
4. slow ___ _____
5. give something ___ for free _____
6. start ___ after a mistake _____
7. turn the lights ___ _____
8. set ___ on a journey _____
9. work ___ a solution _____
10. speed ___ production _____

Part 7 - Naturalness, Register & Pronunciation

1. Phrasal verb vs. one-word alternative

Phrasal verb	Possible one-word alternative	Register note
find out	discover / determine	Neutral everyday vs. more formal/precise
put off	postpone	Phrasal is common in conversation; postpone is useful formally
bring up	mention / raise	Bring up is conversational-neutral; raise an issue is common professionally
carry out	conduct / perform	Carry out is fully acceptable in professional English
look into	investigate	Look into is natural neutral English; investigate is more formal
set up	establish / arrange	Choose based on whether you mean an organization, system, or meeting
cut back on	reduce	Phrasal is natural everyday/business English
go up	increase / rise	Go up is natural in speech; increase/rise fits formal data commentary
go down	decrease / fall	Same register contrast as go up
put up with	tolerate	Phrasal is vivid everyday English; tolerate is more formal

Do not “upgrade” everything

Advanced English is not the removal of phrasal verbs. Native and proficient speakers use them constantly. The real skill is choosing the form that fits the situation.

2. Stress can change the word class

Verb phrase stress	Noun stress	Example
take OFF	TAKEoff	The plane will take OFF. / The TAKEoff was smooth.
set UP	SETup	Please set UP the camera. / The SETup is simple.
break DOWN	BREAKdown	The car broke DOWN. / We need a cost BREAKdown.
check IN	CHECK-in	We need to check IN. / CHECK-in starts at three.
work OUT	WORKout	I work OUT at six. / It was a hard WORKout.
print OUT	PRINTout	Print OUT the form. / Bring the PRINTout.

Pronunciation pattern

For many phrasal verbs, the particle receives strong stress: turn OFF, give UP, find OUT. Related compound nouns often shift the strong stress toward the first part: TAKEoff, SETup, BREAKdown.

3. Common learner errors

Common error	Natural form	Why
turn off it	turn it off	Pronoun placement with separable verbs
look the problem into	look into the problem	Inseparable pattern
came an article across	came across an article	Inseparable pattern
discuss about the issue	discuss the issue	Not a phrasal verb; discuss takes a direct object
explain me the rule	explain the rule to me	Not a phrasal verb; object pattern differs
give up to study	give up studying	Give up + noun/gerund for stopping an activity
look forward to meet you	look forward to meeting you	to is a preposition here, so use -ing
get used to work early	get used to working early	Same preposition + gerund principle

Part 8 - Speaking & Retrieval Training

The goal is automatic retrieval under speaking pressure, not perfect recognition on a worksheet.

1. Ten-Second Particle

Teacher says a verb: turn. Learner produces turn on, turn off, turn down, turn around, etc., with meanings.

2. Pronoun Flip

Teacher says: turn off the radio. Learner immediately changes it to turn it off.

3. Meaning Switch

Use one verb in two meanings: take off your jacket / the plane took off.

4. Repair Race

Correct an error immediately: pick up it -> pick it up.

5. Situation Trigger

Hear a situation: "Your car stopped working." Respond: It broke down.

6. Register Switch

Say a conversational and more formal version: put off the meeting / postpone the meeting.

7. Story Chain

Each learner must add a sentence using a new phrasal verb while keeping one coherent story.

8. Three-Word Sprint

Use put up with, come up with, get away with, look up to, or get around to in 30 seconds.

Self-correction phrases

Repair phrase	When to use it
Let me say that again.	Restart after a word-order error.
I should say ...	Make a fast grammar correction.
The phrasal verb I mean is ...	Retrieve the correct chunk.
A more natural way to say it is ...	Upgrade wording without stopping the conversation.
I used the wrong particle.	Name the problem and repair it.

Final 60-second challenge

Choose a real problem, trip, relationship, work task, or goal. Use at least 6 phrasal verbs, including one separable verb with a pronoun, one inseparable verb, and one three-word verb.

Mini speaking test

1. Tell a problem-solution story using figure out, go wrong, sort out, and carry on.
2. Describe a journey using set off, pick up, get away, and head back.
3. Give a short opinion using bring up, point out, back up, and sum up.
4. Describe a work project using set up, carry out, follow up, and hand over.
5. Use take off, pick up, or work out twice, with two different meanings.

Self-score after speaking

Meaning: 0-2 • grammar/word order: 0-2 • natural context: 0-2 • pronunciation/stress: 0-2 • retrieval without long pauses: 0-2. Target: 8/10 or better before adding more verbs.

Part 9 - 30-Day Phrasal Verb Mastery Plan

Aim for 15-25 focused minutes per day. Every week moves from recognition toward faster production.

1	Baseline	Record a 60-second story. Notice where you avoid phrasal verbs or use awkward word order.
2	Grammar Map	Study separable vs. inseparable verbs. Do 10 pronoun flips.
3	A2 Routines	Study Unit 1; speak about your morning.
4	A2 Home	Study Unit 2; describe cleaning a room.
5	A2 Social	Study Unit 3; tell a story about a visit or call.
6	A2 Travel	Study Unit 4; narrate a trip.
7	A2 Review	Recall 25 A2 verbs without looking. Repair weak ones.
8	A2 Study/Work	Study Unit 5 and review the first 5 units.
9	B1 Problems	Study Unit 6; tell a problem-solution story.
10	B1 Relationships	Study Unit 7; practice bring up, let down, open up.

30-Day Plan - Days 11-20

11	B1 Projects	Study Unit 8; explain a deadline.
12	B1 Travel	Study Unit 9; do a 45-second travel story.
13	B1 Money	Study Unit 10; explain how you cut back or save up.
14	B1 Review	Do a 40-verb recall test and a pronoun-placement check.
15	Particle UP/DOWN	Study particle logic; create 10 examples.
16	Particle OUT/OFF	Study particle logic; create 10 examples.
17	Particle ON/BACK	Study particle logic; create 10 examples.
18	Particle OVER/AWAY	Study particle logic; create 10 examples.
19	B2 Discussion	Study Unit 11; give an opinion and back it up.
20	B2 Change	Study Unit 12; describe a trend or rollout.

30-Day Plan - Days 21-30

21	B2 Professional	Study Unit 13; give a project update.
22	B2 Idioms	Study Unit 14; create a story using 5 idiomatic verbs.
23	B2 Polysemy	Study Unit 15; demonstrate two meanings for 4 verbs.
24	Register	Practice 10 phrasal verb vs. one-word alternative pairs.
25	Stress	Practice verb/noun stress contrasts aloud.
26	Three-Word Day	Practice 12 three-word verbs in full sentences.
27	Repair Race	Correct 20 word-order or particle errors under time pressure.
28	Delayed Recall	Study 20 weak verbs; recall after 20 minutes without looking.
29	Mock Speaking Test	Speak for 2 minutes using 10 target verbs and at least 3 grammar types.
30	Final Recording	Repeat the Day 1 topic. Compare range, accuracy, speed, and naturalness.

Part 10 - Master Phrasal Verb Bank

Use this bank for review, speaking prompts, flashcards, and classroom games. Learn one meaning at a time.

A2 - Daily & Home

wake up	get up	put on
take off	go out	come back
sit down	stand up	hurry up
turn on	turn off	pick up
put down	clean up	throw away
put away	take out	look for

A2 - Social, Travel & Study

call back	come in	go away
come over	get together	hang out
show up	bring back	give back
get on	get off	get in
get out	pick up	drop off
set off	write down	look up
fill in	fill out	hand in
go over	catch up	

B1 - Problems & Relationships

figure out	work out	sort out
break down	go wrong	get over
give up	carry on	start over
get along	break up	make up
fall out	bring up	calm down
cheer up	let down	open up

B1 - Projects, Travel & Money

set up	take on	keep up
fall behind	catch up	put off
carry out	pull over	stop over
see off	get away	head out
head back	drop by	pay back
save up	cut back	sell out
shop around	take back	give away
run out	add up	

B2 - Ideas & Change

point out	back up	sum up
spell out	put forward	rule out
come up with	zero in on	build up
die down	phase out	roll out
scale up	wind down	turn around
break out	pick up	

B2 - Professional & Idiomatic

draw up	follow up	take over
step down	lay off	hand over
set out	branch out	come across
get around to	put up with	look down on
look up to	get away with	run into
brush up on	come down to	

Part 11 - Classroom & Self-Study Games

Particle Auction

Learners receive pretend money and bid on the particle they think completes a sentence. Reveal meaning and grammar after each bid.

Pronoun Flip Race

Convert noun-object sentences into pronoun-object sentences as fast as possible: pick up the phone -> pick it up.

Meaning Detective

Give a sentence with a polysemous verb such as take off or pick up. Learners identify the meaning from context.

Three-Word Chain

Each learner must use a different three-word verb in a connected story.

Formal or Conversational?

Sort pairs such as put off/postpone and find out/discover by situation rather than by “better/worse.”

Phrasal Verb Taboo

Explain a phrasal verb without saying its component words. Others guess the verb.

Error Doctor

Learners diagnose whether an error is meaning, particle, separability, pronoun placement, or tense.

One-Minute Story

Draw 5 phrasal verbs at random and tell one coherent story using all five.

Answer Key

Speaking tasks are open-ended. The key focuses on closed exercises and grammar repair.

Foundation Check

1. give up
2. takes off
3. run into
4. figure it out
5. put up with

Grammar Repair

1. Turn it off, please.
2. I picked it up from the floor.
3. She ran into her at the store.
4. We came up with a solution.
5. He grew up in London. (Grow up is intransitive; use raise if you mean “bring up children.”)

Unit 1 - Daily Routines

Exercise A: 1) wake; 2) put; 3) take; 4) go; 5) Hurry

Exercise B: wake at up -> wake up; put your coat on it -> put it on; take off them -> take them off

Unit 2 - Home & Everyday Objects

Exercise A: 1) turn; 2) pick; 3) throw; 4) put; 5) looking

Exercise B: turn off it -> turn it off; throw it away it -> throw it away; look my keys for -> look for my keys

Unit 3 - People & Social Life

Exercise A: 1) call; 2) come; 3) get; 4) show; 5) bring/give

Exercise B: call back her -> call her back; showed late up -> showed up late; give back it -> give it back

Unit 4 - Travel & Transportation

Exercise A: 1) got; 2) took; 3) pick; 4) set; 5) head

Exercise B: get the bus on -> get on the bus; pick up me -> pick me up; set early off -> set off early

Unit 5 - Study & Work Basics

Exercise A: 1) Write; 2) look; 3) fill; 4) Hand; 5) go

Exercise B: write down it -> write it down; look it in the dictionary up -> look it up in the dictionary; hand tomorrow in it -> hand it in tomorrow

Unit 6 - Problems & Solutions

Exercise A: 1) figure/work; 2) broke; 3) give; 4) sorted/worked; 5) start

Exercise B: figure out it -> figure it out; get the flu over -> get over the flu; carry your work on with -> carry on with your work

Unit 7 - Relationships & Communication

Exercise A: 1) get; 2) brought; 3) calm; 4) let; 5) opened

Exercise B: bring it up it -> bring it up; let down me -> let me down; opened about it up -> opened up about it

Unit 8 - Study, Projects & Deadlines

Exercise A: 1) set; 2) take; 3) keep/catch; 4) put; 5) carried

Exercise B: put it off it -> put it off; carry the experiment out it -> carry it out; take responsibility on -> take on responsibility

Unit 9 - Travel, Events & Movement

Exercise A: 1) set; 2) pull; 3) saw; 4) get; 5) drop

Exercise B: saw off them -> saw them off; get for a break away -> get away for a break; pulled the road over -> pulled over

Unit 10 - Money & Shopping

Exercise A: 1) pay; 2) saving; 3) cut; 4) sold; 5) ran

Exercise B: pay back him -> pay him back; gave away it -> gave it away; ran the milk out -> ran out of milk

Unit 11 - Ideas, Arguments & Discussion

Exercise A: 1) pointed; 2) back; 3) sum; 4) put; 5) rule

Exercise B: point it out it -> point it out; came an idea up with -> came up with an idea; rule the possibility out it -> rule it out

Unit 12 - Change, Growth & Reduction

Exercise A: 1) phase; 2) pick; 3) scale; 4) died; 5) broke

Exercise B: phase it out it -> phase it out; scale production up it -> scale it up; broke the fire out -> a fire broke out

Unit 13 - Professional & Organizational English

Exercise A: 1) carried; 2) drew; 3) follow; 4) took; 5) sets

Exercise B: carried it out it -> carried it out; took the department over it -> took it over; laid workers off them -> laid them off

Unit 14 - Idiomatic Everyday English

Exercise A: 1) came; 2) got; 3) put; 4) look; 5) ran

Exercise B: came it across -> came across it; put the noise up with -> put up with the noise; look her up to -> look up to her

Unit 15 - One Phrasal Verb, Several Meanings

Exercise A: 1) took; 2) turned; 3) worked; 4) picked; 5) came

Exercise B: turned the offer down it -> turned it down; picked Italian it up -> picked it up; came the issue up -> the issue came up

Particle Sort Challenge

1. out
2. on
3. back
4. down
5. away
6. over
7. off
8. off
9. out
10. up

Personal Phrasal Verb Notebook

Record only verbs you expect to use. Include grammar, meaning, and a personal example.

Phrasal verb	Meaning	Code	My example	Register	Review

Personal Phrasal Verb Notebook - continued

Phrasal verb	Meaning	Code	My example	Register	Review

Personal Phrasal Verb Notebook - continued

Phrasal verb	Meaning	Code	My example	Register	Review

MEANING IS ONLY HALF THE PHRASAL VERB.

Learn the pattern. Place it correctly. Retrieve it naturally.



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English Phrasal Verbs Mastery Guide - A2 to B2