

# 4PhrasalVerbs

Phrasal verbs that can be used with **NEW YEAR'S RESOLUTIONS**.

## catch up

inseparable / intransitive

- to talk to someone you have not seen for some time and find out what they have been doing.

Sally loves to **catch up** with her sister and eat chocolate cakes.

Jack often **catches up** with his friends over coffee.

## give up

separable / transitive

- to stop doing something that you do regularly.

Jack has decided to **give** sugary foods **up**.

Sally wants to **give up** lying on the sofa all evening, but she is so tired after work.

## take up

separable / transitive

- to start doing something regularly as a habit, job, or interest.

Sally hasn't decided whether she is going to **take up** painting or the saxophone!

Jack is also undecided between **taking** running or meditation **up**.

## see through

separable / transitive

- to continue doing something until it is finished, especially something unpleasant or difficult.

When Sally **sees through** her goals, the recognition is almost as important as the achievement.

Everyone likes to be congratulated when they **see** their goals **through**.

### YOU SHOULD LEARN PHRASAL VERBS BECAUSE...

1. They can often communicate complex ideas in a more concise way.
2. All native speakers use them, often without even realising it.
3. Using them will demonstrate a deeper understanding of English. But remember, only use them if you believe the person you are communicating with will understand them.
4. Most TV shows, movies, books, internet pages etc written by native speakers will use them, therefore, understanding them means you can enjoy the content more.

### VIEW THE VIDEO



Visit **4PhrasalVerbs.com** for weekly videos about phrasal verbs.  
Do something every single day to improve your English!