**Printable Flash Cards**

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| **Aim At** | **Ask For** |
| **Ask Out** | **Back Down** |
| **Back Off** | **Back Up** |
| **Beat Up** | **Beef Up** |
| **Believe In** | **Bite Off** |
| **Blow Away** | **Blow Off** |

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| **To request something.** | **To point a weapon at someone or something.** |
| **To withdraw your position in a fight, argument, plan, etc.** | **When you ask someone to go with you to a certain place or for a special occasion, to spend time together and have fun. If one or both parties involved are interested in a romantic way, then it is considered a date.** |
| **To walk or drive a vehicle backwards.** | **When you leave an emotional situation, or to allow someone to handle something alone.** |
| **To make changes or an improvement.** | **When someone punches, kicks, or hits someone repeatedly using fists or with an object.** |
| **To use your teeth to bite a piece of something.** | **To feel confident about something or someone.** |
| **When the wind removes something from its place.** | **When the wind moves an object or person from where it was.** |

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| **Blow Out** | **Blow Up** |
| **Boil Down To** | **Break Down** |
| **Break In** | **Break Off** |
| **Break Out** | **Break Through** |
| **Break Up** | **Bring Back** |
| **Bring Over** | **Bring Up** |

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| **To make something explode.** | **To extinguish or make a flame stop burning.** |
| **When someone loses self-control and is emotionally and/or mentally agitated. This meaning has a noun form for a situation where someone loses self-control.** | **To have determined or analyzed the solution or reason for something.** |
| **To remove a part of something with force.** | **To enter a place illegally and with the use of force.** |
| **To make a way through a barrier or a surface.** | **To escape from a place, situation or way of life.** |
| **To return something you’ve borrowed.** | **To stop a fight.** |
| **To bring something from a lower level/place to a higher level/place.** | **To bring someone or something from one place or area to another.** |

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| **Brush Off** | **Brush Up** |
| **Build In/Into** | **Bump Into** |
| **Burn Down** | **Burn Out** |
| **Burn Up** | **Burst Out** |
| **Butt In** | **Call Back** |
| **Call In** | **Call Off** |

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| **To practice and review your knowledge or a skill that you haven’t used in a while.** | **To remove something(dust particle, insect, etc) with your hand.** |
| **When you meet people by accident or unexpectedly.** | **To add a fixture or component to a certain area or place through construction.** |
| **When a candle stops burning because there is nothing left to burn.** | **When someone uses fire to destroy a structure.** |
| **To suddenly do or say something.** | **To destroy something with heat or fire.** |
| **To call someone again.** | **To interrupt a conversation or activity.** |
| **To cancel an event that has been previously planned.** | **To request that someone come and help.** |

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| **Call Up** | **Calm Down** |
| **Care For** | **Carry Away** |
| **Carry On** | **Carry Out** |
| **Catch On** | **Catch Up** |
| **Cheat On** | **Check In** |
| **Check Out** | **Chicken Out** |

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| **To become less violent, nervous, excited or angry.** | **To be chosen to take part in a military mission.** |
| **To do something out of the ordinary due to strong emotions.** | **To nurture or take care of someone or something.** |
| **To move something or someone from one place to another using your arms or an object.** | **To continue doing something or to continue on in life despite an obstacle.** |
| **To move faster to reach someone or something that is ahead of you.** | **To understand or realize something.** |
| **To register at a hotel or airport upon arrival.** | **When you are emotionally and/or sexually unfaithful to your girlfriend/boyfriend or spouse.** |
| **To refrain from doing something because of fear.** | **To leave a hotel or other form of an accommodation after your stay there.** |

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| **Chop Up** | **Clean Out** |
| **Clear Out** | **Clear Up** |
| **Clog Up** | **Close Down** |
| **Close Off** | **Come About** |
| **Come Across** | **Come Apart** |
| **Come Back** | **Come Down** |

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| **To clean or clear the inside of something thoroughly.** | **To cut something into pieces with a knife.** |
| **To do something to solve a problem or a misunderstanding.** | **To remove things completely from an area or place.** |
| **When the activities or services of a business permanently end.** | **When something in a drain or valve prevents the flow of water or other liquids** |
| **When something happens or occurs.** | **To block an entrance or pathway.** |
| **When something breaks or separates piece by piece.** | **The way other people perceive something or someone.** |
| **To move from a higher to a lower position or from north to south.** | **To return to a place.** |

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| **Come Down To** | **Come Down With** |
| **Come In** | **Come Off** |
| **Come On** | **Come Out** |
| **Come Over** | **Come Through** |
| **Come Up** | **Come Up With** |
| **Con Into** | **Con Out Of** |

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| **When you start to experience the symptoms of a disease or illness.** | **When a situation is reduced to a certain outcome.** |
| **When something is removed or breaks off from where it was originally attached to.** | **When someone or something enters a place, building, or room.** |
| **To leave a place.** | **To appear on television or be heard on the radio.** |
| **When someone or something expected arrives.** | **To make a visit.** |
| **When you think of a solution, idea, plan, or excuse.** | **When something appears or happens, either expected or unexpected.** |
| **To persuade someone to give or do something through lies and deception.** | **To persuade someone to do something through lies and deception.** |

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| **Cool Off** | **Count On** |
| **Count Up** | **Cover Up** |
| **Crack Down** | **Cross Off** |
| **Cut Back** | **Cut Down** |
| **Cut Off** | **Cut Out** |
| **Cut Up** | **Deal With** |

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| **To rely on someone for support when you need it most.** | **To lose temperature.** |
| **To use something to conceal something else.** | **To count all of something or people in a group.** |
| **To remove or delete someone or something from a list.** | **To take more action than usual against wrongdoing.** |
| **To do less of something or to use something in smaller amounts.** | **When you spend less money on something.** |
| **To remove something using a knife or a pair of scissors.** | **To completely remove or separate a part of something by cutting it with something sharp like a knife or a pair of scissors, etc.** |
| **When you do everything you must do to solve a problem or complete.** | **When you use a knife or scissors to cut something into several pieces.** |

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| **Do Away With** | **Do Over** |
| **Do With** | **Do Without** |
| **Doze Off** | **Dress Up** |
| **Drop In** | **Drop Off** |
| **Drop Out** | **Dry Off** |
| **Dry Out** | **Dry Up** |

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| **To do something again in order to improve or correct mistakes.** | **To dispose of something.** |
| **To manage well without something or someone.** | **To make a connection between two or more things.** |
| **To wear formal clothes, or a costume for a special occasion.** | **To go to sleep unintentionally.** |
| **To gradually decline/become less.** | **To visit someone unexpectedly or without making arrangements first.** |
| **To dry something or a surface quickly.** | **To quit a school program or training course.** |
| **When all the liquid and/or moisture evaporates.** | **To remove water or other liquid from a container.** |

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| **Eat Up** | **Empty Out** |
| **End Up** | **Fall Apart** |
| **Fall Behind** | **Fall Down** |
| **Fall For** | **Fall Off** |
| **Fall Out** | **Fall Over** |
| **Fall Through** | **Feel Up To** |

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| **To remove everyone or everything from a space.** | **When someone consumes all their food.** |
| **When something breaks all at once or piece by piece.** | **The end result of something planned or unplanned.** |
| **To fall to the ground.** | **To move slower than others.** |
| **When something drops to a lower level.** | **When you have an intense attraction to something or someone.** |
| **When someone or something falls from an upright position to the ground.** | **To fall from or through something.** |
| **When you have/don’t have the energy and confidence to do something.** | **If things do not go as planned, or if a plan, deal or agreement fails.** |

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| **Fight Back** | **Figure On** |
| **Fill In** | **Fill Out** |
| **Fill Up** | **Find Out** |
| **Fix Up** | **Flip Out** |
| **Float Around** | **Follow Up** |
| **Fool Around** | **Freak Out** |

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| **To expect or plan for something.** | **When you defend yourself/resist an attack, or make an effort against an opponent in a competition.** |
| **To complete a form.** | **To add personal information in the blank spaces of an official document.** |
| **To become aware of something or someone.** | **To fill something completely.** |
| **To become very mad or lose control over your emotions.** | **To make plans or arrangements with someone or for others.** |
| **To find out more about something, or take further action in regards to it.** | **When an object or a person is near, but you cannot pinpoint the exact location.** |
| **When someone becomes irrationally upset or angry, sometimes to the point of confusion.** | **To waste time doing unimportant or silly things.** |

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| **Get Ahead** | **Get Along** |
| **Get Around To** | **Get Away** |
| **Get Back** | **Get Back At** |
| **Get Back To** | **Get Behind** |
| **Get By** | **Get Down** |
| **Get In** | **Get Off** |

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| **To have good interactions with others.** | **To become successful in the professional environment or make consistent progress in life.** |
| **To escape from something.** | **To do something that needed to get done at an earlier time.** |
| **To get revenge.** | **To return to a place.** |
| **To learn, work, or progress more slowly than others.** | **When you talk to someone at a later time either because you are busy or you have obtained additional or new information.** |
| **To move to a lower place or level.** | **To pass someone or something.** |
| **To leave a form of transportation, except a car.** | **To arrive or enter a place, room, building, etc.** |

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| **Get Off On** | **Get On** |
| **Get Out** | **Get Out Of** |
| **Get Over** | **Get Over With** |
| **Get Through** | **Get To** |
| **Get Together** | **Get Up** |
| **Give Away** | **Give In** |

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| **When you move your body and either stand, sit, lie, kneel, etc. towards something (non-separable).** | **To be excited or to truly enjoy doing something.** |
| **To receive a benefit and/or satisfaction from doing something.** | **To leave or escape.** |
| **To finish something that needs to get done.** | **To move past an obstacle to the other side.** |
| **To arrive to or assist someone to a place.** | **When a message, meaning, or idea is understood or accepted.** |
| **To move to a higher level/position.** | **To meet and spend time together.** |
| **To surrender to something.** | **To give something for free or without expecting anything in return.** |

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| **Give Out** | **Give Up** |
| **Go About** | **Go After** |
| **Go Ahead** | **Go Along With** |
| **Go Around** | **Go Away** |
| **Go Back** | **Go Back On** |
| **Go Beyond** | **Go By** |

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| **To stop doing something without completing it.** | **To distribute something.** |
| **When you do your best to get something no matter how difficult it is.** | **To take the necessary steps to get something done.** |
| **to accept or agree with a decision, rule, opinion, etc.** | **To proceed to do something that you were hesitant about.** |
| **To move or travel from one place to another place.** | **To follow a circular path.** |
| **When you fail to fulfill a promise you made to someone.** | **To return to a place, time, activity, or a person.** |
| **To pass someone or something quickly.** | **To be more than or better than what is normal or expected.** |

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| **Go Down** | **Go For** |
| **Go In** | **Go In For** |
| **Go In/Into** | **Go Off** |
| **Go On** | **Go Out** |
| **Go Over** | **Go Through With** |
| **Go Up** | **Go With** |

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| **To try to obtain.** | **To move to a lower position, place, price, level, etc.** |
| **To enter a place or area for a specific reason.** | **To enter a place, building, room, etc.** |
| **To leave unannounced.** | **To enter a place, room, building, etc. usually through a door.** |
| **To leave a place or area you’re in.** | **When something takes place.** |
| **When you make a decision to do something, and actually do it.** | **To review something.** |
| **To accompany someone to a place.** | **To move or extend to a higher level or farther North.** |

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| **Goof Around** | **Gross Out** |
| **Grow Out Of** | **Grow Up** |
| **Hand Back** | **Hand In** |
| **Hand Out** | **Hand Over** |
| **Hang Around** | **Hang On** |
| **Hang Out** | **Hang Up** |

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| **To be disgusted with someone or something.** | **To waste time doing silly or unimportant things.** |
| **When you physically change from a child to an adult.** | **To become too big or too tall for your clothes.** |
| **To give something to a person of authority.** | **When you return something to the person who owns it after the person has given it to you** |
| **To give upon request or demand.** | **To distribute something free to other people.** |
| **When you hold something, often for support of comfort.** | **To spend time in a place or an area.** |
| **To hang clothes or an object on a hook, hanger or rod.** | **To hang something, usually wet clothes, to dry.** |

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| **Have On** | **Head Back** |
| **Head For** | **Head Toward** |
| **Hear About** | **Hear Of** |
| **Heat Up** | **Help Out** |
| **Hit On** | **Hold Against** |
| **Hold Off** | **Hold On** |

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| **To go to a place where you’ve been before or where you started from.** | **To wear clothing, cosmetics, perfume, etc.** |
| **To move in the direction where someone or something is.** | **When a situation becomes more likely.** |
| **When you learn about something or someone.** | **When you learn details about something or someone.** |
| **To assist people with something.** | **To make something warmer or cause a rise in temperature.** |
| **When you don’t forgive or have little respect for someone because of something they did.** | **To suddenly have a solution to a problem or an interesting idea.** |
| **When you wait for a short time.** | **To delay something.** |

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| **Hold Out** | **Hold Up** |
| **Hook Up** | **Hurry Up** |
| **Keep At** | **Keep Away** |
| **Keep Down** | **Keep From** |
| **Keep Off** | **Keep On** |
| **Keep To** | **Keep Up** |

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| **To hold someone or something up in the air.** | **To extend your hand or an object in front of you.** |
| **To do something quickly.** | **When you connect two electrical devices together.** |
| **To avoid getting close to someone or something.** | **To continue doing an activity even though it may be difficult.** |
| **To stop yourself or other people from doing something.** | **To make sound, music and noise minimal.** |
| **To continue doing something.** | **To avoid discussing a particular subject or topic.** |
| **To continue to do something.** | **When you don’t share information.** |

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| **Kick Back** | **Kick Out** |
| **Knock Off** | **Knock Out** |
| **Knock Over** | **Know About** |
| **Lay Down** | **Lay Off** |
| **Lead Up To** | **Leave Behind** |
| **Leave Off** | **Leave Out** |

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| **To force someone to leave an organization or place.** | **To illegally pay extra money to someone as part of the price.** |
| **When someone is struck hard enough to cause them to lose consciousness.** | **To use force to cause someone or something to fall from its place, whether intentionally or accidentally.** |
| **To have knowledge of or be familiar with something.** | **To make contact with something or someone in such a way it or they fall.** |
| **When a company or business ends a worker’s employment.** | **To place something on a surface or an object.** |
| **When you don’t take something or someone with you when you leave.** | **When a period of time or a series of events cause an event, situation or conversation to happen.** |
| **To not include someone or something.** | **To accidentally or intentionally not include a person or thing on a list.** |

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| **Leave Over** | **Let Down** |
| **Let In** | **Let Off** |
| **Let On** | **Let Out** |
| **Let Up** | **Lie Around** |
| **Lift Up** | **Light Up** |
| **Lighten Up** | **Line Up** |

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| **To disappoint someone.** | **When you have a portion that still remains from something after you have used or eaten the rest of it.** |
| **To allow someone to leave a car, bus, train etc.** | **To allow someone or something to enter a place.** |
| **When you give permission for someone to leave or be released from a place.** | **To tell something that is a secret or private.** |
| **To be lazy or to not do anything.** | **When someone or something becomes less intense or strong.** |
| **To illuminate something.** | **To raise someone or something to a higher level.** |
| **To form in a row one after another or side-by-side.** | **When a conversation is changed or a person changes to become less serious.** |

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| **Live With** | **Lock In** |
| **Lock Out** | **Lock Up** |
| **Look Around** | **Look At** |
| **Look Down On** | **Look Forward To** |
| **Look Into** | **Look Out** |
| **Look Over** | **Look Up** |

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| **To secure people or things behind a closed door.** | **To share the same residence.** |
| **When you shut the windows and doors of a place or building.** | **When you don’t have the key or passcode to enter a secured place.** |
| **To divert your eyes to someone or something.** | **To turn your head to see what or who is around you.** |
| **To anticipate a future event because it either makes you happy and/or you benefit from it.** | **When you consider someone or something as unimportant or with little to no value. The opposite of yesterday’s phrasal verb.** |
| **To remain alert.** | **To investigate or get more facts about something.** |
| **When a situation becomes better.** | **To examine or inspect something or someone.** |

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| **Look Up To** | **Luck Out** |
| **Make For** | **Make Of** |
| **Make Up** | **Mess Up** |
| **Mix Up** | **Monkey Around With** |
| **Move In** | **Move Out** |
| **Narrow Down** | **Pay Back** |

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| **To have exceptionally good luck.** | **This particular phrasal verb is used to say you view someone with respect and/or admiration.** |
| **To understand the meaning of something.** | **To go in a certain direction, typically in a hurry.** |
| **When something is dirty or unorganized.** | **To invent a story.** |
| **To try to play with or repair a device that you have no true knowledge about.** | **To put or combine different things together so they’ll merge successfully.** |
| **When you permanently remove all your belongings and personal items from a place where you live or stay.** | **When you bring your personal belongings and stuff to a new place where you will live. Yesterday’s phrasal verb, Move Out, has the opposite meaning.** |
| **When you return money that you owe someone.** | **To reduce the number of options or possibilities.** |

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| **Pay For** | **Pay Off** |
| **Pay Up** | **Pick On** |
| **Pick Out** | **Pick Up** |
| **Pile Up** | **Piss Off** |
| **Plan Ahead** | **Plan For** |
| **Plan On** | **Plug In** |

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| **To repay money that is owed to a person or entity.** | **To purchase merchandise.** |
| **To tease and/or criticize someone over a period of time.** | **To pay all the money that is owed or asked for.** |
| **To get someone or something from somewhere.** | **When you are able to recognize something or someone from a group.** |
| **[Informal] To be angry about something.** | **To put things in a pile or heap.** |
| **To prepare for a big event or expectation in the future.** | **To prepare for a future event or situation.** |
| **To connect an electrical device to an electrical outlet.** | **When you have the intention to do something.** |

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| **Plug In/Into** | **Plug Up** |
| **Point Out** | **Point To** |
| **Print Out** | **Pull Off** |
| **Pull Out** | **Pull Over** |
| **Pull Through** | **Punch In** |
| **Punch Out** | **Put Away** |

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| **To block a narrow passage such as a hole, drain, or pipe so that nothing can flow through.** | **To connect an electrical appliance/machine to another piece of equipment or to a power source.** |
| **When you aim at something or someone using your finger or hand.** | **To make someone aware of something.** |
| **To succeed in doing something difficult or tricky.** | **To produce a hard copy of a computer document.** |
| **To drive your vehicle to the side of the road to stop.** | **When something or someone leaves a place.** |
| **To enter data or record time on a device.** | **To recover from an injury or illness.** |
| **To place something where it cannot be seen or isn’t in the way of other things.** | **To record the time you leave the workplace using a special clock.** |

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| **Put Back** | **Put Down** |
| **Put In** | **Put Off** |
| **Put Out** | **Put Past** |
| **Put To** | **Put Together** |
| **Put Up** | **Put Up To** |
| **Put Up With** | **Ring Up** |

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| **To place something on a surface or an object.** | **When something is causing a project to slow down.** |
| **To become offended by someone or something.** | **When you invest or make a deposit. In this example, the amount almost always separates the verb.** |
| **To not be surprised by a person’s actions. [Always used with the negative]** | **To extend a part of your body.** |
| **To assemble or connect the parts of something.** | **To cause someone or something to be in a certain state or to do something extra.** |
| **To encourage or persuade someone to do something.** | **To move an object to a higher level.** |
| **To call someone on the phone.** | **To tolerate or accept something that you’d rather not.** |

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| **Rip Off** | **Rip Up** |
| **Rule Out** | **Run Across** |
| **Run Around** | **Run Down** |
| **Run Into** | **Run Out** |
| **Run Over** | **Run Up** |
| **Screw On** | **Screw Out Of** |

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| **To tear something (i.e. paper, cloth, etc.) into pieces.** | **When someone asks for a price for something that is too high, when someone cheats or steals.** |
| **To move or run from one side to the other.** | **When someone or something is excluded as a possibility.** |
| **To hit someone or something with a vehicle.** | **To go from one place to another in a hurry.** |
| **When people exit a place very quickly. Run In/ Run Into is the opposite of this meaning.** | **When something collides with another object by accident.** |
| **To run from a lower elevation or level to a higher elevation or level.** | **When someone is injured or killed by a vehicle.** |
| **To cheat or deceive someone.** | **To ensure the top of a container/bottle is sealed.** |

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| **Screw Up** | **See About** |
| **Sell Out** | **Set Up** |
| **Settle Down** | **Settle For** |
| **Shake Up** | **Show Off** |
| **Shut Off** | **Shut Up** |
| **Sign In** | **Sign Out** |

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| **To seriously think about doing something.** | **To make a mistake or do something really bad.** |
| **To organize or plan for an activity/event to happen.** | **When all the inventory of a particular product has been purchased.** |
| **To accept something even though it’s not what you want or need.** | **To begin living a stable and routine life.** |
| **To overly display your skills or what you have.** | **To mix something in a container by shaking it.** |
| **To stop talking.** | **To stop the operation of an electrical or mechanical device.** |
| **To write your name on a list to indicate the day and time of your departure.** | **To write your name on a list to indicate the day and time you arrived at a certain place.** |

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| **Sit Down** | **Slow Down** |
| **Sneak In/Into** | **Sneak Out** |
| **Sort Out** | **Space Out** |
| **Stand Around** | **Stand For** |
| **Stand Up** | **Start Off** |
| **Start Out** | **Start Up** |

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| **To do something slower.** | **To change from a standing to a sitting position.** |
| **To leave a place without being noticed.** | **To enter a place quietly to avoid being seen or heard.** |
| **When someone’s attention is not in the present moment. [Adj.] {spaced out} To describe a person whose attention isn’t in the present moment.** | **To arrange or separate things into groups according to similarities.** |
| **To support or represent an idea, belief, etc.** | **To stand in one place or area when you should be doing something.** |
| **The beginning of an event, activity or time period.** | **To rise from sitting or lying down to a vertical position.** |
| **To start something.** | **To begin a trip or venture to some place.** |

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| **Stay Off** | **Stay Out** |
| **Stay Up** | **Step On** |
| **Stick Around** | **Stick Out** |
| **Stick To** | **Stick Up** |
| **Stick With** | **Stop Off** |
| **Stop Over** | **Straighten Out** |

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| **To spend time out of your own home.** | **To avoid discussing a certain subject or topic.** |
| **To place your foot on something or someone.** | **To remain in a place that is higher than ground level.** |
| **To extend something outward.** | **To stay in a place or with someone for any period of time.** |
| **To use a weapon, especially a gun, to rob someone.** | **When something is attached to another by some form of adhesive.** |
| **To make a quick stop on your way to a destination.** | **To continue to use or do something.** |
| **To make something straight.** | **To visit someone for a short period of time.** |

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| **Stress Out** | **Switch Off** |
| **Switch On** | **Take Apart** |
| **Take Back** | **Take In** |
| **Take Out** | **Take Out On** |
| **Take Up On** | **Talk Down To** |
| **Talk Into** | **Talk Out Of** |

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| **When you move something from the ‘on’ state to the ‘off’ state. Synonymous with “Turn Off.” Yesterday’s “Switch On” is the opposite.** | **To feel very worried, nervous or anxious.** |
| **To disconnect or separate the parts of an object.** | **When you move something from the ‘off’ state to the ‘on’ state. Synonymous with “Turn On,” while “Switch Off” is the opposite.** |
| **To be successfully tricked or deceived by someone.** | **To return something or someone.** |
| **To direct your anger towards someone or something when you’re really upset about someone or something else.** | **To remove an object from an area, place or container.** |
| **To talk to someone as if they are less intelligent than you by conveying a tone of voice or attitude that says so.** | **When you accept an invitation or offer from someone.** |
| **To convince someone not to do something.** | **To convince someone to do something.** |

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| --- | --- |
| **Talk To** | **Tear Down** |
| **Tear Off** | **Tell Apart** |
| **Tell On** | **Think About** |
| **Think Ahead** | **Think Up** |
| **Throw Away** | **Throw Out** |
| **Throw Up** | **Track Down** |

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| --- | --- |
| **To deconstruct a building or home.** | **To have a conversation with someone.** |
| **To be able to differentiate something or someone from something or someone else.** | **To remove with force.** |
| **To consider something prior to making a final decision.** | **To inform an authoritative figure about what someone else did.** |
| **To use your imagination to create a plan, idea, or a solution.** | **To think and plan carefully for a future situation or event.** |
| **When you get rid of something by putting it in a trash can, bin, etc.** | **To dispose of something you no longer find useful in a waste bin, trash, etc.** |
| **To locate someone or something after a long search** | **To vomit or puke.** |

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| **Trade In** | **Trick Into** |
| **Try On** | **Try Out** |
| **Turn Around** | **Turn Down** |
| **Turn In** | **Turn Into** |
| **Turn Off** | **Turn On** |
| **Turn Out** | **Turn Over** |

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| --- | --- |
| **To convince or persuade someone to believe something untrue or to do something for you.** | **To exchange something old for something new.** |
| **To show that you are qualified to do something.** | **To see how something fits or looks before purchasing.** |
| **To decrease the temperature, sound, etc.** | **When someone or something moves until it faces the opposite direction.** |
| **To transform.** | **To give someone or something to the police or someone of authority.** |
| **To cause someone to feel interested and/or attracted.** | **To stop a device from functioning.** |
| **To move an object so that the part that is on top becomes the bottom and vice versa.** | **To attend an event, meeting, etc.** |

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| **Turn Up** | **Use Up** |
| **Wake Up** | **Wash Off** |
| **Wash Up** | **Watch Out** |
| **Wear Down** | **Wear Off** |
| **Wear Out** | **Wind Up** |
| **Wipe Off** | **Wipe Out** |

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| **To completely consume or use all of a supply.** | **To increase the controls of an electronic or mechanical device.** |
| **To remove dirt or unwanted markings with soap and water.** | **When you are finished sleeping.** |
| **To be aware of someone or something.** | **To clean your face, hands, body, etc.** |
| **To decrease or disappear gradually.** | **To make the surface or top of something disappear due to friction.** |
| **To operate a mechanical device by turning its handle.** | **When something is damaged or weakened from use and age.** |
| **To clean the inside of something.** | **To completely remove or clean something from a surface or location.** |

# Summary

| **Front Item** | **Back Item** |
| --- | --- |
| Aim At | To point a weapon at someone or something. |
| Ask For | To request something. |
| Ask Out | When you ask someone to go with you to a certain place or for a special occasion, to spend time together and have fun. If one or both parties involved are interested in a romantic way, then it is considered a date. |
| Back Down | To withdraw your position in a fight, argument, plan, etc. |
| Back Off | When you leave an emotional situation, or to allow someone to handle something alone. |
| Back Up | To walk or drive a vehicle backwards. |
| Beat Up | When someone punches, kicks, or hits someone repeatedly using fists or with an object. |
| Beef Up | To make changes or an improvement. |
| Believe In | To feel confident about something or someone. |
| Bite Off | To use your teeth to bite a piece of something. |
| Blow Away | When the wind moves an object or person from where it was. |
| Blow Off | When the wind removes something from its place. |
| Blow Out | To extinguish or make a flame stop burning. |
| Blow Up | To make something explode. |
| Boil Down To | To have determined or analyzed the solution or reason for something. |
| Break Down | When someone loses self-control and is emotionally and/or mentally agitated. This meaning has a noun form for a situation where someone loses self-control. |
| Break In | To enter a place illegally and with the use of force. |
| Break Off | To remove a part of something with force. |
| Break Out | To escape from a place, situation or way of life. |
| Break Through | To make a way through a barrier or a surface. |
| Break Up | To stop a fight. |
| Bring Back | To return something you’ve borrowed. |
| Bring Over | To bring someone or something from one place or area to another. |
| Bring Up | To bring something from a lower level/place to a higher level/place. |
| Brush Off | To remove something(dust particle, insect, etc) with your hand. |
| Brush Up | To practice and review your knowledge or a skill that you haven’t used in a while. |
| Build In/Into | To add a fixture or component to a certain area or place through construction. |
| Bump Into | When you meet people by accident or unexpectedly. |
| Burn Down | When someone uses fire to destroy a structure. |
| Burn Out | When a candle stops burning because there is nothing left to burn. |
| Burn Up | To destroy something with heat or fire. |
| Burst Out | To suddenly do or say something. |
| Butt In | To interrupt a conversation or activity. |
| Call Back | To call someone again. |
| Call In | To request that someone come and help. |
| Call Off | To cancel an event that has been previously planned. |
| Call Up | To be chosen to take part in a military mission. |
| Calm Down | To become less violent, nervous, excited or angry. |
| Care For | To nurture or take care of someone or something. |
| Carry Away | To do something out of the ordinary due to strong emotions. |
| Carry On | To continue doing something or to continue on in life despite an obstacle. |
| Carry Out | To move something or someone from one place to another using your arms or an object. |
| Catch On | To understand or realize something. |
| Catch Up | To move faster to reach someone or something that is ahead of you. |
| Cheat On | When you are emotionally and/or sexually unfaithful to your girlfriend/boyfriend or spouse. |
| Check In | To register at a hotel or airport upon arrival. |
| Check Out | To leave a hotel or other form of an accommodation after your stay there. |
| Chicken Out | To refrain from doing something because of fear. |
| Chop Up | To cut something into pieces with a knife. |
| Clean Out | To clean or clear the inside of something thoroughly. |
| Clear Out | To remove things completely from an area or place. |
| Clear Up | To do something to solve a problem or a misunderstanding. |
| Clog Up | When something in a drain or valve prevents the flow of water or other liquids |
| Close Down | When the activities or services of a business permanently end. |
| Close Off | To block an entrance or pathway. |
| Come About | When something happens or occurs. |
| Come Across | The way other people perceive something or someone. |
| Come Apart | When something breaks or separates piece by piece. |
| Come Back | To return to a place. |
| Come Down | To move from a higher to a lower position or from north to south. |
| Come Down To | When a situation is reduced to a certain outcome. |
| Come Down With | When you start to experience the symptoms of a disease or illness. |
| Come In | When someone or something enters a place, building, or room. |
| Come Off | When something is removed or breaks off from where it was originally attached to. |
| Come On | To appear on television or be heard on the radio. |
| Come Out | To leave a place. |
| Come Over | To make a visit. |
| Come Through | When someone or something expected arrives. |
| Come Up | When something appears or happens, either expected or unexpected. |
| Come Up With | When you think of a solution, idea, plan, or excuse. |
| Con Into | To persuade someone to do something through lies and deception. |
| Con Out Of | To persuade someone to give or do something through lies and deception. |
| Cool Off | To lose temperature. |
| Count On | To rely on someone for support when you need it most. |
| Count Up | To count all of something or people in a group. |
| Cover Up | To use something to conceal something else. |
| Crack Down | To take more action than usual against wrongdoing. |
| Cross Off | To remove or delete someone or something from a list. |
| Cut Back | When you spend less money on something. |
| Cut Down | To do less of something or to use something in smaller amounts. |
| Cut Off | To completely remove or separate a part of something by cutting it with something sharp like a knife or a pair of scissors, etc. |
| Cut Out | To remove something using a knife or a pair of scissors. |
| Cut Up | When you use a knife or scissors to cut something into several pieces. |
| Deal With | When you do everything you must do to solve a problem or complete. |
| Do Away With | To dispose of something. |
| Do Over | To do something again in order to improve or correct mistakes. |
| Do With | To make a connection between two or more things. |
| Do Without | To manage well without something or someone. |
| Doze Off | To go to sleep unintentionally. |
| Dress Up | To wear formal clothes, or a costume for a special occasion. |
| Drop In | To visit someone unexpectedly or without making arrangements first. |
| Drop Off | To gradually decline/become less. |
| Drop Out | To quit a school program or training course. |
| Dry Off | To dry something or a surface quickly. |
| Dry Out | To remove water or other liquid from a container. |
| Dry Up | When all the liquid and/or moisture evaporates. |
| Eat Up | When someone consumes all their food. |
| Empty Out | To remove everyone or everything from a space. |
| End Up | The end result of something planned or unplanned. |
| Fall Apart | When something breaks all at once or piece by piece. |
| Fall Behind | To move slower than others. |
| Fall Down | To fall to the ground. |
| Fall For | When you have an intense attraction to something or someone. |
| Fall Off | When something drops to a lower level. |
| Fall Out | To fall from or through something. |
| Fall Over | When someone or something falls from an upright position to the ground. |
| Fall Through | If things do not go as planned, or if a plan, deal or agreement fails. |
| Feel Up To | When you have/don’t have the energy and confidence to do something. |
| Fight Back | When you defend yourself/resist an attack, or make an effort against an opponent in a competition. |
| Figure On | To expect or plan for something. |
| Fill In | To add personal information in the blank spaces of an official document. |
| Fill Out | To complete a form. |
| Fill Up | To fill something completely. |
| Find Out | To become aware of something or someone. |
| Fix Up | To make plans or arrangements with someone or for others. |
| Flip Out | To become very mad or lose control over your emotions. |
| Float Around | When an object or a person is near, but you cannot pinpoint the exact location. |
| Follow Up | To find out more about something, or take further action in regards to it. |
| Fool Around | To waste time doing unimportant or silly things. |
| Freak Out | When someone becomes irrationally upset or angry, sometimes to the point of confusion. |
| Get Ahead | To become successful in the professional environment or make consistent progress in life. |
| Get Along | To have good interactions with others. |
| Get Around To | To do something that needed to get done at an earlier time. |
| Get Away | To escape from something. |
| Get Back | To return to a place. |
| Get Back At | To get revenge. |
| Get Back To | When you talk to someone at a later time either because you are busy or you have obtained additional or new information. |
| Get Behind | To learn, work, or progress more slowly than others. |
| Get By | To pass someone or something. |
| Get Down | To move to a lower place or level. |
| Get In | To arrive or enter a place, room, building, etc. |
| Get Off | To leave a form of transportation, except a car. |
| Get Off On | To be excited or to truly enjoy doing something. |
| Get On | When you move your body and either stand, sit, lie, kneel, etc. towards something (non-separable). |
| Get Out | To leave or escape. |
| Get Out Of | To receive a benefit and/or satisfaction from doing something. |
| Get Over | To move past an obstacle to the other side. |
| Get Over With | To finish something that needs to get done. |
| Get Through | When a message, meaning, or idea is understood or accepted. |
| Get To | To arrive to or assist someone to a place. |
| Get Together | To meet and spend time together. |
| Get Up | To move to a higher level/position. |
| Give Away | To give something for free or without expecting anything in return. |
| Give In | To surrender to something. |
| Give Out | To distribute something. |
| Give Up | To stop doing something without completing it. |
| Go About | To take the necessary steps to get something done. |
| Go After | When you do your best to get something no matter how difficult it is. |
| Go Ahead | To proceed to do something that you were hesitant about. |
| Go Along With | to accept or agree with a decision, rule, opinion, etc. |
| Go Around | To follow a circular path. |
| Go Away | To move or travel from one place to another place. |
| Go Back | To return to a place, time, activity, or a person. |
| Go Back On | When you fail to fulfill a promise you made to someone. |
| Go Beyond | To be more than or better than what is normal or expected. |
| Go By | To pass someone or something quickly. |
| Go Down | To move to a lower position, place, price, level, etc. |
| Go For | To try to obtain. |
| Go In | To enter a place, building, room, etc. |
| Go In For | To enter a place or area for a specific reason. |
| Go In/Into | To enter a place, room, building, etc. usually through a door. |
| Go Off | To leave unannounced. |
| Go On | When something takes place. |
| Go Out | To leave a place or area you’re in. |
| Go Over | To review something. |
| Go Through With | When you make a decision to do something, and actually do it. |
| Go Up | To move or extend to a higher level or farther North. |
| Go With | To accompany someone to a place. |
| Goof Around | To waste time doing silly or unimportant things. |
| Gross Out | To be disgusted with someone or something. |
| Grow Out Of | To become too big or too tall for your clothes. |
| Grow Up | When you physically change from a child to an adult. |
| Hand Back | When you return something to the person who owns it after the person has given it to you |
| Hand In | To give something to a person of authority. |
| Hand Out | To distribute something free to other people. |
| Hand Over | To give upon request or demand. |
| Hang Around | To spend time in a place or an area. |
| Hang On | When you hold something, often for support of comfort. |
| Hang Out | To hang something, usually wet clothes, to dry. |
| Hang Up | To hang clothes or an object on a hook, hanger or rod. |
| Have On | To wear clothing, cosmetics, perfume, etc. |
| Head Back | To go to a place where you’ve been before or where you started from. |
| Head For | When a situation becomes more likely. |
| Head Toward | To move in the direction where someone or something is. |
| Hear About | When you learn details about something or someone. |
| Hear Of | When you learn about something or someone. |
| Heat Up | To make something warmer or cause a rise in temperature. |
| Help Out | To assist people with something. |
| Hit On | To suddenly have a solution to a problem or an interesting idea. |
| Hold Against | When you don’t forgive or have little respect for someone because of something they did. |
| Hold Off | To delay something. |
| Hold On | When you wait for a short time. |
| Hold Out | To extend your hand or an object in front of you. |
| Hold Up | To hold someone or something up in the air. |
| Hook Up | When you connect two electrical devices together. |
| Hurry Up | To do something quickly. |
| Keep At | To continue doing an activity even though it may be difficult. |
| Keep Away | To avoid getting close to someone or something. |
| Keep Down | To make sound, music and noise minimal. |
| Keep From | To stop yourself or other people from doing something. |
| Keep Off | To avoid discussing a particular subject or topic. |
| Keep On | To continue doing something. |
| Keep To | When you don’t share information. |
| Keep Up | To continue to do something. |
| Kick Back | To illegally pay extra money to someone as part of the price. |
| Kick Out | To force someone to leave an organization or place. |
| Knock Off | To use force to cause someone or something to fall from its place, whether intentionally or accidentally. |
| Knock Out | When someone is struck hard enough to cause them to lose consciousness. |
| Knock Over | To make contact with something or someone in such a way it or they fall. |
| Know About | To have knowledge of or be familiar with something. |
| Lay Down | To place something on a surface or an object. |
| Lay Off | When a company or business ends a worker’s employment. |
| Lead Up To | When a period of time or a series of events cause an event, situation or conversation to happen. |
| Leave Behind | When you don’t take something or someone with you when you leave. |
| Leave Off | To accidentally or intentionally not include a person or thing on a list. |
| Leave Out | To not include someone or something. |
| Leave Over | When you have a portion that still remains from something after you have used or eaten the rest of it. |
| Let Down | To disappoint someone. |
| Let In | To allow someone or something to enter a place. |
| Let Off | To allow someone to leave a car, bus, train etc. |
| Let On | To tell something that is a secret or private. |
| Let Out | When you give permission for someone to leave or be released from a place. |
| Let Up | When someone or something becomes less intense or strong. |
| Lie Around | To be lazy or to not do anything. |
| Lift Up | To raise someone or something to a higher level. |
| Light Up | To illuminate something. |
| Lighten Up | When a conversation is changed or a person changes to become less serious. |
| Line Up | To form in a row one after another or side-by-side. |
| Live With | To share the same residence. |
| Lock In | To secure people or things behind a closed door. |
| Lock Out | When you don’t have the key or passcode to enter a secured place. |
| Lock Up | When you shut the windows and doors of a place or building. |
| Look Around | To turn your head to see what or who is around you. |
| Look At | To divert your eyes to someone or something. |
| Look Down On | When you consider someone or something as unimportant or with little to no value. The opposite of yesterday’s phrasal verb. |
| Look Forward To | To anticipate a future event because it either makes you happy and/or you benefit from it. |
| Look Into | To investigate or get more facts about something. |
| Look Out | To remain alert. |
| Look Over | To examine or inspect something or someone. |
| Look Up | When a situation becomes better. |
| Look Up To | This particular phrasal verb is used to say you view someone with respect and/or admiration. |
| Luck Out | To have exceptionally good luck. |
| Make For | To go in a certain direction, typically in a hurry. |
| Make Of | To understand the meaning of something. |
| Make Up | To invent a story. |
| Mess Up | When something is dirty or unorganized. |
| Mix Up | To put or combine different things together so they’ll merge successfully. |
| Monkey Around With | To try to play with or repair a device that you have no true knowledge about. |
| Move In | When you bring your personal belongings and stuff to a new place where you will live. Yesterday’s phrasal verb, Move Out, has the opposite meaning. |
| Move Out | When you permanently remove all your belongings and personal items from a place where you live or stay. |
| Narrow Down | To reduce the number of options or possibilities. |
| Pay Back | When you return money that you owe someone. |
| Pay For | To purchase merchandise. |
| Pay Off | To repay money that is owed to a person or entity. |
| Pay Up | To pay all the money that is owed or asked for. |
| Pick On | To tease and/or criticize someone over a period of time. |
| Pick Out | When you are able to recognize something or someone from a group. |
| Pick Up | To get someone or something from somewhere. |
| Pile Up | To put things in a pile or heap. |
| Piss Off | [Informal] To be angry about something. |
| Plan Ahead | To prepare for a future event or situation. |
| Plan For | To prepare for a big event or expectation in the future. |
| Plan On | When you have the intention to do something. |
| Plug In | To connect an electrical device to an electrical outlet. |
| Plug In/Into | To connect an electrical appliance/machine to another piece of equipment or to a power source. |
| Plug Up | To block a narrow passage such as a hole, drain, or pipe so that nothing can flow through. |
| Point Out | To make someone aware of something. |
| Point To | When you aim at something or someone using your finger or hand. |
| Print Out | To produce a hard copy of a computer document. |
| Pull Off | To succeed in doing something difficult or tricky. |
| Pull Out | When something or someone leaves a place. |
| Pull Over | To drive your vehicle to the side of the road to stop. |
| Pull Through | To recover from an injury or illness. |
| Punch In | To enter data or record time on a device. |
| Punch Out | To record the time you leave the workplace using a special clock. |
| Put Away | To place something where it cannot be seen or isn’t in the way of other things. |
| Put Back | When something is causing a project to slow down. |
| Put Down | To place something on a surface or an object. |
| Put In | When you invest or make a deposit. In this example, the amount almost always separates the verb. |
| Put Off | To become offended by someone or something. |
| Put Out | To extend a part of your body. |
| Put Past | To not be surprised by a person’s actions. [Always used with the negative] |
| Put To | To cause someone or something to be in a certain state or to do something extra. |
| Put Together | To assemble or connect the parts of something. |
| Put Up | To move an object to a higher level. |
| Put Up To | To encourage or persuade someone to do something. |
| Put Up With | To tolerate or accept something that you’d rather not. |
| Ring Up | To call someone on the phone. |
| Rip Off | When someone asks for a price for something that is too high, when someone cheats or steals. |
| Rip Up | To tear something (i.e. paper, cloth, etc.) into pieces. |
| Rule Out | When someone or something is excluded as a possibility. |
| Run Across | To move or run from one side to the other. |
| Run Around | To go from one place to another in a hurry. |
| Run Down | To hit someone or something with a vehicle. |
| Run Into | When something collides with another object by accident. |
| Run Out | When people exit a place very quickly. Run In/ Run Into is the opposite of this meaning. |
| Run Over | When someone is injured or killed by a vehicle. |
| Run Up | To run from a lower elevation or level to a higher elevation or level. |
| Screw On | To ensure the top of a container/bottle is sealed. |
| Screw Out Of | To cheat or deceive someone. |
| Screw Up | To make a mistake or do something really bad. |
| See About | To seriously think about doing something. |
| Sell Out | When all the inventory of a particular product has been purchased. |
| Set Up | To organize or plan for an activity/event to happen. |
| Settle Down | To begin living a stable and routine life. |
| Settle For | To accept something even though it’s not what you want or need. |
| Shake Up | To mix something in a container by shaking it. |
| Show Off | To overly display your skills or what you have. |
| Shut Off | To stop the operation of an electrical or mechanical device. |
| Shut Up | To stop talking. |
| Sign In | To write your name on a list to indicate the day and time you arrived at a certain place. |
| Sign Out | To write your name on a list to indicate the day and time of your departure. |
| Sit Down | To change from a standing to a sitting position. |
| Slow Down | To do something slower. |
| Sneak In/Into | To enter a place quietly to avoid being seen or heard. |
| Sneak Out | To leave a place without being noticed. |
| Sort Out | To arrange or separate things into groups according to similarities. |
| Space Out | When someone’s attention is not in the present moment. [Adj.] {spaced out} To describe a person whose attention isn’t in the present moment. |
| Stand Around | To stand in one place or area when you should be doing something. |
| Stand For | To support or represent an idea, belief, etc. |
| Stand Up | To rise from sitting or lying down to a vertical position. |
| Start Off | The beginning of an event, activity or time period. |
| Start Out | To begin a trip or venture to some place. |
| Start Up | To start something. |
| Stay Off | To avoid discussing a certain subject or topic. |
| Stay Out | To spend time out of your own home. |
| Stay Up | To remain in a place that is higher than ground level. |
| Step On | To place your foot on something or someone. |
| Stick Around | To stay in a place or with someone for any period of time. |
| Stick Out | To extend something outward. |
| Stick To | When something is attached to another by some form of adhesive. |
| Stick Up | To use a weapon, especially a gun, to rob someone. |
| Stick With | To continue to use or do something. |
| Stop Off | To make a quick stop on your way to a destination. |
| Stop Over | To visit someone for a short period of time. |
| Straighten Out | To make something straight. |
| Stress Out | To feel very worried, nervous or anxious. |
| Switch Off | When you move something from the ‘on’ state to the ‘off’ state. Synonymous with “Turn Off.” Yesterday’s “Switch On” is the opposite. |
| Switch On | When you move something from the ‘off’ state to the ‘on’ state. Synonymous with “Turn On,” while “Switch Off” is the opposite. |
| Take Apart | To disconnect or separate the parts of an object. |
| Take Back | To return something or someone. |
| Take In | To be successfully tricked or deceived by someone. |
| Take Out | To remove an object from an area, place or container. |
| Take Out On | To direct your anger towards someone or something when you’re really upset about someone or something else. |
| Take Up On | When you accept an invitation or offer from someone. |
| Talk Down To | To talk to someone as if they are less intelligent than you by conveying a tone of voice or attitude that says so. |
| Talk Into | To convince someone to do something. |
| Talk Out Of | To convince someone not to do something. |
| Talk To | To have a conversation with someone. |
| Tear Down | To deconstruct a building or home. |
| Tear Off | To remove with force. |
| Tell Apart | To be able to differentiate something or someone from something or someone else. |
| Tell On | To inform an authoritative figure about what someone else did. |
| Think About | To consider something prior to making a final decision. |
| Think Ahead | To think and plan carefully for a future situation or event. |
| Think Up | To use your imagination to create a plan, idea, or a solution. |
| Throw Away | To dispose of something you no longer find useful in a waste bin, trash, etc. |
| Throw Out | When you get rid of something by putting it in a trash can, bin, etc. |
| Throw Up | To vomit or puke. |
| Track Down | To locate someone or something after a long search |
| Trade In | To exchange something old for something new. |
| Trick Into | To convince or persuade someone to believe something untrue or to do something for you. |
| Try On | To see how something fits or looks before purchasing. |
| Try Out | To show that you are qualified to do something. |
| Turn Around | When someone or something moves until it faces the opposite direction. |
| Turn Down | To decrease the temperature, sound, etc. |
| Turn In | To give someone or something to the police or someone of authority. |
| Turn Into | To transform. |
| Turn Off | To stop a device from functioning. |
| Turn On | To cause someone to feel interested and/or attracted. |
| Turn Out | To attend an event, meeting, etc. |
| Turn Over | To move an object so that the part that is on top becomes the bottom and vice versa. |
| Turn Up | To increase the controls of an electronic or mechanical device. |
| Use Up | To completely consume or use all of a supply. |
| Wake Up | When you are finished sleeping. |
| Wash Off | To remove dirt or unwanted markings with soap and water. |
| Wash Up | To clean your face, hands, body, etc. |
| Watch Out | To be aware of someone or something. |
| Wear Down | To make the surface or top of something disappear due to friction. |
| Wear Off | To decrease or disappear gradually. |
| Wear Out | When something is damaged or weakened from use and age. |
| Wind Up | To operate a mechanical device by turning its handle. |
| Wipe Off | To completely remove or clean something from a surface or location. |
| Wipe Out | To clean the inside of something. |
| Wipe Up | To remove liquid from a surface using a sponge, towel or cloth, etc. |
| Work In | To make time in a busy schedule for a person or an activity. |
| Work Out | When a situation, event, plan, or idea is successful. |
| Work Up | To gradually improve at or make progress in something. |
| Wrap Up | To cover something with some kind of special paper. |
| Zip Up | To close an item that has a zipper. |