**Back up**:

1. To provide support or assistance: When someone "backs up" another person, it means they offer support, help, or reinforcement.

* "I'll back you up in the presentation. If you need any help, just let me know."
* "The team always backs up their captain during challenging games."
* "My friends backed me up when I was going through a difficult time."

1. To move in reverse: "Backing up" refers to moving backward, especially when driving a vehicle. For instance, you might say, "I need to back up the car so we can park."

* "Be careful when you back up the car. Check your mirrors and look behind you."
* "The driver had to back up to get out of the tight parking spot."
* "He accidentally bumped into a lamppost while trying to back up."

1. To create a copy or duplicate: "Backing up" can also mean making a duplicate or copy of data or files for security or preservation. For instance, you might say, "Make sure to back up your important documents regularly."

* "Remember to back up your important files on an external hard drive."
* "I always back up my photos to the cloud to ensure I don't lose them."
* "Make it a habit to back up your computer regularly to prevent data loss."

1. To accumulate or congest: When something "backs up," it means it accumulates or becomes congested, often causing a blockage or delay. For example, you might say, "Traffic is backed up due to the accident."

* "Due to the construction work, the traffic is backed up for miles."
* "The drain was clogged, causing the water to back up in the sink."
* "The delayed flight caused the passengers to back up in the boarding area."

1. To corroborate or confirm: "Backing up" can also mean providing evidence or confirmation for something. For instance, you might say, "I can back up my claim with supporting documents."

* "The witness's statement backs up the victim's version of events."
* "I have data that backs up my hypothesis about the experiment."
* "Multiple studies back up the claim that exercise improves mental health."

1. To retreat or withdraw: When used in a military or strategic context, "backing up" can mean retreating or withdrawing from a position. For example, you might say, "The troops were forced to back up due to heavy enemy fire."

* "The troops were under heavy fire and had to back up to a safer position."
* "The company had to back up from its expansion plans due to financial constraints."
* "The team decided to back up and reassess their strategy after a series of defeats."

**Be carried away** - to become overly excited or emotionally overwhelmed (e.g., "She was carried away by the beautiful performance.")

**Be taken in** - to be deceived or tricked by someone (e.g., "He was taken in by the scam artist.")

**Blow up** - to explode or burst, or to become extremely angry (e.g., "The balloon blew up" or "He blew up at his coworkers.")

**Break down** - to stop working or functioning, or to analyze or explain in detail (e.g., "My car broke down on the way to work" or "Let's break down the problem step by step.")

**Break in** - to enter forcefully or illegally, or to wear something until it becomes comfortable (e.g., "Someone broke in through the window" or "I need to break in these new shoes.")

**Break off** - to end abruptly or discontinue (e.g., "They broke off their engagement" or "The negotiations broke off without an agreement.")

**Break out** - to escape or start suddenly, often referring to a fire or outbreak (e.g., "The prisoners broke out of jail" or "A rash broke out on her skin.")

Break through - to overcome an obstacle or barrier (e.g., "They broke through the enemy's defense.")

Break up - to end a relationship or to disperse a group, or to cause something to separate into smaller pieces (e.g., "They broke up after five years of dating" or "The meeting broke up at noon.")

Bring out - to reveal or make something noticeable or prominent (e.g., "The sunshine brings out the beauty of the flowers.")

Bring up - to raise a topic or mention something (e.g., "He brought up an important issue in the meeting.")

Build up - to increase or accumulate gradually (e.g., "He built up his savings over several years.")

Burst in - to enter suddenly and forcefully (e.g., "He burst in without knocking.")

Burst out - to suddenly express or release something (e.g., "She burst out laughing" or "He burst out with anger.")

Call in - to request someone's presence or assistance, or to phone or contact someone (e.g., "We need to call in a specialist" or "I'll call in tomorrow.")

Call off - to cancel something (e.g., "They called off the event due to bad weather.")

Call on - to visit or ask someone to speak or answer (e.g., "I'll call on my friend later" or "The teacher called on me to answer the question.")

Care for - to take care of or look after someone or something (e.g., "She cares for her elderly parents.")

Carry on - to continue or proceed (e.g., "Carry on with your work" or "They carried on despite the challenges.")

Catch on - to understand or grasp something, or for something to become popular (e.g., "She quickly caught on to the new concept" or "The fashion trend caught on.")

Catch up with - to reach the same level or pace as someone, or to inform someone about recent events (e.g., "I need to catch up with my colleagues" or "Let me catch you up on what happened.")

Check on - to verify or monitor the condition or well-being of someone or something (e.g., "I'll check on my grandmother to see how she's feeling.")

Check out - to examine or investigate, or to complete the necessary procedures for leaving a place (e.g., "I need to check out the new restaurant" or "We checked out of the hotel this morning.")

Clear away - to remove or tidy up objects or clutter (e.g., "Clear away the dishes after dinner" or "The storm cleared away the debris.")

Clear up - to become clear or understandable, or to tidy or clean a space (e.g., "The sky cleared up after the rain" or "Please clear up your room.")

Come across - to encounter or find by chance (e.g., "I came across an interesting article while browsing.")

Come along - to make progress or accompany someone (e.g., "How is your project coming along?" or "Come along with us to the party.")

Come down - to descend or decrease, or to be imposed as a punishment (e.g., "The temperature is coming down" or "The judge came down hard on the criminal.")

Come down with - to become ill with a particular illness (e.g., "She came down with a cold.")

Come off - to succeed or happen as planned, or to detach or be removed (e.g., "The event came off smoothly" or "The paint is coming off the wall.")

Come on - to start or begin, or to encourage or hurry someone (e.g., "Come on, let's get started" or "Come on, you can do it!")

Come out - to be revealed or made public, or to exit a place (e.g., "The truth finally came out" or "She came out of the room.")

Come round - to regain consciousness or visit someone's home (e.g., "He'll come round soon" or "Why don't you come round for tea?")

Come to - to regain consciousness or reach a decision (e.g., "He came to after the accident" or "Let's come to an agreement.")

Come up - to arise or occur, or to approach someone or something (e.g., "An opportunity came up" or "Come up and say hello.")

Come up against - to face or encounter a difficulty or obstacle (e.g., "They came up against strong opposition.")

Come up with - to produce or suggest an idea or solution (e.g., "She came up with a brilliant plan.")

Count on - to rely or depend on someone or something (e.g., "You can count on me for support.")

Cross out - to draw a line through or delete something (e.g., "Cross out the incorrect answer.")

Cut across - to take a shorter route across something or to disregard rules or boundaries (e.g., "We'll cut across the park" or "Don't cut across the line.")

Cut down - to reduce or decrease, or to chop or fell a tree (e.g., "Cut down on your sugar intake" or "They cut down the old tree.")

Cut out - to remove or eliminate, or to stop doing something (e.g., "Cut out the unnecessary words" or "She cut out sweets from her diet.")

Deal with - to handle, manage, or address a situation or problem (e.g., "I'll deal with the customer's complaint.")

Do away with - to eliminate or get rid of something (e.g., "They decided to do away with the old policy.")

Do up - to fasten or secure something (e.g., "Please do up your seatbelt.")

Do without - to manage or survive without something (e.g., "We'll have to do without electricity for a while.")

Draw up - to create or prepare a document, plan, or contract (e.g., "The lawyer will draw up the agreement.")

Face up to - to confront or accept a difficult situation or reality (e.g., "She needs to face up to the consequences of her actions.")

Fall for - to be deceived or tricked by someone (e.g., "He fell for her persuasive tactics.")

Fall out - to have a disagreement or argument with someone (e.g., "They fell out over a misunderstanding.")

Fall through - to fail to happen or be completed as planned (e.g., "The business deal fell through at the last minute.")

Fit in (with) - to integrate or belong in a particular group or environment (e.g., "She finds it difficult to fit in with her new classmates.")

Get across - to communicate or make something understood (e.g., "I struggled to get my point across during the presentation.")

Get at - to imply or suggest, or to reach or access something (e.g., "What are you getting at with your comments?" or "I can't get at the documents on the top shelf.")

Get away (from) - to escape or leave a place (e.g., "They managed to get away from the crowded city.")

Get away with - to escape punishment or negative consequences for something (e.g., "He always seems to get away with breaking the rules.")

Get down - to make someone feel sad or depressed, or to descend or climb down (e.g., "The news really got him down.")

Get down to - to start or focus on a task or activity (e.g., "Let's get down to work.")

Get in - to enter or arrive at a place (e.g., "We got in the car and drove away.")

Get into - to become involved in or interested in something (e.g., "She got into photography as a hobby.")

Get on with - to have a good relationship or make progress (e.g., "She gets on well with her colleagues.")

Get out - to exit or leave a place (e.g., "We need to get out of here quickly.")

Get out of - to avoid or evade doing something (e.g., "He always tries to get out of doing his chores.")

Get over - to recover from an illness, setback, or emotional distress (e.g., "It took her a while to get over the flu.")

Get round to - to finally find the time or opportunity to do something (e.g., "I'll get round to reading that book eventually.")

Get through - to successfully complete or accomplish something, or to reach someone by phone (e.g., "She managed to get through her exams.")

Get together - to meet or gather with others (e.g., "Let's get together for a coffee.")

Get up - to rise from bed or stand up (e.g., "I usually get up early in the morning.")

Give away - to donate or distribute something for free, or to unintentionally reveal a secret or information (e.g., "They gave away their old clothes to charity" or "He gave away the surprise by accident.")

Give in - to surrender or yield, often after resistance (e.g., "After a long argument, she finally gave in.")

Give up - to quit or stop trying, or to surrender or abandon something (e.g., "Don't give up on your dreams" or "He gave up smoking.")

Go ahead - to proceed or continue with something (e.g., "You have my permission to go ahead with the project.")

Go by - to pass or elapse (e.g., "Time goes by quickly when you're having fun.")

Go down with - to become ill with a particular illness (e.g., "She went down with the flu.")

Go for - to choose or select, or to desire or pursue (e.g., "I'll go for the blue shirt" or "He's going for his dream job.")

Go off - to explode, to ring (an alarm or bell), or to spoil or become bad (e.g., "The bomb went off" or "The fire alarm went off.")

Go on - to continue or proceed, or to happen (e.g., "The show must go on" or "What's going on?")

Go over - to review or examine something carefully (e.g., "Let's go over the details of the plan.")

Go through - to experience or undergo, or to search or examine thoroughly (e.g., "She went through a difficult time" or "I need to go through my documents.")

Hand over - to give or transfer something to someone (e.g., "He handed over the keys to the new owner.")

Head for - to go in the direction of a place (e.g., "We're heading for the beach this weekend.")

Hold back - to restrain or keep back, or to hesitate or withhold (e.g., "She held back her tears" or "Don't hold back, speak your mind.")

Hold on - to wait or hold something tightly (e.g., "Please hold on for a moment" or "Hold on to the railing.")

Keep away - to maintain a distance or stay away from someone or something (e.g., "Keep away from the edge of the cliff.")

Keep back - to withhold or hide something, or to stay behind or remain in a place (e.g., "He kept back some information from the report" or "Keep back, don't come any closer.")

Keep down - to control or limit something, or to prevent from rising (e.g., "Keep down the noise" or "He's struggling to keep his weight down.")

Keep off - to avoid stepping or placing something on a particular surface or area (e.g., "Keep off the grass.")

Keep up with - to stay at the same level or pace as someone or something (e.g., "It's hard to keep up with the latest technology.")

Knock down - to cause to fall or demolish (e.g., "They knocked down the old building.")

Knock out - to render unconscious or disable someone, or to impress or amaze (e.g., "He was knocked out by a punch" or "Her performance knocked us out.")

Knock over - to cause to fall over or tip (e.g., "She accidentally knocked over the vase.")

Leave out - to omit or exclude someone or something (e.g., "They left out an important detail in the report.")

Let down - to disappoint or fail someone, or to lower or release (e.g., "He let me down by not keeping his promise" or "Let down your hair.")

Let off - to release or excuse someone from a punishment or obligation, or to emit or discharge (e.g., "The judge let him off with a warning" or "The fireworks let off a loud bang.")

Let out - to allow or enable someone or something to leave, or to release or emit (e.g., "She let the cat out of the house" or "The siren let out a shrill sound.")

Live for - to have a strong passion or dedication for something (e.g., "He lives for adventure.")

Live on - to survive or sustain oneself with limited resources (e.g., "She's living on a tight budget.")

Live up to - to fulfill or meet expectations or standards (e.g., "He always strives to live up to his parents' expectations.")

Live with - to accept or tolerate a difficult or challenging situation (e.g., "She had to learn to live with her chronic illness.")

Lock in - to secure or confine someone or something in a locked space (e.g., "They accidentally locked themselves in the room.")

Lock out - to prevent access or entry by locking a door or gate (e.g., "He forgot his keys and got locked out of the house.")

Look at - to direct one's gaze or attention towards something (e.g., "Look at that beautiful sunset!")