

## PHRASAL VERBS

PHRASAL VERB	MEANING
<b>A</b>	
abide by	accept
abound in	have plenty of something
abscond from	leave some place unlawfully
abscond with	go away taking with you something that does not belong to you
absorbed in	give full attention
abstain from	not do something
accede to	agree to
accommodate with	provide something
accord with	match something
account for	explain
accustom to	adapt oneself to
act out	show one's feelings
act up	behave badly
adapt to	make oneself suitable for a situation
add in	insert
add to	increase
add up	total
add up ( to )	result in
adhere to	remain loyal
adjourn to	leave / go to another place
adjust to	change to suit
admit to	allow to enter
affiliate to	be connected with
afflict with	give pain or distress
aim at	concentrate
angle for	try to get something by direct means

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PHRASAL VERB	MEANING
answer back	retort impolitely
answer for	take the responsibility
answer to	obey
appeal against	take a lawsuit
appeal to	ask for reconsideration
appear before	come to face someone
appear for	act for someone
apply to	put something into use
approve of	agree to
argue against	express opposite opinion
argue with	quarrel with someone
armed with	be supplied with weapons
ask after	ask about someone's health
ask for	want to speak to someone
ask in	invite ( into a house )
ask out	invite ( to a meal )
associate with	spend time with a group of people
atone for	make repayment
attend to	give attention
awaken to	be conscious of something
award to	give something officially
<b>B</b>	
back away	retreat
back down	admit that one has been defeated
back out	withdraw
back up	support
bargain for	expect
barge in	interrupt
base on	use something as foundation
bask in	sit in pleasant warmth
bathe in	cover with something

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PHRASAL VERB	MEANING
bear down	put pressure on someone
bear out	support the truth of something
bear up	keep up courage / spirit
bear with	be patient with someone
beat down	attempt to lower the price
beat off	defeat someone
beat up	strike a person severely
belch out	send out a large amount of smoke, flames etc
believe in	have faith in
belong to	be the property of someone
bid for	offer to pay a price
bind up	tie up
black out	faint
blare out	sound loudly and harshly
block out	prevent
block up	obstruct
blot out	hide something
blow out	put out a flame by blowing
blow over	die down / be forgotten
blow up	be destroyed by an explosion
blurt out	say something suddenly
bog down	prevent from making progress
boggle at	be unwilling to believe in something strange
boil away	continue boiling ( until nothing is left )
boil down ( to )	be reduced ( to )
boil over	boil and flow over the side
boil up	reach a serious stage
booked up	be engaged
border on	be near something
bother with	trouble someone ( with something )
bound up	run with a lot of energy

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PHRASAL VERB	MEANING
bow down	obey
bow out	resign / quit
bow to	accept / obey unwillingly
bowl over	overcome with shock
box in	prevent
brag about	boast about ( something / someone )
branch off	diverge
branch out	become very active in another activity
break away ( from )	free oneself ( from )
break down	stop functioning
break in	enter ( a building ) by force
break off	suddenly stop talking
break out	escape
break through	<ul style="list-style-type: none"> <li>• force an advance through something</li> <li>• make advances in discovery</li> </ul>
break up	disperse
break with	end a connection with someone
breathe in	inhale
breathe out	exhale
brew up	make a drink of tea
bring about	cause to happen
bring back	recall
bring down	reduce
bring forth	cause something to happen
bring forward	propose
bring in	introduce
bring out	reveal
bring round	revive
bring up	raise
brush aside	dismiss
brush off	ignore

PHRASAL VERB	MEANING
brush up	improve
buck up	improve
build in	make something so that it becomes a permanent part of a wall or room
build up	become greater gradually
burn down	destroy by burning
burn out	burn to nothing
burn up	be destroyed by fire
burn with	have a very strong feeling
burst in	interrupt
burst out	suddenly show emotion
butt in	interrupt
butter up	flatter
button up	fasten with buttons
buy up	buy everything
<b>C</b>	
calculate on	depend on something
call for	demand
call in	visit briefly
call off	cancel
call out	shout / exclaim
call up	summon
call upon	visit for a short time
camp out	sleep outdoors
carry away	be very excited
carry off	win a prize
carry on	continue
carry out	do something
carry over	continue
carry through	help ( someone ) to manage during hard times
cart away	take someone somewhere

PHRASAL VERB	MEANING
cash in	make a profit
cast aside	discard
cast out	expel
catch on	become popular
catch up	do something that has been postponed
cave in	collapse
chalk up	achieve something
channel off	direct something to a different purpose
charge at	rush forward ( in an attack )
charge with	accuse
check in	register one's arrival
check out	register one's departure
check up	examine
check up ( on )	investigate
cheer on	encourage with cheers
cheer up	make happy
chew over	consider
chip in	interrupt
chop down	make a tree fall down ( by chopping )
chop up	cut into small pieces
chuck away	throw ( something ) away
churn out	produce
circle round	move in a circle
claim back	demand for the return of money ( after making payment )
clash with	fight
clean out	make something clean and neat
clean up	tidy up
clear away	make a place look neater by removing things
clear off	leave a place quickly
clear out	leave a place quickly
clear up	tidy up

PHRASAL VERB	MEANING
click with	become ( good ) friends
climb down	accept defeat
cling to	continue to believe something
clock in	register upon arrival
clock out	register upon departure
clog with	become blocked
close down	shut permanently
close in ( on )	surround and move closer to someone
close up	come nearer
close with	accept a business deal
clutch at	try to hold something
clutter up	make untidy
collide with	crash violently
comb out	remove using a comb
comb through	search with much effort
come about	happen
come along	accompany
come around	visit casually
come at	move towards someone in a threatening way
come away	leave
come back	return
come by	obtain
come down	descend
come in	enter
come into	inherit
come off	become detached from something
come on	progress
come out	emerge
come out with	disclose
come over	visit casually
come round	regain consciousness

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PHRASAL VERB	MEANING
come through	survive
come to	regain consciousness
come up	emerge / approach
come up to	be as good as one has expected
commend for	praise
comment on	make a remark
commit to	promise
communicate to	make known
communicate with	share / exchange opinions
compete with	try to beat someone in a race / contest
complain about	express feeling of annoyance
compliment on	praise
comply with	act in accordance with the demand
composed of	be formed from something
conceive of	form an idea
confer upon	give a title or honour to someone as a reward
confer with	consult ( someone )
confide in	share personal matters with someone
confine to	keep within the limits
conform to	obey a law
confront with	force someone to deal with something
confuse with	mix up
congratulate on	express pleasure
conjure up	make something appear as if by magic
connect with	associate
consent to	agree to
consist of	be composed of
conspire with	plot secretly with someone
consumed with	be filled with
contend for	compete for something
contend with	have to deal with something difficult

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PHRASAL VERB	MEANING
contrast with	compare
contribute to	give / help
convert into	change into
convert to	change to another religion
convey to	make known ( to someone )
convict of	prove that someone is guilty of a crime
convince of	make certain
cook up	invent
cool down	make less warm
cool off	become calm after being angry
cooperate with	work together
cope with	deal with something
copy out	write ( something ) exactly as it was written
cordon off	enclose a place ( so that it is inaccessible )
correlate with	have close relationship
correspond to	be similar to
correspond with	match something
cough up	provide someone with money or information
count in	include
count on	rely on
count out	exclude
count up	total up
count upon	rely on
couple with	join one to another
cover against	protect from losses
cover for	conceal
cover up	hide
cover up for	protect someone by hiding unpleasant facts about him
crack up	break down mentally
crave for	have a strong desire for something
crawl to	act very humbly

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PHRASAL VERB	MEANING
crease up	laugh a lot
credit with	praise
creep in	begin to happen slowly
creep up	approach slowly from behind
crop up	arise / appear suddenly
crumple up	crush something
cry out	shout out
cry out against	complain bitterly
cuddle up	lie closely
cursed with	suffer misfortune
curtain off	separate / divide ( something ) with a curtain
cut across	be affected by a problem or feeling
cut back	reduce
cut down	fell / reduce
cut in	interrupt
cut off	isolate
cut out	remove by cutting around something
cut up	slice

## D

dabble in	do things in a half-serious manner
dally about	be slow and wasting time
dally with	think about something in an idle manner
dam up	hold back something
dash off	hurry away
date back	have existed since a certain time
dawn on	suddenly become clear
deal in	buy or sell something
deal with	manage something
decide against	make a decision not in favour of
decide for	make a decision in favour of
decide upon	make a decision by choosing

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PHRASAL VERB	MEANING
dedicate to	give completely
deduct from	subtract
defer to	act according to the opinion of someone
degenerate into	become worse
delegate to	give power to
delete from	strike out
delight in	take great pleasure in doing something
delude into	deceive / mislead
delve into	search for information
demonstrate against	show dissatisfaction publicly
depart from	go away / leave
depend on	rely on someone / something
deprive of	prevent someone from having something
derive from	obtain
design for	develop something for a specific purpose
deter from	prevent
deviate from	turn aside from the normal course
devote to	give complete attention
dictate to	give order to someone
die away	gradually disappear
die down	gradually subside
die off	die one by one / die in large numbers
die out	fade away / become extinct
differ from	be different
differ over	disagree over something
dig into	start using a supply of something
dig out	find something by searching
dine out	eat dinner away from home
discriminate against	treat someone unfairly
discriminate from	recognise a difference between two things
dish out	distribute

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PHRASAL VERB	MEANING
dish up	serve a meal
dispose of	get rid of
distance from	separate oneself from something
distinguish from	identify the difference
distract from	attract someone's attention from something
diverge from	be different from
divorce from	separate something from something else
do away ( with )	get rid of something
do over	decorate
do up	tidy / repair
doll up	dress showily
dominate over	have control over someone
doze off	fall asleep
drag behind	be unable to keep up
drag on	continue tediously
drag out	make something last an unnecessary long time
drain away	allow to pass through
draw aside	move to one side
draw back	withdraw / retreat
draw in	get someone involved in something
draw up	halt
dream away	waste time by thinking about what may happen
dress down	scold
dress up	dress fashionably
drink to	offer good wish
drink up	finish off all the drinks
drive at	mean
drive away	make someone leave
drive out	expel
drive up	make prices rise very quickly
drop by	visit someone casually

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PHRASAL VERB	MEANING
drop in ( on )	visit someone casually
drop out	withdraw
drown out	prevent a sound being heard by making a louder sound
drum into	emphasise
drum up	obtain by continuous effort
dupe into	deceive
dust off	get ready to use ( a skill )
dwell on	talk a lot about something
<b>E</b>	
ease off	become less troublesome
ease out	remove someone from a job gently
ease up	work less hard
eat in	eat at home
eat out	eat away from home
eat up	eat all of something
egg on	encourage
eke out	cause a small supply of something to last longer
elaborate on	discuss in more details
elope with	run away secretly in order to get married
embark on	start
embed in	fix deeply in something
embroil in	involve in a difficult situation
emerge from	appear from some place
emit from	give out / send smoke from some place
enchant with	delight someone with something pleasant
encroach on	advance into someone's land or time
end up	be in a certain situation eventually
endow with	provide someone with something
engage in	be busily occupied with some task
engage to	employ
engross in	have one's attention completely taken up by something

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PHRASAL VERB	MEANING
engulf in	be overwhelmed by something
enlarge on	add more details
enlighten on	make someone understand
enquire about	try to ask / get information ( on something )
enrol for	enter a name ( for a course )
enshrine in	keep something
ensue from	come after ( something )
envelop in	completely wrap
equip with	provide someone with what is necessary
escape from	get away
even up	become equal
examine on	test one's knowledge
excel at	do something very well
exclude from	keep ( someone ) out
excuse from	free someone from a duty
exempt from	make an exception
exist on	stay alive ( because of something )
expect from	hope for something good
explain away	avoid being blamed by making it seem less important
expose to	leave ( something ) unprotected / uncovered
<b>F</b>	
face up to	accept
fade away	become weaker
fall back	recoil
fall back on	make use of in an emergency
fall behind	be passed by others
fall off	decrease
fall out with	quarrel with
fall through	fail
fall upon	attack
fasten on	fix one's attention

PHRASAL VERB	MEANING
fasten up	close by fastening
feature in	take an important part
feed up	give someone a lot of food
fend off	defend
fetch up	arrive somewhere when one does not intend to
fiddle around	waste time
fight off	keep something or someone away by retaliating
fight on	continue fighting
figure out	try to understand
file away	keep documents in a particular place
file for	bring a case before a court of law
fill in	fill completely
fill in for	substitute
fill out	grow large
fill up	make completely full
find out	get information by chance
finish off	kill
finish up	end up
finish with	have no further relationship
fire away	used to tell others that you are ready to answer questions
fire up	make someone angry
fish around	search
fish for	search
fit in with	be suitable
fit up	equip
fix on	select
fix up	arrange
flame up	burn brightly
flare up	burst suddenly into flame
flash back	return to an earlier time
flip through	look through pages of books quickly

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PHRASAL VERB	MEANING
flinch from	avoid
flirt with	think about something but not seriously
flood in	arrive in a great number
focus on	direct full attention
follow on	continue
follow up	continue following
fool around	spend time without doing anything useful
force upon	cause someone to accept something
fork out	pay unwillingly
foul up	ruin something
free from	take away any inconvenience
fret about	worry about something
fritter away	waste time
frown at	have an unhappy expression on one's face
frown on	disapprove
fumble around	handle awkwardly
furnish with	provide / supply
fuss over	be too concerned ( with something )

## G

gain on	come close to something
gamble away	lose money through gambling
gamble on	take a risk
gang up	gather together
gather around	come closer to one another
gear up	prepare for something
get about	move from place to place
get across	make someone understand something
get ahead	advance
get along	make progress
get around	spread information
get at	reach

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PHRASAL VERB	MEANING
get away	escape
get away with	not be punished when one has done something wrong
get back	return
get behind	support someone
get by	have just enough money to spend on what one needs
get down	make someone feel unhappy
get down to	concentrate on
get in	enter
get in with	become very friendly with someone
get off	send something off
get out	leave / escape
get over	overcome
get up	arise ( from bed ) / stand
give away	betray
give back	return ( to owner )
give in	surrender
give off	emit
give out	distribute
give up	surrender
give up ( to )	abandon
gloss over	try to hide something unpleasant
glow with	show redness in the face after exercise / hard work
glued to	look at something for a long time
gnaw at	make someone feel worried
go about	start to do something
go after	chase / follow
go against	refuse to act on something
go ahead	proceed
go along with	agree
go around	behave in a certain way
go away	leave

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PHRASAL VERB	MEANING
go back on	not do something that one promised to do
go by	pass
go down	descend / become less
go down with	be ill with
go for	attack
go in for	specialise in
go into	investigate
go off	explode
go on	continue
go out	leave one's house
go over	repeat
go under	sink
go up	ascend
go with	be included
grasp at	attempt to take hold of something
grow on	gradually like something
grow up	mature
gulp down	swallow quickly
<b>H</b>	
hammer away	keep working on something
hammer out	decide after a long discussion
hand around	distribute
hand back	return by hand
hand down	pass on to someone else
hand in	give something to someone in authority
hand on	give something to someone
hand over	surrender
hang around	loiter
hang on	wait
hang out	spend a lot of time with a particular group of people
hang up	finish a telephone call

PHRASAL VERB	MEANING
harp on	keep talking about something
have it out	settle a dispute by talking to the person involved
head off	leave for another place
hear out	listen until the speaker has finished talking
help out	help a person to accomplish a task
hinge on	depend on
hit off	like
hit on	discover
hit out	make vigorous attack
hold back	hesitate
hold down	keep under control
hold on	wait
hold out	resist difficulties
hold over	postpone
hold up	support
hook up with	have a friendly relationship with someone
hot up	become more exciting
hunger for	have a strong desire ( for something )
hurry up	make someone do something more quickly
hush up	keep secret by being silent
<b>I</b>	
idle away	waste time in idleness
impinge on	have a bad effect on someone
impose on	force something on someone
improve on	make something better
infest with	be filled with
infringe upon	restrict someone's behaviour
inherit from	receive ( property ) from someone
inquire about	ask for information
inquire into	investigate
insist on / upon	hold firmly to an opinion / statement

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PHRASAL VERB	MEANING
insulate from	protect from
integrate into	work well together
interfere in	become involved
interfere with	prevent the progress
invite in	ask a person into a house / room
invite out	ask a person to go out with you
involve in	ask someone to take part in something
iron out	solve problems
<b>J</b>	
jack up	increase
jeer at	laugh disrespectfully ( at someone )
jib at	do something unwillingly
jog along	proceed quietly
join in	participate
join with	do something with another company, person or group
jot down	write something quickly
jumble up	mix without any particular order
<b>K</b>	
keep away	avoid going somewhere
keep back	conceal
keep down	repress
keep in	confine
keep in with	continue on good terms with someone
keep off	stay away
keep on	continue
keep out	stay outside
keep up	retain / continue
keep up with	keep pace with
kick around	treat someone badly
kick off	start
kick out	expel / dismiss

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PHRASAL VERB	MEANING
kick up	become more active
knock around	hit repeatedly
knock off	stop working
knock out	defeat / knock unconscious
<b>L</b>	
lag behind	move more slowly than others
land up	end up
lash out	strike violently
laugh at	mock
laugh off	pretend / get rid of by laughing
lay aside	abandon
lay by	save up
lay down	instruct / stop fighting
lay off	stop / take a rest
lay out	arrange / prepare
lead off	begin
lead on	deceive someone, making him think that you love him
lead on to	result in ( something )
leak out	become gradually known
lean on	depend on someone
lean towards	begin to support
leave behind	go away without taking along
leave out	omit
let down	disappoint
let in	allow to enter
let in on	reveal / share a secret
let off	allow someone to go free without punishment
let out	make a loud cry
let up	make less effort
level out	make something flat
lie back	recline

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PHRASAL VERB	MEANING
light on	find something by chance
light up	illuminate
line up	form into a line
link up	join closely
listen out	listen carefully
live out	continue to live through
live up to	maintain a standard equal or worthy of
live with	endure something unpleasant
loaf around	waste time by idling
lock up	secure / put in prison
look after	take care of someone
look ahead	plan for a future
look around	try to find something
look at	study / inspect
look back	recall
look down on	scorn
look for	search
look forward	anticipate
look in	pay a short visit
look into	investigate
look on	be a spectator
look out	search for a particular thing
look out for	make sure that someone is treated well
look over	inspect
look round	try to find something
look through	go through
look up	search for information
look up to	respect
look upon	regard
lose out to	be replaced by someone

PHRASAL VERB	MEANING
<b>M</b>	
make away with	take something away with you
make for	head for
make off with	run away with
make out	understand
make up	apply cosmetics
make up for	make a bad situation better
make up ( to )	make friendly approach to someone
make up with	reconcile
mark out	show boundaries
meet with	encounter
melt away	gradually disappear
mess up	spoil
miss out	omit
mix up	confuse
mix up with	make the mistake of thinking that someone is another person
mount up	increase
move about	fidget
move forward	advance
move on	move to another place
move out	move belongings out of a house
move up	promote
muddle up	mix up
<b>N</b>	
nail down	reach an agreement
narrow down	reduce the number of things included in a range
nip off	remove a part of something using your finger and thumb
<b>O</b>	
open out	( road ) become wider
open up	make accessible

PHRASAL VERB	MEANING
opt for	choose
opt out	withdraw ( from something )
order around	give a lot of orders
owe to	because of
own up	admit / confess
<b>P</b>	
pack off	send away hastily
pack up	put things away
pair off	come together
pan out	develop
part with	give something away
pass away	die
pass by	go past
pass out	faint
pass up	miss a chance
patch up	settle a quarrel
pay back	return what is owed
pay off	pay in full
pay out	pay a lot of money for something
pay up	pay a debt in full
pick at	use fingers to touch something many times
pick out	choose
pick up	lift up / collect ( something from a place ) / win something
pile up	accumulate
pin down	make someone be precise about a matter
pin up	fasten up
pipe down	stop talking
pipe up	start talking
pitch in	set to work energetically
plant on	leave evidence ( to frame someone )
play around	try doing something using different methods

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PHRASAL VERB	MEANING
play around with	fiddle with
play down	make something appear less important
play on	use a fact to get what you want
play out	happen
pluck up	gather up
plug away at	try hard at something
point out	show / indicate
polish up	improve
pop in	go somewhere quickly
pop off	die suddenly
pop out	suddenly say something without thinking
pop up	appear unexpectedly
press for	demand
press on	continue doing something
prey on	try to deceive someone
pull back	withdraw
pull down	destroy
pull out	leave
pull over	stop at the side of the road
pull through	save from ruin
pull up	stop driving
pump up	inflate
push ahead	continue
push off	start moving
push on	continue
put across	successfully convey one's ideas
put aside	save money for use later
put away	put things tidily
put back	postpone / return
put down	criticise / write
put down to	attribute to

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PHRASAL VERB	MEANING
put forward	propose
put in	submit / spend time or use energy
put off	discourage / delay
put on	dress oneself / gain
put out	extinguish / switch off
put through	connect
put up	raise / provide lodging
put up with	tolerate / bear
<b>Q</b>	
queue up	stand in a straight line
<b>R</b>	
rake up	remind people of something unpleasant
rally around	try to help
ramble on	talk about something for a long time
rap out	speak loudly
rattle off	recite quickly
rattle on	talk energetically about boring things for a long time
read on	continue reading
read out	read aloud
read over	examine thoroughly
read through	examine thoroughly
read up on	study
reason out	reach a result through reasoning
reckon on	expect something to happen
reckon with	deal with
reel off	say quickly without much effort
relieve of	take the burden away
rely on	depend on someone
report to	be responsible to someone at work
result from	be caused by
result in	cause something

PHRASAL VERB	MEANING
ring off	put down the telephone
ring up	telephone someone
rip off	make profit dishonestly / steal
rise to	reply to a remark
roll around	take place
roll in	come in large quantities
roll out	launch
root out	search for
rope into	persuade someone to join in
rough out	plan something in broad outline
round off	complete
round up	gather together
rub in	remind of unpleasant things
rub out	erase
rule out	exclude
run after	pursue
run away	flee
run into	encounter
run off	leave
run off with	steal and go away
run over	knock something down and drive over it
run through	rehearse
run up against	deal with unexpected problems
rush around	do a lot of things in a very short time
rush through	hurry through
<b>S</b>	
saddle with	give someone a difficult task
sail through	succeed without much difficulty
sandwich between	be squashed between two people
save on	avoid wastage
save up	keep money for use later

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PHRASAL VERB	MEANING
search for	seek
search out	seek and find
see in	accompany someone to make sure he arrives at a building
see off	accompany someone to the point of departure
see out	accompany someone to the door when he leaves
see through	ensure a task is completed
seek out	look for and find
sell out	be completely bought
send away	dismiss
send for	ask someone to come
send in	send something by post
send off	send something by post
send out	broadcast
send up	make something increase its value
serve up	give food to someone
set about	begin / attack someone violently
set apart	differentiate
set aside	put things away for a special purpose
set back	delay the progress
set forth	start on a journey
set in	begin and continue for a long time
set off	start on a journey / explode
set out	start a journey / explain ideas in an organised way
set to	begin
set up	establish / erect / provide
settle down	become contented
settle down to	begin to work steadily
settle for	agree to accept
settle in	move in and accustom oneself to a new environment
settle on	decide on something
shake off	get rid of

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PHRASAL VERB	MEANING
shake up	give someone a shock
shape up	develop well
shine out	be noticeable
shoot up	increase rapidly
shop around	go from shop to shop for the best deal
show off	boast
show up	appear
shrug off	regard something as unimportant
shut down	stop operating
shut in	stay in a room and stop others from entering
shut off	turn off / isolate
shut up	stop talking
sign off	write the final message in order to end an informal letter
sign on	start employment
sign up	register one's name
sing out	call out
sink into	get into a worse situation
siphon off	take money from a business dishonestly
sit around	sit lazily without doing anything
sit back	relax / do nothing
sit for	take an examination
sit in	be present at a meeting without taking an active part in it
sit on	delay
size up	estimate the value
sketch out	produce the outline / plan
sleep away	pass the time by sleeping
sleep in	sleep too long
sleep off	get rid of a hangover by sleeping
sleep on	delay making a decision until the following day
slice up	cut into slices
slip away	leave a place secretly

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PHRASAL VERB	MEANING
slip into	put on some clothing easily
slip off	remove clothing easily
slip out	leave quietly
slip up	make a mistake
slow down	reduce speed
smash up	break violently
smell out	detect
smile on	feel positive
smoke out	drive out by means of smoke
smooth away	get rid of difficulties
smooth out	get rid of difficulties
snap at	speak harshly to someone
snap up	buy something without hesitation
snatch at	make every effort to get something
sneer at	speak disrespectfully
soak up	absorb
soften up	be friendly
sort out	separate / arrange accordingly
space out	form regular space between things
speak for	represent someone to express his thoughts
speak out	speak loudly and clearly
speak up	speak louder
spark off	cause
speed up	increase speed
spell out	say / write out each letter / word
spill over	spread and affect
split up	divide
spread out	extend / scatter
spring up	begin to exist
spur on	encourage
spy on	keep watch secretly

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PHRASAL VERB	MEANING
square up	settle one's debts
square up ( to )	face
squeeze from	obtain from
squeeze out	force someone to give you something
squeeze through	barely be able to pass through
squeeze up	get closer to the person beside you so that there is space for someone else
stack up	gradually collect
stamp out	prevent something bad from happening
stand around	stand aimlessly
stand by	stay loyal to someone and support him
stand for	represent
stand in for	substitute for
stand out	protrude
stand over	stand behind someone
stand up for	support
stand up to	face bravely
start off	begin
start out	begin
start up	cause to begin
stay in	remain at home
stay out	remain outdoors
stay up	remain out of bed
step down	withdraw
step in	intervene
step out	go outside
step up	increase
stick out	project
stick out for	insist on
stick to	keep to something
stick up ( for )	defend

PHRASAL VERB	MEANING
stir up	cause trouble
stop over	stop before continuing a long journey
store up	accumulate for future use
stow away	hide
straighten out	clarify
straighten up	make oneself neat and tidy
stretch out	extend
strike back	attack
strike off	remove
strike out	hit wildly
strike up	begin to play a piece of music
string up	hang someone
strip off	remove
struggle along	manage
stuff with	pack something tightly
substitute for	take the place of someone
suck up	absorb
sum up	express in a few words
summon up	gather together
swarm with	be full of a moving crowd of people or animals
sweep along	rush along
swell out	curve
swell up	rise up
<b>T</b>	
tag on	follow closely
tail off	decrease
take after	resemble
take away	remove
take down	write down information
take in	absorb
take off	remove ( clothing ) / ( aeroplane ) rise into the air

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PHRASAL VERB	MEANING
take on	start to employ someone
take out	withdraw
take over	take control of
take up	accept a suggestion
take up ( with )	become friendly with
talk back	argue rudely
talk down	talk in a disdainful way
talk out	solve by discussion
talk over	discuss with someone before deciding what to do
talk round	persuade a person by talking
tear off	remove clothing very quickly
tell off	scold
thin out	become fewer
think about	consider
think over	consider
think up	invent by thinking
thrash out	get the answer by discussing
throw in	give something in addition
throw off	get rid of
throw out	cast out / reject
throw up	vomit
tick off	mark with a tick / scold
tidy up	put in order
tied up	be busy
tied up with	be connected with
tip off	warn
tip over	overturn
tire out	make someone completely exhausted
top up	fill
touch down	land
touch off	cause a difficult situation to begin

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PHRASAL VERB	MEANING
touch up	improve something by changing it slightly
track down	capture by tracking
trigger off	set an action
trip up	cause to stumble
triumph over	be victorious
try on	put clothes on
try out	test
tuck away	store something
tuck in	eat heartily
turn around	start to be successful
turn away	refuse admission
turn back	turn in reverse direction
turn down	reject / refuse
turn in	tell the police where a criminal is
turn into	become something different
turn off	switch off
turn on	switch on
turn out	gather and take part in an event
turn over	use a land or building for a different purpose
turn up	appear / be present
<b>U</b>	
use up	exhaust the supply of
<b>V</b>	
vie with	compete with someone
<b>W</b>	
wade through	read slowly
wake up to	realise the truth
walk away	leave a bad situation
walk away with	win something easily
walk out	leave / abandon

PHRASAL VERB	MEANING
ward off	protect oneself from something bad
warm up	make warm
warn off	tell someone not to go near something as it is dangerous
wash down	clean by washing
wash off	remove dust or dirt with water
wash up	clean dishes after a meal
watch out	be careful
wear down	become flatter gradually
wear off	cease gradually
wear on	pass slowly
wear out	exhaust
weed out	get rid of someone or something that is not good
weigh up	consider carefully
win back	regain
win over	get someone's support
wind up	end
wipe out	destroy
wither away	decay
work in	include something in a speech, piece of writing etc
work off	get rid of
work out	plan / solve
work up	make someone angry or excited about something
wrap up	finish a task
wrestle with	deal seriously with something
wriggle out of	avoid doing something
write off	cancel / destroy
write up	write a report using notes that one made earlier
<b>Z</b>	
zero in on	aim at something