

100 Phrasal Verbs for Everyday Use

Hello English learners. Welcome to a new lesson. Native English speakers use phrasal verbs constantly in both casual and formal settings, so mastering phrasal verbs can help you sound more like a native speaker. In today's lesson, we will look at 100 phrasal verbs for everyday use.

General daily use

Phrasal verb	Meaning	Example sentence
Get up	get out of bed	<i>She gets up as soon as her alarm rings.</i>
Wake up	stop sleeping	<i>I wake up at 7 every morning.</i>
Put on	wear (clothing)	<i>He put on his jacket before leaving.</i>
Take off	remove (clothing)	<i>She took off her shoes at the door.</i>
Turn on	start a device	<i>Can you turn on the kettle?</i>
Turn off	stop a device	<i>Don't forget to turn off the lights.</i>
Set off	start a journey	<i>We set off early to avoid traffic.</i>
Come back	return	<i>He came back from work late.</i>
Go out	leave home for social reasons	<i>They're going out for dinner.</i>
Stay in	remain at home	<i>Let's stay in and watch a film.</i>

Communication

Phrasal verb	Meaning	Example sentence
Speak up	talk louder	<i>Please speak up; I can't hear you.</i>
Pipe down	be quiet (informal)	<i>Pipe down! The baby's sleeping.</i>
Chat up	flirt or talk to romantically	<i>He was trying to chat her up at the bar.</i>
Go on	continue	<i>Go on, I'm listening.</i>
Hang up	end a phone call	<i>She hung up before I could reply.</i>
Get through (to)	reach by phone	<i>I finally got through to the doctor.</i>
Ring up	call someone	<i>I'll ring you up later.</i>
Drop by	visit informally	<i>She dropped by for a quick chat.</i>
Pop in	make a short visit	<i>I just popped in to say hello.</i>
Catch up (with)	update one another	<i>Let's catch up over coffee.</i>

Work & study

Phrasal verb	Meaning	Example sentence
Look into	investigate	<i>They're looking into the complaint.</i>
Fill in	complete (a form)	<i>Please fill in the form.</i>
Hand in	submit	<i>I handed in my essay on time.</i>
Take on	accept (responsibility/work)	<i>She's taken on more than she can handle.</i>
Get ahead	make progress	<i>He's getting ahead at work.</i>
Knuckle down	start working hard	<i>You'd better knuckle down before exams.</i>
Catch on	understand	<i>It took a while, but he caught on.</i>
Drop out	leave (school, course)	<i>He dropped out of university.</i>
Go over	review	<i>Let's go over your notes.</i>
Brush up (on)	improve a skill	<i>I need to brush up on my Spanish.</i>

Travel

Phrasal verb	Meaning	Example sentence
Get on	board a vehicle	<i>He got on the bus.</i>
Get off	leave a vehicle	<i>She got off at the next stop.</i>
Check in	register at a hotel/airport	<i>We checked in at 3 p.m.</i>
Check out	leave a hotel	<i>They checked out this morning.</i>
Take off	plane leaving the ground	<i>Our flight takes off at 9.</i>
Touch down	plane landing	<i>We touched down ahead of schedule.</i>
Hold up	delay	<i>We were held up by traffic.</i>
Set out	start a journey	<i>They set out at dawn.</i>
Pick up	collect someone by car	<i>Can you pick me up at the station?</i>
Drop off	leave someone at a place	<i>I'll drop you off at school.</i>

Relationships

Phrasal verb	Meaning	Example sentence
Get along (with)	be friendly	<i>They get along really well.</i>
Fall out (with)	argue and stop being friends	<i>They fell out over money.</i>
Make up	reconcile	<i>They made up after the fight.</i>
Split up	end a romantic relationship	<i>They split up last year.</i>
Go out (with)	be in a romantic relationship	<i>She's going out with Tom.</i>
Ask out	invite on a date	<i>He asked her out to dinner.</i>
Break up	end a relationship	<i>They broke up after five years.</i>
Hit it off	get along immediately	<i>They hit it off on the first date.</i>
Grow apart	become less close	<i>They grew apart over time.</i>
Move in (with)	start living together	<i>They moved in together last month.</i>

Money & shopping

Phrasal verb	Meaning	Example sentence
Pay back	return borrowed money	<i>I'll pay you back next week.</i>
Save up (for)	accumulate money	<i>She's saving up for a new car.</i>
Splash out (on)	spend a lot on something nice	<i>We splashed out on a fancy dinner.</i>
Rip off	charge too much	<i>£10 for coffee? What a rip-off!</i>
Shop around	compare prices	<i>Always shop around before buying.</i>
Fork out (for)	reluctantly pay	<i>I had to fork out £200 for repairs.</i>
Sell out	have no more of something	<i>The tickets sold out in minutes.</i>
Pick out	choose	<i>She picked out a lovely scarf.</i>
Try on	test clothing for fit	<i>Try on this dress and see if it fits.</i>
Pop out	go out briefly	<i>I'm just popping out to the shops.</i>

Home life

Phrasal verb	Meaning	Example sentence
Clean up	tidy or clean thoroughly	<i>We cleaned up after the party.</i>
Clear out	get rid of things	<i>I cleared out the garage.</i>
Sort out	organise or fix	<i>We need to sort out the bills.</i>
Throw away	discard	<i>She threw away old magazines.</i>
Put away	return to proper place	<i>Put away your clothes, please.</i>

Hang up	put clothes on a hanger	<i>He hung up his coat.</i>
Warm up	make warmer	<i>Let's warm up some leftovers.</i>
Cool down	become cooler	<i>Let it cool down before eating.</i>
Look after	care for	<i>Can you look after the cat?</i>
Drop round	visit someone casually	<i>I'll drop round later with the cake.</i>

Emotions & reactions

Phrasal verb	Meaning	Example sentence
Calm down	become calmer	<i>Take a breath and calm down.</i>
Cheer up	become happier	<i>Cheer up, it's not that bad.</i>
Let down	disappoint	<i>He let me down again.</i>
Get over	recover from	<i>She's getting over a bad cold.</i>
Hold back	hide emotions	<i>He held back his tears.</i>
Blow up	lose temper	<i>She blew up over nothing.</i>
Go off	stop liking	<i>I've gone off that band lately.</i>
Put off	discourage	<i>The smell put me off eating.</i>
Open up	share feelings	<i>He finally opened up to me.</i>
Bottle up	hide emotions	<i>Don't bottle up your feelings.</i>

Problem solving

Phrasal verbs	Meaning	Example sentence
Work out	find a solution	<i>We'll work it out together.</i>
Figure out	understand	<i>I can't figure out this puzzle.</i>
Back up	support	<i>I'll back you up if needed.</i>
Carry on	continue	<i>Carry on with your work.</i>
Give up	stop trying	<i>Don't give up just yet.</i>
Run out (of)	use all of something	<i>We've run out of milk.</i>
Come up with	think of (an idea)	<i>She came up with a brilliant plan.</i>
Deal with	handle a problem	<i>I'll deal with it tomorrow.</i>
Hold on	wait a moment	<i>Hold on, I'm coming.</i>
Catch up (on)	do something not done earlier	<i>I need to catch up on sleep.</i>

Social & everyday use

Phrasal verbs	Meaning	Example sentence
Join in	participate	<i>Why don't you join in the game?</i>
Show up	arrive	<i>He showed up late.</i>
Turn up	arrive unexpectedly	<i>She turned up at my door.</i>
Look out	be careful	<i>Look out – the pavement's icy!</i>
Come in	enter	<i>Please come in and sit down.</i>
Go off	explode or make a noise	<i>The alarm went off at 6.</i>
Give in	surrender or yield	<i>She gave in to temptation.</i>
Stand up for	defend someone/something	<i>He stood up for his beliefs.</i>
Look forward to	be excited about something	<i>I'm looking forward to the weekend.</i>
Go over	be well received	<i>The joke didn't go over well.</i>