

1. 50 Common Phrasal Verbs for Daily Conversation

These **common phrasal verbs** show up in normal, everyday talk. Learn these first.

• Phrasal Verb	Meaning	Example Sentence
• Give up	Stop trying	She didn't give up after failing twice.
• Look up	Search for information	Look up the word in the dictionary.
• Get up	Rise from bed	I get up at seven every morning.
• Put on	Wear something	Put on your jacket, it's cold outside.
• Take off	Remove clothing / plane leaves	The flight took off on time.
• Turn on	Start a device	Turn on the fan, please.
• Turn off	Stop a device	Turn off the lights before you sleep.
• Come back	Return	He will come back next week.
• Sit down	Take a seat	Please sit down and relax.
• Stand up	Rise to your feet	Everyone stood up when she entered.
• Wake up	Stop sleeping	I woke up late today.
• Grow up	Become an adult	She grew up in Karachi.
• Find out	Discover something	I found out the truth yesterday.
• Figure out	Understand or solve	I finally figured out the answer.
• Run out of	Have none left	We ran out of milk this morning.
• Point out	Mention something	He pointed out my mistake.
• Check out	Inspect or leave a hotel	Check out this new restaurant.
• Show up	Arrive somewhere	She showed up an hour late.
• Fill out	Complete a form	Fill out this application form.
• Hand in	Submit something	Hand in your homework by Friday.
• Bring up	Mention a topic	Don't bring up that subject again.

• Break down	Stop working	My laptop broke down last night.
• Cheer up	Become happier	Cheer up, things will get better.
• Calm down	Become less upset	Calm down and explain what happened.
• Dress up	Wear formal clothes	We dressed up for the wedding.
• Eat out	Eat at a restaurant	Let's eat out tonight.
• Get along	Have a good relationship	We get along really well.
• Get back	Return	I'll get back to you soon.
• Give away	Give for free	She gave away her old books.
• Go on	Continue	Please go on with your story.
• Hang out	Spend time casually	We hung out at the park.
• Hold on	Wait a moment	Hold on, I'll be right there.
• Keep up	Maintain pace	It's hard to keep up with him.
• Log in	Enter an account	I couldn't log in to my email.
• Log out	Exit an account	Remember to log out of the computer.
• Move in	Start living somewhere	They moved in last month.
• Move out	Leave a place you lived	She moved out of her parents' house.
• Pick up	Collect someone or something	Can you pick me up at six?
• Put off	Delay something	We put off the meeting until Monday.
• Set up	Arrange or prepare	He set up the chairs for the event.
• Sort out	Solve a problem	We sorted out the issue quickly.
• Speak up	Talk more loudly	Please speak up, I can't hear you.
• Take over	Assume control	She took over the project last week.
• Think over	Consider carefully	Let me think it over tonight.

- Try on Test clothes for fit Try on this dress before buying it.
- Wake
someone up Cause someone to stop sleeping Please wake me up at six.
- Work out Exercise / solve a problem I work out every morning.
- Write down Make a note Write down her phone number.
- Come
across Find by chance I came across an old photo.
- Drop off Leave someone/something
somewhere I'll drop off the kids at school.

2. Phrasal Verbs for Work and Professional Life

These phrasal verbs show up constantly in offices, emails, and meetings.

- | • Phrasal Verb | Meaning | Example Sentence |
|----------------|-------------------------|--|
| • Follow up | Check on progress later | I'll follow up with you next week. |
| • Carry out | Perform a task | The team carried out the survey. |
| • Hand in | Submit work | Hand in the report by Monday. |
| • Fill in | Complete a form | Fill in your details here. |
| • Fill in for | Substitute for someone | I'll fill in for her while she's sick. |
| • Set up | Arrange something | Let's set up a meeting for Tuesday. |
| • Get through | Finish a task | I got through all my emails today. |
| • Look into | Investigate something | We will look into this matter. |

• Come up with	Think of an idea	She came up with a great plan.
• Deal with	Handle a problem	I need to deal with this client.
• Draw up	Prepare a document	Our lawyer drew up the contract.
• Sign off	Approve something	The manager signed off on the budget.
• Take on	Accept responsibility	She took on a new role at work.
• Cut back on	Reduce spending	We cut back on office expenses.
• Roll out	Launch something	The company rolled out a new app.
• Touch base	Make brief contact	Let's touch base tomorrow morning.
• Report back	Share results	Please report back after the meeting.
• Bring forward	Move to an earlier time	We brought the meeting forward.
• Wrap up	Finish something	Let's wrap up this discussion.
• Team up	Work together	Our department teamed up with sales.
• Call off	Cancel	They called off the conference.
• Move forward	Progress	Let's move forward with the plan.
• Break down	Divide into parts	Let me break down the numbers for you.

3. Phrasal Verbs for Phone Calls and Texting

These phrasal verbs make phone and message conversations sound natural.

● Phrasal Verb	Meaning	Example Sentence
● Hang up	End a call	She hung up before I could reply.
● Call back	Return a call	I'll call you back in ten minutes.
● Hold on	Wait briefly	Hold on, let me check my calendar.
● Pick up	Answer the phone	She didn't pick up my call.
● Ring up	Make a phone call	I'll ring you up tonight.
● Get through	Successfully reach by phone	I couldn't get through to the office.
● Break up	Have a bad connection	Sorry, you're breaking up on this call.
● Cut off	Lose connection suddenly	The call got cut off.
● Text back	Reply by message	She texted me back an hour later.
● Log on	Connect online	I logged on for the video call.
● Speak up	Talk louder	Can you speak up? The line is bad.
● Check in	Confirm you arrived / update someone	I'll check in with you later.
● Reach out	Contact someone	Feel free to reach out anytime.
● Get back to	Respond later	I'll get back to you tomorrow.
● Miss out on	Fail to receive something	I missed out on her call.
● Send off	Send a message quickly	I sent off a quick text.
● Look up	Search a number or contact	I looked up his number online.
● Fill in	Update someone with details	Fill me in on what happened.

- Ring off End a phone call (British English) He rang off suddenly.
- Follow up Contact again about something I'll follow up by text tonight.

4. Phrasal Verbs for Emotions and Relationships

These phrasal verbs describe feelings and relationships, something every learner needs.

• Phrasal Verb	Meaning	Example Sentence
• Break up	End a relationship	They broke up last month.
• Get over	Recover emotionally	It took her time to get over the loss.
• Fall for	Become attracted to someone	He fell for her instantly.
• Fall out	Argue and stop being friends	The two friends fell out over money.
• Make up	Reconcile after a fight	They made up after the argument.
• Cheer up	Feel happier	I tried to cheer him up.
• Calm down	Become less upset	Please calm down, it's okay.
• Get along with	Have a good relationship	I get along with my coworkers well.
• Look up to	Admire someone	She looks up to her older sister.
• Look down on	Feel superior to someone	He shouldn't look down on others.
• Hit it off	Like someone immediately	We hit it off from the first meeting.
• Grow apart	Become less close over time	The old friends grew apart over years.

• Open up	Share feelings honestly	It took her time to open up to me.
• Bottle up	Hide emotions	Don't bottle up your feelings.
• Let down	Disappoint someone	I felt let down by his behavior.
• Care for	Like or feel affection for	I really care for my family.
• Give in	Stop resisting	She gave in and agreed to go.
• Come around	Change one's opinion	He finally came around to my idea.
• Freak out	Become very upset	Don't freak out, it's not serious.
• Chill out	Relax	Just chill out, everything is fine.