Feelings

The phrasal verbs in these exercises all relate to feelings such as anger, pleasure and sadness, and the things that people do when they have these feelings.

1 Match the phrasal verbs (1–6) with their meanings (a–f).

1 scare away ..........  
2 crack up ..........  
3 lighten up ..........  
4 be bowled over ..........  
5 blow away ..........  
6 bottle up ..........  

a to be very impressed or surprised because someone or something is so beautiful or exciting  
b to frighten an animal or person so that they go away  
c to make someone feel extremely surprised and impressed  
d to make an effort not to show a feeling such as anger or sadness over a long period of time  
e to suddenly start to laugh a lot  
f to start to be less serious and more relaxed
2 Match the sentence halves. They contain phrasal verbs from exercise 1.

1 Maria is so funny. When she tells a joke or a story
   a scare away the birds.

2 Don't make a noise or you'll
   b lighten up!

3 Oh don't look so serious, William. It's a party – come on,
   c blew me away.

4 I thought her performance was amazing – I was really
   d I just crack up!

5 My mother is very open and emotional but my father
   e bottles up his feelings.

6 I loved the movie – it really
   f bowled over by it.
Complete the sentences with these words. Use the correct form of the verb. Then complete the crossword.

cheer  stress  perk  fall  drag  tear  bottle  burst

Across
2 He never even took part in the race. He was going to but he...bottled out... at the last minute!

3 ................. up! Don’t look so sad – it’s really not that bad.

5 She looked very anxious. All the preparations for the wedding are starting to .......... her out.

7 She seems very unhappy. I think all the trouble with her son is .......... her down.

Down
1 When I explained the joke, everyone .......... about laughing!

2 I told my little daughter that he wasn’t coming and she .......... into tears.

4 Her son is very ill and it’s .......... her apart.

6 He seemed a little sad and I thought he might .......... up if I offered him dinner.
Feelings – Answer key

Exercise 1
1  b
2  e
3  f
4  a
5  c
6  d

Exercise 2
1  d
2  a
3  b
4  f
5  e
6  c

Exercise 3
Across            Down
2  bottled        1  fell
3  cheer          2  burst
5  stress         4  tearing
7  dragging       6  perk