

A PHRASAL VERBS (01-31JAN21)

1. **build up** (phrasal verb) – strengthen, increase/raise, intensify, enhance.
2. **wake up to** (phrasal verb) – realize, become aware of, become heedful of.
3. **figure out** (phrasal verb) – understand, comprehend, work out, find an answer/solution to.
4. **shore up** (phrasal verb) – support, assist, prop up.
5. **stave off** (phrasal verb) – avert, prevent, avoid, rule out.
6. **dawn on** (phrasal verb) – if something (an idea or fact) dawns on you, you begin to understand it for the first time; come to mind, strike, be perceived, be realized.
7. **bring out** (phrasal verb) – disclose, reveal, expose, become known.
8. **come along** (phrasal verb) – progress, make progress, develop.
9. **spring from** (phrasal verb) – originate from, arise from, stem from, emanate from, evolve from, come from.
10. **come up with** (phrasal verb) – produce, put forward, present/submit.
11. **wipe out** (phrasal verb) – remove, get rid of, dispose of.
12. **go by** (phrasal verb) – (of time/year) to pass.
13. **do away with** (phrasal verb) – abolish, discard, remove.
14. **go beyond** (phrasal verb) – to go past something, exceed, surpass.
15. **rely on** (phrasal verb) – depend on; resort to, have recourse to.
16. **carry out** (phrasal verb) – conduct, perform, execute.
17. **eat out** (phrasal verb) – dine out, go to the restaurant; have meal in restaurant.
18. **boil down to** (phrasal verb) – come down to, amount to, comprise (as the main or central part).
19. **wean from** (phrasal verb) – to make somebody gradually stop using something.
20. **pin on** (phrasal verb) – attribute the blame/responsibility for something to someone.
21. **square with** (phrasal verb) – agree, tally, be in agreement, be consistent, coincide.
22. **ward off** (phrasal verb) – prevent, oppose, avert, resist.
23. **lag behind** (phrasal verb) – trail, fall back, straggle/move slowly.
24. **flag off** (phrasal verb) – signal, give a sign to, indicate.
25. **shoot down** (phrasal verb) – gun down, hit with a bullet/missile.
26. **cave in** (phrasal verb) – collapse, fall down, crumble, disintegrate.
27. **strike at** (phrasal verb) – to cause damage to someone/something; to have a serious effect on somebody/something; affect, afflict.
28. **hold out** (phrasal verb) – offer, present (a hope, possibility, opportunity, etc.); have a feeling of (hope).
29. **draw up** (phrasal verb) – formulate, create, work out.
30. **spell out** (phrasal verb) – explain, make clear, elucidate/clarify.
31. **set aside** (phrasal verb) – earmark, withhold; save, reserve, put aside.
32. **strike out** (phrasal verb) – be unsuccessful, fail.
33. **stand for** (phrasal verb) – be a candidate in an election.
34. **stamp out** (phrasal verb) – to stop, to put an end to, to get rid of something.
35. **let off** (phrasal verb) – release, discharge, acquit.
36. **turn down** (phrasal verb) – reject, refuse, decline, say no to.
37. **strike down** (phrasal verb) – abolish, annul, nullify (a law or regulation).
38. **take away** (phrasal verb) – remove, take out, deprive, divest, strip.
39. **take up** (phrasal verb) – become involved in, engage in, take part in; accept, say yes to, agree to.

40. **set about** (phrasal verb) – begin, start, undertake, embark on.
41. **come up** (phrasal verb) – occur or present itself.
42. **take on** (phrasal verb) – compete against, oppose, challenge, confront.
43. **live up to** (phrasal verb) – satisfy, fulfil, achieve, meet.
44. **account for** (phrasal verb) – constitute, comprise, represent.
45. **bring in** (phrasal verb) – introduce, cause, bring about, create.
46. **bring back** (phrasal verb) – cause something to return to; reintroduce.
47. **point out** (phrasal verb) – identify, mention, indicate, draw attention to.
48. **shut down** (phrasal verb) – discontinue, cease activity, close.
49. **speak of** (phrasal verb) – mention, talk about, discuss, refer to, remark on, comment on.
50. **put up** (phrasal verb) – display, propose.
51. **push back** (phrasal verb) – force back, repel, fight off.
52. **live by** (phrasal verb) – behave (as stated by beliefs or principles).
53. **end up** (phrasal verb) – come/appear, find oneself (to a particular course of action in the end).
54. **go after** (phrasal verb) – take actions to criticize/punish someone.
55. **go on to** (phrasal verb) – continue, proceed (to do something).
56. **leave behind** (phrasal verb) – to leave a trace of something.
57. **move away from** (phrasal verb) – change/alter one's ideas/beliefs/views and so.
58. **put in** (phrasal verb) – dedicate time/effort to something.
59. **step up** (phrasal verb) – increase, intensify, strengthen, augment, escalate, scale up.
60. **lay down** (phrasal verb) – formulate, establish, institute, enforce.
61. **go ahead** (phrasal verb) – to proceed, to continue to do something, to start/begin to do something.
62. **gear up** (phrasal verb) – get ready, prepare, equip (oneself) for something.
63. **snuff out** (phrasal verb) – kill (in a sudden manner).
64. **drop out** (phrasal verb) – withdraw, give up, discontinue.
65. **fall through** (phrasal verb) – fail.
66. **reckon with** (phrasal verb) – consider, take into account, take into consideration.
67. **whip up** (phrasal verb) – arouse, trigger, prompt, induce.
68. **verge on** (phrasal verb) – incline towards, border on, approach, come near, be close to.
69. **thrash out** (phrasal verb) – resolve, settle, sort out, deal with, handle.
70. **shake off** (phrasal verb) – get rid of, give up, abandon, end (a feeling).
71. **cut off** (phrasal verb) – block/stop, remove, discontinue (a standard method of doing/accessing something).
72. **blow up** (phrasal verb) – destroy, demolish, knock down (as by explosion); explode, detonate.
73. **stand out** (phrasal verb) – be noticeable, be visible, be obvious.
74. **lie off** (phrasal verb) – be placed some distance from coast/shore.
75. **pull in** (phrasal verb) – succeed in obtaining something.
76. **roll out** (phrasal verb) – launch, introduce, organize, inaugurate (something officially).
77. **turn up** (phrasal verb) – arrive, come, go, be present, attend.
78. **set in** (phrasal verb) – (of something unpleasant) begin, start, develop gradually.
79. **take down** (phrasal verb) – remove, dismantle, demolish.
80. **bring about** (phrasal verb) – cause, produce, give rise to.
81. **lock out** (phrasal verb) – exclude/remove someone from.
82. **step down** (phrasal verb) – give up, stand down, abdicate, renounce.
83. **warm up** (phrasal verb) – prepare, get ready, get into condition.
84. **reflect on** (phrasal verb) – to affect other people's opinion of someone, particularly in a bad/poor way.

85. **opt out** (phrasal verb) – decide not to participate in something.
86. **hand over** (phrasal verb) – pass, transfer, assign.
87. **stay away from** (phrasal verb) – avoid, evade, dodge.
88. **step in** (phrasal verb) – intervene, become involved, get involved, take action.
89. **make up** (phrasal verb) – comprise, form, compose, constitute.
90. **move forward** (phrasal verb) – progress, make progress, advance, develop.
91. **call for** (phrasal verb) – require, publicly ask/necessitate, demand.
92. **see through** (phrasal verb) – realize, understand, get the measure of.
93. **open up** (phrasal verb) – create (a new opportunity or possibility).
94. **set up** (phrasal verb) – establish, start/begin, inaugurate, create.
95. **carry on** (phrasal verb) – continue, proceed, progress, keep going, get going.
96. **lead up to** (phrasal verb) – come before a particular event.
97. **keep away from** (phrasal verb) – make someone stay away from.
98. **make out** (phrasal verb) – portray, represent, assert.
99. **harp on** (phrasal verb) – talk or write/complain continuously and lengthy on a particular subject.
100. **hole up** (phrasal verb) – hide out, conceal oneself, shelter.
101. **play down** (phrasal verb) – downplay, understate, de-emphasize, gloss over, minimize, shrug off.
102. **go down with** (phrasal verb) – fall ill with, get, contract, fall victim to, become infected with.
103. **crack down on** (phrasal verb) – get tough on, take severe measures against, clamp down on.
104. **cast on/upon** (phrasal verb) – to cause to fall onto or over something.
105. **draw out** (phrasal verb) – prolong, extend, protract, stretch out, lengthen.
106. **build on** (phrasal verb) – to use something as a base to achieve more development/success, expand on, develop, enhance.
107. **step back** (phrasal verb) – withdraw, disengage, pull out/pull back.
108. **put off** (phrasal verb) – postpone, delay, defer, hold off.
109. **break out** (phrasal verb) – flare up, begin/start suddenly, erupt, set in.
110. **put down** (phrasal verb) – suppress, put an end to, crush, quash, quell, overthrow.
111. **run through** (phrasal verb) – be present in, pass through, imbue, go through.
112. **put out** (phrasal verb) – issue, publish, release, make public, publicize.
113. **pull out** (phrasal verb) – withdraw, retreat, get/move out.
114. **result in** (phrasal verb) – cause, bring on, bring about, call forth, give rise to.
115. **lie ahead** (phrasal verb) – be going to happen.
116. **scale up** (phrasal verb) – increase, augment; step up.
117. **line up** (phrasal verb) – form a queue, queue up, form lines.
118. **give up** (phrasal verb) – stop, discontinue, abandon, renounce, forgo.
119. **take back** (phrasal verb) – get back, regain, repossess, reclaim, retrieve, recover.
120. **pull back** (phrasal verb) – withdraw, retreat, disengage.
121. **get past** (phrasal verb) – to move past (an obstacle); overcome.
122. **turn into** (phrasal verb) – transform into; cause to become (a particular kind of person/thing).
123. **bring down** (phrasal verb) – reduce, decrease, lessen.
124. **turn out** (phrasal verb) – produce something.
125. **lock up** (phrasal verb) – imprison, jail, incarcerate, detain, confine.
126. **leave aside** (phrasal verb) – to not consider something; ignore, dismiss, push aside.
127. **come out** (phrasal verb) – become known, come to light, emerge, transpire.
128. **break down** (phrasal verb) – fail, collapse, founder, fall through, be unsuccessful, disintegrate.
129. **break up** (phrasal verb) – disperse, scatter, disband, separate; destroy.

130. **scale back** (phrasal verb) – reduce (in size/number/extent).
131. **go about** (phrasal verb) – begin, start, undertake, embark on, get to work on.
132. **bail out** (phrasal verb) – obtain the release (on payment of bail).
133. **go through** (phrasal verb) – undergo, experience, be subjected to, live through.
134. **mark out** (phrasal verb) – define, describe, outline.
135. **cry (out) for** (phrasal verb) – require, demand, need, necessitate, call for.
136. **wean away from** (phrasal verb) – to detach, disconnect, separate someone from depending on something.
137. **take off** (phrasal verb) – succeed, do well, progress, turn out well, work out.
138. **phase out** (phrasal verb) – eliminate, remove, discontinue, get rid of (something in gradual stages).
139. **creep upon** (phrasal verb) – inch, crawl, tiptoe, move slowly & stealthily.
140. **choke off** (phrasal verb) – block, obstruct, stop, bring to an end, stifle.
141. **weigh in** (phrasal verb) – to have influence (in a decision/discussion/plan/argument/activity); be important to, carry weight, make an impression on, make a contribution to.
142. **mow down** (phrasal verb) – knock down (with a vehicle).
143. **seek out** (phrasal verb) – to keep searching for someone or something until you find out them; search out, look around.
144. **run out** (phrasal verb) – have none left, have no more of, be out of; use up, be exhausted, be finished.
145. **hit out at** (phrasal verb) – criticize, attack, denounce, lash out at, condemn, censure.
146. **pump into** (phrasal verb) – invest a lot of money in something.
147. **slow down** (phrasal verb) – reduce, lessen decrease (one's activity).
148. **pick up** (phrasal verb) – improve, get better, recover, rally.
149. **fall back on** (phrasal verb) – have recourse to, rely on, make use of, utilize.
150. **swear in** (phrasal verb) – admit into office, inaugurate, introduce (into office).
151. **act on** (phrasal verb) – comply with, act in accordance with, follow, take action according to.
152. **push through** (phrasal verb) – to make a plan to put something into use as quickly as possible.
153. **try out** (phrasal verb) – test, trial, experiment.
154. **rule out** (phrasal verb) – eliminate, reject, dismiss.
155. **build in** (phrasal verb) – incorporate, include, embody.
156. **stem from** (phrasal verb) – originate from, arise/come from, emanate from.
157. **set out** (phrasal verb) – present, describe, set forth.
158. **take over** (phrasal verb) – assume control of, take control of, gain control of, take charge of.
159. **cut back** (phrasal verb) – reduce, cut, decrease.
160. **ramp up** (phrasal verb) – increase (in amount or number).
161. **set to** (phrasal verb) – start doing something aggressively.
162. **cover up** (phrasal verb) – conceal, hide, camouflage (a mistake or crime).
163. **bring up** (phrasal verb) – raise something (a point/issue) for discussion.
164. **add to** (phrasal verb) – increase, amplify, intensify.
165. **go down** (phrasal verb) – decrease, get lower; collapse.
166. **show off** (phrasal verb) – display (proudly).
167. **embark on** (phrasal verb) – start, begin, initiate/commence.