

Emotions – Phrasal Verbs

- a. Look at these commonly used phrasal verbs. First, check to make sure you understand what they all mean:

bottle up
bubble over
burst into
burst out
calm down
to be / get carried away
cheer up
chill out
crack up



light up
lash out at
lighten up
simmer down
to be taken aback
choke up
freak out
fed up

- b. Now try and use these phrasal verbs in your own sentences. For example:

My mum was always the one who **cheered** us **up** when we were kids.
Jorge always **bottles up** his emotions.