



100 MOST COMMON PHRASAL VERBS: LIST WITH MEANING

1. Add up: To calculate the total of something
 - She added up the receipts to see how much money she had spent.
2. Ask out: To invite someone on a date
 - He asked her out for dinner and a movie.
3. Back up: To move backward or reverse
 - She had to back up the car to park it in the garage.
4. Blow up: To explode or destroy
 - The fireworks blew up in the sky, creating a beautiful display.
5. Break down: To stop working or malfunction
 - The car broke down on the highway, and they had to call for help.
6. Bring up: To raise a topic for discussion
 - She brought up the issue of climate change during the meeting.
7. Brush up: To improve or refresh one's skills or knowledge
 - He brushed up on his Spanish before traveling to South America.
8. Burn out: To exhaust or become exhausted
 - She burned out after working long hours for several weeks.
9. Call off: To cancel something
 - They had to call off the picnic due to the bad weather.
10. Carry on: To continue doing something
 - She decided to carry on with the project despite the challenges.
11. Catch up: To reach the same level or status as others
 - He had to work hard to catch up with his classmates in math.
12. Check in: To register or report one's arrival
 - She checked in at the hotel reception desk and received her room key.
13. Cheer up: To become or make someone happy
 - She tried to cheer him up by telling him a joke.
14. Clean up: To make something clean and tidy
 - They had to clean up the kitchen after cooking dinner.
15. Come across: To meet or discover by chance



- She came across an old photo album while cleaning the attic.
- 16. Come up with: To think of or produce an idea or solution
- He came up with a creative way to solve the problem.
- 17. Count on: To rely on or trust someone or something
- She knew she could count on her best friend for support.
- 18. Cut down: To reduce the amount of something
- They decided to cut down on their sugar intake for health reasons.
- 19. Cut off: To disconnect or stop something from working
- The storm cut off the electricity in the neighborhood.
- 20. Deal with: To handle or manage a situation
- She had to deal with a difficult customer at work.
- 21. Do without: To live or function without something
- She had to do without her morning coffee because she ran out of beans.
- 22. Dress up: To wear formal or fancy clothing
- They had to dress up for the wedding ceremony.
- 23. Drop off: To deliver or leave something or someone at a destination
- She dropped off the package at the post office.
- 24. Eat out: To dine at a restaurant or eat food prepared outside the home
- They decided to eat out at their favorite Italian restaurant.
- 25. End up: To result in a particular outcome
- They ended up getting lost during the hiking trip.
- 26. Face up to: To confront or deal with a difficult situation or problem
- She had to face up to the fact that she failed the exam.
- 27. Fall apart: To break or disintegrate
- The old house was falling apart, so they had to renovate it completely.
- 28. Figure out: To understand or solve a problem or puzzle
- He had to figure out how to fix the broken computer.
- 29. Fill in: To provide information or complete a form
- She had to fill in the application form to apply for the job.
- 30. Find out: To discover or learn something new
- He found out that he got the job offer he had been waiting for.



31. Fix up: To repair or renovate something
 - They had to fix up the old house before selling it.
32. Get along: To have a good relationship with someone
 - She got along well with her new coworkers.
33. Get away: To escape or take a vacation
 - They decided to get away to the beach for the weekend.
34. Get by: To survive or manage with limited resources
 - She had to get by on a tight budget during her college years.
35. Get off: To disembark or leave a vehicle or transportation
 - They got off the train at the station and walked to their hotel.
36. Get on: To board or enter a vehicle or transportation
 - They got on the bus to go to the museum.
37. Get over: To recover from an illness, injury, or emotional distress
 - She needed some time to get over the loss of her pet.
38. Give away: To donate or give something to someone for free
 - She decided to give away her old clothes to a charity.
39. Give up: To surrender or quit doing something
 - He didn't want to give up on his dream of becoming a musician.
40. Go ahead: To give permission or proceed with something
 - She gave him the go-ahead to start the project.
41. Go through: To experience or undergo a difficult or challenging situation
 - He had to go through a lot of hardships to achieve his goals.
42. Grow up: To mature or become an adult
 - She had to grow up quickly when her parents passed away.
43. Hand in: To submit or deliver something, usually a document or assignment
 - She had to hand in her thesis by the end of the semester.
44. Hang out: To spend time with someone or relax somewhere
 - They decided to hang out at the park on a sunny day.
45. Hold on: To wait or keep something or someone in a particular position
 - She asked him to hold on to the ladder while she painted the ceiling.
46. Keep up: To maintain or continue at the same level or pace



- She had to keep up with her exercise routine to stay fit.
- 47. Kick off: To start or initiate something
 - They kicked off the party with some music and dancing.
- 48. Knock out: To defeat or eliminate someone or something
 - He knocked out his opponent in the boxing match.
- 49. Laugh off: To dismiss or ignore something by laughing about it
 - She tried to laugh off the embarrassing situation.
- 50. Lay off: To terminate or dismiss employees from their jobs
 - The company had to lay off some workers due to financial difficulties.
- 51. Let down: To disappoint or fail someone or something
 - She felt let down by her friend's broken promise.
- 52. Look after: To take care of or attend to someone or something
 - She had to look after her younger brother while their parents were away.
- 53. Look for: To search or seek something or someone
 - He looked for his lost phone all over the house.
- 54. Look forward to: To anticipate or be excited about something in the future
 - She looked forward to her upcoming vacation in Europe.
- 55. Make up: To reconcile or resolve a conflict with someone
 - They made up after their argument and became good friends again.
- 56. Measure up: To be sufficient or meet certain standards
 - He wasn't sure if his skills would measure up to the job requirements.
- 57. Mix up: To confuse or mistake something or someone for another
 - She mixed up the dates and missed her flight.
- 58. Move in: To begin living in a new house or apartment
 - They moved in together after getting married.
- 59. Move out: To leave a house or apartment and stop living there
 - She moved out of her parents' house when she went to college.
- 60. Pass out: To faint or lose consciousness
 - He passed out from exhaustion after working for 24 hours straight.
- 61. Pay back: To return money that was borrowed or settle a debt
 - He promised to pay her back as soon as he got his paycheck.



62. Pick out: To choose or select something from a group of options
 - She picked out the perfect dress for her friend's wedding.
63. Point out: To draw attention to or indicate something
 - He pointed out the mistake in the report to his boss.
64. Put off: To postpone or delay something
 - They had to put off their vacation plans due to the pandemic.
65. Put up: To install or hang something
 - They put up new curtains in the living room.
66. Read up: To research or study a topic in preparation for something
 - She read up on the company before going to the job interview.
67. Rip off: To cheat or swindle someone by overcharging or providing poor quality goods or services
 - He realized that he had been ripped off by the mechanic who charged him a lot of money for unnecessary repairs.
68. Run into: To encounter someone unexpectedly
 - She ran into her old friend at the grocery store.
69. Run out of: To use up all of something and have none left
 - They ran out of milk and had to go to the store to buy more.
70. Set up: To establish or arrange something
 - They set up a meeting to discuss the new project.
71. Show off: To display or demonstrate one's abilities or possessions in a boastful manner
 - He was showing off his new car to his friends.
72. Shut down: To close a business or operation temporarily or permanently
 - The factory was shut down due to safety concerns.
73. Speak up: To raise one's voice or express oneself more clearly or assertively
 - She had to speak up to be heard in the noisy room.
74. Stand out: To be noticeable or distinguishable from others
 - Her bright red dress made her stand out in the crowd.
75. Take after: To resemble or have similar traits or qualities to a family member
 - He takes after his father in terms of his love for sports.
76. Take off: To remove clothing or depart on a flight



- She took off her coat and hat when she entered the warm building.
- 77. Take on: To assume responsibility or accept a challenge or task
 - She decided to take on the leadership role in the project.
- 78. Take over: To assume control or responsibility for something
 - The new CEO took over the company after the previous one retired.
- 79. Talk over: To discuss or consider something with someone
 - They talked over the details of their trip before making any reservations.
- 80. Think over: To consider or ponder something before making a decision
 - He needed some time to think over the job offer before accepting it.
- 81. Throw away: To discard or dispose of something
 - She threw away the old magazines to make space in her room.
- 82. Tie up: To secure or fasten something with a knot or strap
 - He tied up the packages with a ribbon.
- 83. Try on: To test the fit of a piece of clothing
 - She tried on several dresses before finding the right one for the wedding.
- 84. Turn down: To reject or decline an offer or request
 - He turned down the job offer because he had already accepted another one.
- 85. Turn up: To arrive or appear unexpectedly
 - He turned up at the party even though he wasn't invited.
- 86. Use up: To consume or deplete a resource completely
 - They used up all the fuel and had to refill the tank.
- 87. Wait on: To serve or attend to someone
 - The waiter waited on them at the restaurant.
- 88. Walk out: To leave abruptly or in protest
 - They walked out of the meeting in frustration.
- 89. Warm up: To increase in temperature or prepare for physical activity
 - They warmed up before the game by stretching and jogging.
- 90. Watch out: To be cautious or careful of something or someone
 - She warned him to watch out for the slippery patch of ice on the sidewalk.
- 91. Wear out: To become worn or damaged from use
 - Her shoes were worn out from walking long distances every day.



92. Work out: To exercise or solve a problem
 - She worked out at the gym every morning before going to work.
93. Write down: To record or make a written note of something
 - He wrote down the important points from the meeting.
94. Zip up: To close or fasten a zipper
 - She zipped up her jacket to keep warm in the cold weather.
95. Break out: To escape from a place or situation
 - The prisoners attempted to break out of the jail.
96. Look out: To be watchful or alert for danger or something of interest
 - He looked out the window to see if the bus had arrived.
97. Pass on: To give or transmit something to someone else
 - She passed on her knowledge and experience to the new employees.
98. Rule out: To eliminate or exclude something as a possibility
 - They ruled out the first option because it was too expensive.
99. Stand up: To rise from a seated position or keep a promise or commitment
 - He stood up from his chair when she entered the room.
100. Turn in: To submit or hand in something
 - They had to turn in their essays by the end of the week.