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.