

Personality

Phrasal verbs and idioms

Phrasal verbs

1. **stick up for** – defend or support someone when they are criticised
2. **put someone down** – criticise someone and make them feel bad
3. **make up with someone** – become friends again after an argument
4. **talk somebody out of** – persuade someone not to do something
5. **stand up to someone** – forcefully oppose someone or not be afraid of them
6. **talk someone into** – persuade someone to do something
7. **fall out** – have an argument and stop being friends
8. **drift apart** – gradually become less close
9. **meet up** – arrange to see someone, especially after a period of not seeing them
10. **catch up on** – do something you didn't have time to do before

Idioms

1. **see eye to eye** – have the same opinion or agree on something
2. **have a soft spot for** – feel affection for someone, especially in a way you don't usually show
3. **give someone a cold shoulder** – deliberately ignore someone
4. **give someone a hard time** – criticise someone a lot or make things difficult for them
5. **get on somebody's nerves** – annoy someone
6. **get on like a house on fire** – become very good friends very quickly
7. **get off on the wrong foot** – have a bad beginning in a relationship

Good people make
a brighter world!



Personality

Exercise 1. Choose the correct answer.

Good
People
Brighter
World

1 By the time they were thirty, they had gradually _____ and rarely spoke anymore.

- A) drifted apart B) stood up to C) met up

2 I _____ my sister last weekend after not seeing her for nearly six months.

- A) put her down B) met up with C) fell out

3 He is always _____ his colleagues, which makes the atmosphere at work unpleasant.

- A) making up with B) putting down C) sticking up for

4 She eventually _____ her parents _____ letting her travel alone.

- A) talked / into B) talked / out C) stood / to

5 If someone treats you unfairly, you shouldn't be afraid to _____ them.

- A) catch up on B) stand up to C) drift apart

6 We had _____ after I discovered that she had shared my private message.

- A) fallen out B) caught up C) met up

7 My brother always _____ me when other people criticize me.

- A) sticks up for B) talks me into C) puts me down

8 I spent Sunday _____ all the work I'd missed while I was away.

- A) making up with B) catching up on C) standing up to

9 She tried to _____ me _____ responding angrily to the email.

- A) talk / out of B) talk / into C) put / down

10 They had argued several times, but they eventually _____ each other.

- A) made up with B) stood up to C) drifted apart

11 I don't want to _____ him _____ accepting the offer if he's not completely sure.

- A) talk / into B) stick / up for C) catch / up on

12 We should _____ soon and discuss everything that's happened since we last saw each other.

- A) meet up B) fall out C) put someone down

Be
yourself!

PROGRESS

KIND PEOPLE
STRONGER MINDS
BRIGHTER FUTURES

Personality

Good
Friends
Brighter
Days!

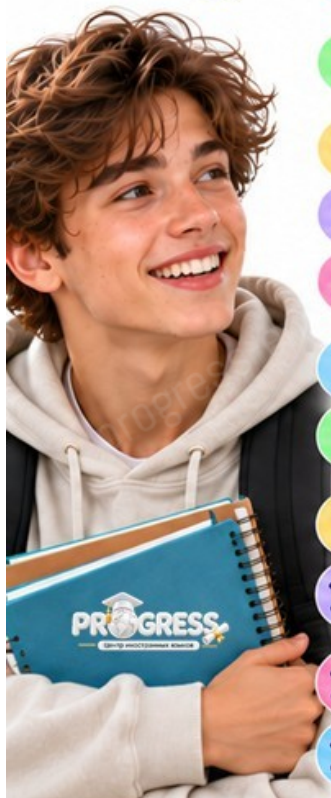


Exercise 2. Complete the sentences with the correct phrase from the box.

stick up for • put someone down • make up with someone • talk somebody out of something
stand up to someone • talk someone into something • fall out • drift apart • meet up • catch up on

Be a
kinder
person
today

- 1 I wish you wouldn't _____ your younger brother in front of his friends. It really affects his confidence.
- 2 After years of being close, Sarah and I gradually _____ when we went to different universities.
- 3 My parents tried to _____ buying such an expensive car, but I had already made up my mind.
- 4 I haven't seen Daniel for months, so we're planning to _____ this weekend.
- 5 When the teacher accused Emma unfairly, her best friend immediately _____ her.
- 6 We _____ over something incredibly stupid last year, but we've recently started talking again.
- 7 I was nervous about confronting my manager, but eventually I decided to _____ him.
- 8 Tom managed to _____ me _____ going on the trip, even though I had initially refused.
- 9 Have you _____ your emails yet, or are you still dealing with last week's messages?
- 10 After their argument, they didn't speak for several weeks, but eventually they _____ each other.
- 11 Don't let anyone _____ you _____ just because you made a mistake.
- 12 By the time we graduated, most of our old classmates had _____.



Personality

Exercise 3. Find and correct the mistake in each sentence.

Each sentence contains **ONE** mistake in the target vocabulary.

Mistakes
are proof
that you
are trying!



- 1 She has always **stuck up me for** whenever someone has criticised me. _____
- 2 I don't think you should **put your colleagues down** just to make yourself look more successful. _____
- 3 They **have made up with** after their argument last month. _____
- 4 I managed to **talk him out** buying the house before he signed the contract. _____
- 5 She finally decided to **stand up her boss to** after years of being treated unfairly. _____
- 6 My friends **talked me into to applying** for the position. _____
- 7 We **fell out each other** after a disagreement about money. _____
- 8 Over the years, the two sisters **have drifted apart from** each other. _____
- 9 We are **meeting up with** at the station at six. _____
- 10 I haven't **caught up my work on** since returning from holiday. _____
- 11 He was constantly **putting down** his younger brother, which damaged their relationship. _____
- 12 They **had fallen out**, but they eventually **made up with** each other. _____

Small
Steps
Big
Progress



You
Can
Do This!



Personality

Better
Friends
Brighter
Futures!



Exercise 4. Complete the sentences with the correct form of the phrase in brackets.

- 1 When we were children, my older sister always _____ me when our parents blamed me for something. (stick up for)
- 2 By next Friday, I _____ all the reading I missed during my illness. (catch up on)
- 3 They _____ last month after one of them posted something offensive online. (fall out)
- 4 I think you _____ your brother _____ taking that job if you keep warning him about the long hours. (talk / out of)
- 5 By the time we left school, we _____ because we had developed completely different interests. (drift apart)
- 6 Don't worry — we _____ next Saturday, so we can discuss the project then. (meet up)
- 7 She _____ her colleague _____ accepting the promotion, even though he wasn't sure about it at first. (talk / into)
- 8 I was tired of being treated unfairly, so yesterday I finally _____ my manager. (stand up to)
- 9 We had been arguing for weeks, but eventually we _____ each other. (make up with)
- 10 He _____ his classmates _____ whenever they make a mistake, and I don't think it's acceptable. (put / down)
- 11 By the end of the year, I hope I _____ all the books on my reading list. (catch up on)
- 12 If you had _____ me, I probably wouldn't have agreed to go there with him. (stick up for)

Good
People
Good
Vibes



Personality

Exercise 5. Complete each sentence with the phrase that best fits the situation.

stick up for • put someone down • make up with someone • talk somebody out of something •
stand up to someone • talk someone into something • fall out • drift apart • meet up • catch up on

- 1 Your friend is being treated unfairly at school, so you decide to _____.
- 2 Someone keeps making negative comments about your appearance and confidence, so you tell them to stop _____.
- 3 You had a serious argument with your best friend last week, but now you've both apologised and _____.
- 4 Your friend wants to quit university after failing one exam, but you try to _____ making such a quick decision.
- 5 Your manager has been speaking to you disrespectfully, so you finally decide to _____.
- 6 Your colleague doesn't want to go to the party, but you persuade her to come with you. You _____ going.
- 7 You and your best friend have had a disagreement, and now you don't speak to each other. You have _____.
- 8 You used to be very close to your childhood friend, but after moving to different countries, you gradually _____.
- 9 You haven't seen your former classmates for ages, so you've decided to _____ next month.
- 10 You were away from work for two weeks and now you need to _____ hundreds of emails.
- 11 Your brother constantly criticises his girlfriend and makes her feel inadequate. He keeps _____.
- 12 You are trying to persuade your friend not to send an angry message to their boss. You _____ sending it.

Kind
People
Change
the World



PROGRESS