

**AMAZINGLY
EASY**

**PHRASAL
VERBS!**

Amazingly Easy Phrasal Verbs!

by

George Sandford

Amazingly Easy Phrasal Verbs! © 2012 George Sandford

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For those of you who like to get straight down to business without the bla bla bla, here's a sample chapter for you to see what it looks like and how it works.

Chapter 1 - Alan returns from holiday

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Run out of - to have no more of something

This morning, I wanted some toast but I'd **run out of** bread. So, I rushed out of the house and got into the car. I turned the key but the car didn't start - I'd **run out of** petrol! I ran down the road to the shop but they'd **run out of** sliced bread. I decided to buy some rolls instead. Then I realised I'd **run out of** money. I'm always doing it and the shopkeeper has **run out of** patience with me. I came home, looked at the clock and saw that I'd **run out of** time for breakfast.

You can run out of food, most substances and materials, time, money, patience and luck. What have you ever run out of?

Put off - postpone doing something

It's my own fault - I'm always **putting** things **off**. I don't like shopping so I **put off** going to the shops. I hate filling up the car with petrol so I **put off** going to the petrol station. I hate queuing so I **put off** going to the bank and now I've got toothache because I've been **putting off** going to the dentist for weeks.

You can put off doing most things - although it's not a good habit! What things do you put off?

Get back - to return

Although, I have got an excuse; I only **got back** last night. I'd been away on holiday and the flight **got back** late and it was even later by

the time I **got back** to the house. I can tell you, I wasn't exactly looking forward to **getting back** to work.

You get back to a place or activity.

Hold up - delay

The problem is that there was a **hold up** with my flight coming back. First of all, we were **held up** at the airport because of a storm and no flights could take off. Then we were **held up** waiting for other flights to take off. Finally, we were **held up** at the airport when we got back because the baggage carousel was broken. It was just one **hold up** after another.

As you can see, hold up also exists as a noun. Apart from the meaning of delay, it can also mean stopped by a robber. Joke: a man goes to town and comes back two hours later. When he returns his wife says, *'You've been a long time.'* 'Yes, sorry,' he says, *'I was held up at the bank!'*

Break down - stop working

Oh, I nearly forgot, on the way home the taxi **broke down**. Can you believe my luck? Fortunately, we didn't have to wait too long for the **breakdown** recovery vehicle to arrive but I was still worried; I don't have any luck with mechanical things. Before I went on holiday my car, my computer and my printer all **broke down**.

Has anything broken down on you lately?

Give in - to stop fighting, admit defeat

I used to get annoyed about it but now I just **give in**. With technology, I can't win so I might as well **give in**. It's like when Terry asks me stupid questions, like what's the capital of Guatemala? '*I don't know*,' I say, '*I give in*.'

Do you give in or fight back?

Show off - to boast and display

Oh well, I don't care. I can't wait to get back to work and **show off** my tan and the photos of the beautiful beach. There's even a picture of me standing next to a Ferrari. I pretended it was mine - just to **show off**!

You can also be a show off. What do you show off about? Nothing? I believe you!

Now summarise Chapter 1

Alan _____ of bread because he _____ going to the shops. He hadn't been shopping because he _____ late. The flight was late because it was _____. He was also late because his taxi _____. He doesn't have much luck with technology so he finds it's easier just to _____. Anyway, he doesn't care because he can _____ his tan.

Mini test

1. Can you believe that's the third time this week the photocopier has _____?
2. What time do you think you'll _____ from the meeting?
3. Julie loves herself; she's such a _____.
4. I don't know, I _____.
5. I think I'll _____ visiting my sister until next week.
6. I hope you like your coffee black, I've _____ of milk.
7. He's probably been _____ in the traffic.

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Introducing Amazingly Easy Phrasal Verbs

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Amazingly Easy Phrasal Verbs makes learning phrasal verbs incredibly easy and enjoyable. The unique learning method means you'll learn them really fast and remember them for ever! It's like nothing you've ever seen or used before and you'll be amazed with the results!

How does it work?

Typically, phrasal verb books:

- introduce a lot of phrasal verbs at one time
- mix similar looking phrasal verbs with very different meanings - e.g. run down, run off, run out, etc.
- separate the core verb from the particle - e.g. put ___.
- give only unconnected, single sentence examples of use
- list hundreds, if not thousands of phrasal verbs

No wonder you find them difficult to learn and remember!

Amazingly Easy Phrasal Verbs does it differently by:

- focussing on the most important and used phrasal verbs
- placing phrasal verbs within a single, ongoing story - one of the oldest and best learning techniques known to man!
- introduces one new phrasal verb per paragraph
- repeats this showing it's different uses and collocations
- introduces just 5 -7 phrasal verbs per chapter (the optimum number of pieces of new information that can be learnt at once)
- provides chapter by chapter tests to reinforce and check understanding

What's more:

- Phrasal verbs in this book are always shown in their complete form - e.g. run up, put down.
- Never, ever mixed with other similar looking or sounding phrasal verbs that have totally different meanings and uses - what's the sense in doing that?
- Using the radical yet highly practical learning method provided in this book, you'll learn like a native, remembering naturally and always use them correctly.

How to use this book

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Firstly, towards the end of the book, you will find a section called, ‘The Big Test.’ This has two hundred questions and features the phrasal verbs featured in the book. You can use this as a starting self-assessment test to measure your existing knowledge. Later, you will then be able to retest and measure your progress.

Because there are so many, these are divided into ten sections so you can also use them as reviews every three chapters.

Within the core part of the book, the phrasal verbs are introduced in an ongoing story to help you to recall them through context, visualisation and rerunning the story in your mind. This also sequences the information to create a powerful combination of logical and creative thinking.

Each chapter introduces six or seven phrasal verbs which are tested in the form of a Chapter summary and a mini-test.

After most of the phrasal verbs you will find a discussion question. For teachers these can provide interesting discussion and expansion exercises while for students, they provide useful and important opportunities to personalise and internalise the newly acquired phrasal verbs. For example, by asking, ‘have you ever run out of petrol?’ You not only learn the word but feel the emotion and connect this to an already existing personal experience. This makes the new learning much ‘sticker’ by attaching the phrasal verbs to strong personal memories.

Uniquely for a book on phrasal verbs, it’s set in the context of an adult, romantic comedy which is entertaining to read in itself. Follow Alan, sharing his highs and lows and join him on his journey through phrasal verbs.

I hope you enjoy it and find it useful. Many thanks for buying the book.

Chapter 1 - Alan returns from holiday

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7. He's probably been _____ in the traffic.

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Chapter 2 - Alan goes to work

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Dress up - to dress smartly for a special occasion

Oh well, better get to work, thought Alan, but what to wear? Should I **dress up**? There's a meeting with a client in the afternoon but on the other hand, it's a hot, sticky day and a suit would be really uncomfortable. Anyway, I hate **dressing up**; I'm more of a casual type of guy. Besides, a short sleeved shirt will show off that great holiday tan!

Do you prefer smart or casual?

Pick up - to collect;

Drop off - deliver or take somebody or something somewhere

Now with the car broken down, the next problem is how to get to work. I know, I'll ring Terry and see if he can give me a lift in his car.

'Hi Terry, it's Alan. I've just got back off holiday and my car's broken down. Any chance you could pick me up and take me to work?'

*'Hi Alan. I'd like to but I've got to **drop off** the car at the garage this morning.'*

'Oh pity.'

*'Yeah, tell you what. If you want I could pick you up in ten minutes and **drop you off** at the roundabout. You could get the bus from there and it **drops you off** right outside work.'*

'Great thanks. Let's do that. I'll wait outside.'

'Bye.'

Ten minutes later, Terry picked up Alan from the house and **dropped** him **off** at the bus stop near the roundabout.

You can also pick up a parcel from the post office. Note: drop of at, pick up from.

Get on; get off - used in conjunction with a bus, tram, train, plane, bike but not car

Alan waited at the bus stop for the 157 bus that would drop him off outside work. The 420 came and he thought about **getting on** that but he wasn't sure of the route. He nearly **got on** the 37 but again, he couldn't remember where it went. Eventually, the 157 came and he **got on** but only just. It was so crowded. People were pressed against each other and each time the bus stopped, still more people **got on**. Hardly anybody seemed to be **getting off**.

Is your journey to work like this or more relaxed?

Pass out - faint

People pressed against his chest so much that he could hardly breathe. He started to feel sick. In fact, he was beginning to think, he might **pass out**. It happened once before on a busy tram. He **passed out** and people thought he was drunk but he wasn't. He didn't want to **pass out** again. As the bus stopped, he reached for the bell, the doors opened and he got off. He was two stops away from work but at least he could breathe and hadn't **passed out**.

Are you a good traveller or does it make you feel like passing out sometimes?

Run into - meet someone without expecting to

He walked along the street feeling a little dizzy and overheated. It hadn't been a good return or a good start to the day. Surely it couldn't get any worse, then as he turned the corner, who should he **run into** but Amanda Mathews. She was gorgeous and he'd always fancied her. She worked in the same company of Crook and Swindle but in another department. He **ran into** her in the corridor from time to time. She looked at his creased and sweaty shirt and said,

'Hi Alan, feeling the heat?'

If he wasn't so hot, she would have seen him blushing. Now he wished he'd dressed up and as much as he liked her, he wished that he hadn't **run into** her looking such a mess.

'A little. Going to work? Perhaps we could walk together.'

*'Sure, why not. I'm glad I **ran into** you.'*

Can you remember running into someone recently?

Now summarise Chapter 2

Alan didn't _____ because he prefers casual clothes. He asked his friend Terry to _____ him _____ and _____ him _____ at work. He took him part of the way and Alan _____ a bus. But he felt sick and thought he would _____. He _____ and walked and then _____ Amanda Mathews.

Mini-test

1. I think this Sunday, I'll _____ my bike and go for a ride in the park.
2. I was late for work because I _____ at the wrong stop.
3. I need to go and _____ a parcel from the post office.
4. Guess who I _____ in the supermarket?
5. I'm catching an early flight tomorrow; could you _____ me _____ at the airport.
6. The lift was so crowded, I thought I would _____.
7. It's Jenny's 30th birthday party, I think I should _____.

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Chapter 3 - Alan arrives at work

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Cheer up - to become happier

Amanda



Finally they got to work. They got into the crowded lift and Amanda got out on the fourth floor. They didn't even say goodbye. Then he saw Kevin.

*'**Cheer up**,'* said Kevin, *'it may never happen.'*

He was the kind of person who thought he was funny but was annoying. He carried on.

*'Oh I forgot, you've just got back from holiday, you'll need **cheering up**. Knowing your luck, I bet it rained all week!'*

'Actually, the weather was good but my car broke down so I had to get the bus to work.'

*'Well, it's a good job I'm here to **cheer you up!**'*

Kevin got out on the seventh floor and Alan went onto the eighth. He didn't feel **cheered up** at all.

When you are sad, what cheers you up?

Catch up - to get to the same point as before or someone else

The problem with going on holiday is that when you return, there's so much to **catch up** on. Alan thought about all of the things he needed to **catch up** on. He needed to **catch up** on his emails; his in box would be a nightmare. He needed to **catch up** on his work; three reports to finish by the end of the week. He'd need to **catch up** on all the news and of course, **catch up** on all the gossip. Maybe a coffee would give him some energy as he didn't get the chance to **catch up** on his sleep. He headed towards the kitchen and saw his colleague Benny, but he was walking so quickly, he had to almost run to **catch up** with him.

'Benny, what's the rush?' He asked

'Can't stop now, I've got to catch up with the sandwich guy. He just left.'

That's typical of Benny, thought Alan. He gets behind on everything and he's always playing **catch up**.

You can **catch up** in a race too! To play **catch up** is an idiom meaning you are in the state of trying to **catch up**.

Pay back - return owed money

He got to the kitchen and made a coffee. He opened the fridge. Would you believe it? They'd run out of milk! Then Benny arrived panting but looking pleased with his sandwich.

*'Alan, hi mate. I hate to ask but could you **pay me back** that tenner I lent you before you went away. I've run out of money.'*

*'Sure, I'm sorry you had to ask. I like to **pay back** my debts.'*

Alan was lying. He couldn't really afford to go on holiday and he had borrowed money to go. Now he'd have to **pay back** his parents, **pay back** his brother and **pay back** three colleagues; £100, £50 and 3 x £20; £210 altogether. Looks like it's **pay back** time, he thought.

Do you have to pay anybody back?

Look after - take care of something or somebody

Alan



Finally, Alan sat down at his desk and switched on his computer. He was just working his way through his emails when his boss arrived and put a friendly hand on his shoulder - never a good sign.

'Alan!' He said, enthusiastically. 'Great to see you've got back safely.'

'Thanks'

*'I've got one or two things I'd like you to **look after**.'*

'Oh yes?'

'Yes; there's the Jenkins contract of course, and while you are doing that, you might as well **look after** Marshall Holdsworth too.'

'Thanks.' (More work - he thought)

'Yes, but most of all,' and now Alan realised they weren't alone but accompanied by a tall, tanned, Mediterranean with thick, black hair, 'I'd like you to **look after** Demetrius.'

'Demetrius?'

'Yes, Demetrius my nephew; he's here on work experience for a few weeks so I'd like you to **look after** him and train him for us.'

Demetrius



Alan had a reputation for **looking after** things. As a child he **looked after** a dog with a broken leg. He **looked after** his grandmother when she was sick. As the oldest child, he'd **looked after** his brother and sister but who would **look after** Alan he wondered.

Who have you looked after?

Get on with sb - be friends

Demetrius looked at Alan and smiled but it was the sort of creepy smile that makes you uncomfortable. Alan forced a smile.

'Super!' said the boss, 'I can see you two are going to get on like a house on fire!'

Alan wasn't so sure. He wasn't very good at **getting on with** people and he certainly didn't think he'd **get on with** Demetrius. What a strange name!

Do you get on easily with people? Idiom - to get on like a house on fire - extremely well.

Now summarise Chapter 3

Finally, Alan got to work and Kevin tried to _____ him _____. Alan needed to _____ on all his work. He also had to _____ the money he owed Benny. The boss asked him to _____ his nephew Demetrius but Alan wasn't sure that he would _____ with him.

Mini-test

1. If you take out a loan, you have to _____ the money.
2. If I'm sad, I find that a comedy show always _____ me ____.
3. My sister asked if I would _____ her son this weekend.
4. It helps if you _____ the people you work with.
5. The trouble with going on holiday is that you need to _____ your work when you get back.

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Chapter 4 - Alan shows Demetrius the ropes

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Fill in - 1) to enter data in spaces on a form, 2) To substitute for somebody

Alan wondered where to start with teaching Demetrius about the job and showing him the ropes. There were so many forms to **fill in**. That's how it is in insurance; it starts and finishes by **filling in** forms. Insurance offices send the customer forms that have been **filled in** and you have to check that they are correct. Then there are some parts of the forms that we need to **fill in** also. Demetrius seemed to understand and started **filling in** forms. Hm, thought Alan, maybe Demetrius could be useful after all and **fill in** for Alan while he went for a walk.

What forms do you have to fill in?

Go out with sb - date

Alan was still thinking about Amanda and wondered if she was **going out with anyone**. She was certainly pretty enough; in fact he'd be surprised if she wasn't **going out with anybody**. Still, it was maybe worth asking but would she even consider going out with him? He thought about how he might ask her; indirectly maybe,

*'Erm Amanda? I don't suppose you're **going out with anyone**, are you?'* or *'you wouldn't like to **go out with me**, would you?'*

No, too weak, more manly would be better;

*'Amanda, will you **go out with me**?' or stronger still, 'Amanda, **go out with me!**'*

no, too aggressive. Maybe it was best to leave it - realistically, who'd want to **go out with Alan**? Not Amanda.

Do you get nervous asking someone out? What's the best way to do it?

Send back - to return

When Alan got back, to his amazement, Demetrius had filled in all of the forms that Alan had given him. It was two hours work and he'd filled them all in 20 minutes. Was he just showing off? Demetrius did the strange smile and said, '*I think these will have to be **sent back**; they're incorrect.*' He didn't remember telling Demetrius about **sending** incorrect forms **back** but he seemed to know about it any way. He wished he could **send** Demetrius **back** to where he came from - wherever that was. Maybe he was the boss's spy and Alan would get demoted and **sent back** to accounts - it was all very worrying and suspicious.

Set up - trick or trap

Was this a **set up**, he wondered. Had Demetrius been placed with him to **set him up** and catch Alan doing something wrong? There was one way to find out; he could also be a cunning fox; he'd **set up** Demetrius instead but how could he trap him? The boss had asked Alan to show him the ropes but he already seemed to know some of them. He would have to show him more ropes and trickier ones and then he'd find a way of **setting him up**.

Note a set up can be a noun also. Do you have this kind of office politics in your work place?

Go over - review

Alan decided to **go over** all of the different policies and procedures. He **went over** the insurance claims and he spent a lot of time **going over** policy documents and the different clauses you had to **go over** to check if a claim was acceptable. After he'd **gone over** everything, he even asked Demetrius if there was anything he'd like to **go over** again. Demetrius just smiled and said, '*no thank you, I think you've **gone***

over everything very well.' This just made Alan even more suspicious and worried.

Put up with - tolerate

Alan could **put up with** almost anything. He could **put up with** toothache. He could **put up with** the neighbour's dog barking. He could **put up with** having no money or car; he could even **put up with** Kevin's awful jokes but he didn't know for how long he would be able to **put up with** Demetrius. Well, thought Alan, no point getting stressed, I'll just have to **put up with** him until I can create a plan to set him up and send him back.

Are you very tolerant? What things do you find it hard to put up with?

Chapter summary

Alan showed Demetrius how to _____ forms. He spent some time wondering whether to ask Amanda to _____ with him but eventually decided not to. When he returned, Demetrius had _____ all the forms and identified some that need to be _____. Alan didn't trust him and decided to try to _____ him _____. He _____ all of the policies and procedures. He didn't trust him but decided that for now, he would just have to _____ him.

Mini-test

1. Now if that's not clear, I'll just _____ it once again.
2. Have you heard the gossip? Sally's _____ Darren!
3. When the robber was caught, he claimed he'd been _____ by the police.
4. I can _____ anything except bad manners; that really makes me cross!
5. This isn't the CD I ordered; I'll have to _____ it _____.
6. Please could you _____ this form here.

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Is Demetrius really the boss's spy? To find out read his story at www.english4hr.com.

Chapter 5 - The meeting

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Hand out - to distribute

The monthly departmental meeting was usually boring but today Alan was relieved to get away from Demetrius. Monika, the Department Manager, **handed out** the meeting agenda. Then she **handed out** the monthly sales figures and after that, the quarterly financial spread sheet showing budgeted costs against actual expenditure. In fact, there were so many **hand outs** that Alan had to help **hand out** all the **hand outs**.

A hand out is also a noun - you often get hand outs on training courses. State benefits are sometimes described as Government handouts.

Cut back on, cut down on - reduce

Monika started the meeting.

*‘As you can see from the agenda,’ she said, ‘the main issue we need to discuss is cost control. It’s rather serious because we are well over budget and management want us to **cut back on** our expenditure. We need to explore all the things we can **cut down on** to reduce costs or management will make cut backs any way, so it’s better that we decide which things to **cut down on**.*

Everybody looked depressed, it seemed whatever we **cut down on** the bosses were still looking to make more cut backs. Alan wasn’t thinking about work but rather personal life and all the things he’d **cut down on**. He’d **cut down on** smoking, **cut down on** eating cakes, **cut down on** salt and sugar. If he cut back anything else, he thought, there would soon be nothing left of him!

Cut down and cut back have equal meaning and can be interchangeable.
You can use both as verbs and nouns. Have you cut down on anything lately?

Chip in - contribute

Monika continued, *'Would anyone like to **chip in** with some suggestions?'*

Dave **chipped in**, *'We could cut down on printing.'*

'Good idea, encouraged Monika, *'would anybody else like to **chip in**?'*

The trouble with **chipping in**, thought Alan, was that it was always the same people who **chipped in**. Alan hadn't **chipped in** for a while. If you **chipped in** with an idea, it usually led to you doing extra work to implement it. No, he'd leave the **chipping in** to people who liked to show off in meetings.

In meetings, do you chip in?

Bring something up - raise an issue

*'Do you mind if I **bring something up**?' Asked Margaret.*

'Certainly, go ahead.' replied Monika.

Margaret was a wicked old dragon and when she **brought something up**, it always led to trouble.

*'Well,' she continued, 'I think I've brought this matter up before but I just don't think it's fair. In fact, I'm always **bringing it up**, as you well know. The fact is, that the Leasing section accounts for 75% of our costs, but when the company looks for savings, we're penalised as a whole department.'* Monika tried to remain calm and replied.

*'Thank you for **bringing that up**, I'll bear it in mind.'*

Have you brought anything up recently?

Back somebody up - support

But Monika wouldn't be able to push away the issue so easily. Her side-kick, Tricia chipped in.

*'For once', she said, like a drunken queen at a dinner part, 'I'd like to **back Margaret up** on this one; she's quite right.'*

That was a joke; she **backed her up** on everything. In fact, they **backed each other up** all the time. Two dragons in one department; it was as much as Alan could put up with. It was times like this that you needed some **back up**, like when the cops call for **back up** at a crime scene. It came in the form of Leasing Manager, Les Grey.

Fall out with somebody; fall out over something - to enter into conflict

Les loved a good argument and was always **falling out with** the dragons. He started his speech which was rather more than just chipping in, *'I wouldn't want to **fall out over** this but as usual, you're talking rubbish. My section might account for more cost but it produces 90% of the revenue - if we were to fall out and the department split into two, your section would be the first to go.'* *'Well, really! That's outrageous!'* replied Margaret. I could see there was going to be a big **falling out over** this one!

Note the unusual noun form - a falling out.

Work out, figure out - solve a problem, resolve a conflict

Monika decided to chip in. *'I don't think it's worth falling out over; I'm sure if we put our heads together we can **work** something **out** and it will all **work out** OK in the end. 'Sure,' added TJ, who was American and as optimistic as Mickey Mouse, 'we'll **figure it out** somehow; think of it not as a problem but as an opportunity to be more efficient. If you put your mind to it, you can **figure out** anything; where there's a will, there's a way.'*

Proverb: Where there's a will, there's a way - meaning if the desire is strong enough a solution will be found - Do you agree?

Now summarise Chapter 5

At the beginning of the meeting Monika _____ a lot of information. The main issue of the meeting was the need to _____ expenditure. She invited people at the meeting to _____ with suggestions. However, Margaret had something that she wanted to _____ and this led to her _____ with Les from Leasing. Monika tried to calm things by saying that they would _____ something out and TJ, the American, agreed that somehow, they would _____ it _____.

Mini-test

1. I'd like your support. Will you _____ me _____ at the meeting?
2. Will you help me to _____ these information leaflets?
3. I'm not talking to Dave any more, we've _____.
4. Have you got a minute? There's something I'd like to _____.
5. Don't worry, it'll _____ alright in the end.
6. It's a very informal meeting so if there's anything you want to say, feel free to _____.
7. With rising petrol prices, we've had to _____ the number of car journeys we make.

[jump to answers](#)

Chapter 6 - Home again

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[List of PVs](#)

Switch on/turn on - to make work

It was a great relief for Alan to get back home that evening. It had been a rather stressful day with running out of everything, looking after Demetrius and people falling out in the meeting. As he entered his apartment, he **switched on** the hall light. He went into the living room and **turned on** the TV. He went into the bedroom and **switched on** the radio. He went into the kitchen and **switched on** the kettle. Because he lived on his own, he liked to fill the home with noise by **switching** everything **on**.

People often put the kettle on as well. Do you prefer a quiet or noisy home?

Take off - to remove (clothing)

Alan went into the bathroom. He **took off** his shirt. He **took off** his trousers. He **took off** his socks. In fact, he **took off** all his clothes. 'Now,' he thought, bath or shower? That's the question. A shower would certainly refresh him and wash out the heat of the city but it had been such a stressful day that maybe a bath would be more relaxing.

Do you prefer a bath or a shower? Why?

Fill up - to fill to the limit

He decided to have a nice, long, relaxing bath. He turned on the taps and proceeded to **fill up** the bath with water. As he did so, he could smell something very strange; a kind of burning smell coming from the

kitchen. He ran to the kitchen to see smoke coming from the kettle. He'd switched it on but forgotten to **fill it up** with water. He quickly **filled it up** with water from the kitchen tap and switched it on again but it didn't work; it was broken. He emptied the water from the kettle and threw it in the bin. As he was doing this, he could hear something strange in the bathroom; a kind of dripping sound. He ran into the bathroom to see water pouring over the top of the bath and flooding the bathroom floor. He'd certainly **filled up** the bath!

Have you ever done what Alan just did?

Mop up - to remove and absorb liquid

He turned off the taps and quickly ran to the cupboard to get the bucket and mop. He tried to **mop up** the water but the mop head was old and thin and didn't really **mop up** anything; it just moved the water around the floor. He'd meant to buy a new one but of course, he had put it off for so long that the shop had run out of them. So, he still needed to **mop up** the water. He put two big towels on the floor - that **mopped up** the water nicely. He put them into the washing machine and finally got into the bath.

Put on - to get dressed, to fake something

He put his whole body under the water. He took a deep breath and put his head under too; it was almost like swimming but somehow, he couldn't relax. It was as if he could hear a banging noise far in the distance. He pushed his head back above the water. There was banging and it was coming from his apartment door. He got out of the bath and **put on** his slippers but he thought he'd better **put on** some clothes too. The banging continued louder and louder. He decided just to **put on** his bathrobe instead. He went to the hallway and opened the door. It was Mrs Sokolowska from the flat below. She looked angry - he tried to **put on** a smile but it didn't help.

Mrs Sokolowska



Can you put on a smile when you don't mean it?

Get on (with) sb - to have a good relationship;

Fall out - stop being friends

'You silly man!' she shouted, 'You've flooded the bathroom again. That's the third time this year. If it stains my ceiling, you'll pay for the repair.'

They used to **get on** very well but these days, they weren't **getting on** at all. It's not a good idea, thought Alan, to **fall out with** your neighbours; it's much better to **get on with** them.

Do you get on with your neighbours?

Chapter summary

When Alan got home, he _____ all of the appliances. Then he _____ his clothes. He _____ the bath but he forgot to _____ the kettle. The water flooded the bathroom floor and he had to try to _____ it _____. When he heard knocking at the door, he had to _____ his bathrobe. After flooding the bathroom for the third time, him and Mrs Sokolowska were no longer _____.

Mini-test

1. It's cold outside, you'd better _____ your hat and scarf.
2. Have you got some bread so I can _____ the rest of this sauce?
3. I don't know where the next petrol station is so we'd better _____ at this one.
4. If you're hot, why don't you _____ your coat?
5. We have a lot of fun together, we _____ really well.
6. I think I'll _____ the computer and check my emails.

[jump to answers](#)

Chapter 7 - An evening in

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[List of PVs](#)

Go out - leave the home and socialise;

Stay in - stop at home

Although Alan just wanted to **go out** to get away from Mrs Sokolowska, he decided to **stay in**. An evening in was OK now and again but generally, Alan preferred to **go out**. He like to **go out** with his mates to the pub; he liked to **go out** with girls when he got the chance but usually he was too shy to ask them out so he ended up **staying in**. Anyway, from now on he'd be **staying in** most of the time.

Do you prefer to stay in or go out?

Spend up - to spend all your money

The main reason that Alan would be staying in was that he was absolutely skint; he'd **spent up**. He'd **spent up** all his savings to go on holiday and the resort was more expensive than he'd expected. By the end of his first week away he had almost **spent up**. Now he had to wait ten more days until he got paid. He was always **spending up**; he just didn't seem very good at managing money.

Are you good at managing money or do you spend up?

Take out, take away - remove from a place

OK. So what to eat? He looked in the fridge; nothing except a mouldy yoghurt he'd forgotten to throw out before he went away. He **took it out** and threw it in the bin next to the broken kettle that he'd forgotten

to fill up. He looked in the freezer; it was empty because he'd put off going to the shops. He would have to get a **take away**. He looked at the pile of leaflets on the table; **take away** pizza, take away curry, **take away** Chinese. He was always buying food to **take away**. He got his mobile phone and ordered a Hawaiian pizza and a beer. He loved take aways!

Note a take away is also a noun. Do you like take aways?

Cheer on - to support noisily

30 minutes later, the pizza arrived; he paid the guy. Now he'd really spent up. He would have to borrow some money from Colin until pay day. He didn't bother with a plate or glass but sat down on the sofa to consume his meal. Flicking through the channels on the TV remote, he couldn't believe his luck - Champions League football with Manchester United! He loved to **cheer on** his team even if they couldn't hear him. '**Come on! Great shot! Yessss! Off-side? Never!**' He shouted at the referee and it was a good job that he couldn't hear him!

To ask about a football team, you say '*Who do you support?*' Do you support a team?

Turn in - go to bed

Despite the referee, Manchester United won. The beer and pizza had combined wonderfully to produce a very satisfying burp. It was a good ending to what had been a long and difficult day. He decided to **turn it**. Normally, he **turned in** quite late but tonight, he was ready to **turn in** early.

What time do you normally turn in?

Nod off - to fall asleep

He switched off the TV and turned off all the lights and got into bed. Often, he found it difficult to get to sleep for thinking about the day but tonight, he **nodded off** the minute his head hit the pillow. Sweet dreams Alan!

When you fall asleep immediately, we say '*the minute my head hit the pillow.*' Do you fall asleep easily or do you find it hard to get to sleep?

Chapter summary

Alan prefers to _____ with his mates but decided to _____ instead. The main reason was that he had no money because he had _____. He didn't have any food in the house so he ordered a _____. He watched the football and _____ his team. After that, he burped and _____ to bed. It wasn't long before he _____.

Mini-test

1. I'm really tired; if you don't mind, I think I'll _____.
2. There's your burger; is it to eat in or _____?
3. Let's go to the match and _____ our team.
4. Don't drive for too long or you might _____ at the wheel*.
5. I've been out three times this week already; I think I'll _____ tonight.
6. We'll have to stop shopping now because we've _____.

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*At the steering wheel - meaning while driving.

Chapter 8 - Things that go ‘bump’ in the night

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[List of PVs](#)

Break in, break into - to enter a house using force

Alan was sleeping peacefully when he was rudely awoken by a crashing sound in the kitchen. He peaked his head over the covers and listened carefully. He could hear somebody moving about. Oh my God, he thought, someone has **broken in**. There had been a series of **break-ins** in the neighbourhood and now the thieves had decided to **break into** his apartment.

Note break-in works as a verb and a noun. Have you ever had a break in?

Cut off - have the supply disconnected

If he was careful and spoke quietly, he could call the police from his bed but as he reached for his mobile, he realised he’d left it in the kitchen when he ordered the pizza. Luckily, he had a land line also, with a phone next to the bed. He picked up the receiver - nothing; it was dead. He put it down and tried again but still the same. He must have been **cut off** because he’d forgotten to pay the bill. Had he paid his electricity bill? He couldn’t remember; that could be **cut off** too - still there was no time to think about it now with a burglar in the kitchen.

Being cut off applies to utilities such as water, gas and electricity. A town or village could also be cut off (separated from other places) by heavy snow or floods.

Get away with something - go unpunished

His heart was pounding - what should he do? He could just wait until the thief had gone; that might be safest but why should he let him **get away with** it? Criminals were always **getting away with** things because people were too scared to challenge them. Anyway, this was his home, how dare he break in, take what he likes and just **get away with** it! No, he would have to stop him.

What would you do in Alan's shoes?

Go after - chase

He looked around the darkened bedroom for something that might serve as a weapon but he wasn't very sporty so there were no baseball or cricket bats lying around. The best thing he could find was a heavy dictionary - he could at least throw it and surprise him. He stood behind the bedroom door, then opened it as quickly as he could, switched the light on and flung the book in the direction of the noise. The source of the noise ran into the hallway and he **went after** him. He'd decided that even if the thief got out of the apartment he would **go after** him so he didn't get away with it and break into more people's homes. He ran into the hallway and switched on the light expecting to be confronted by the demon. A small pair of eyes looked up at him pitifully; small eyes and black fur; a little cat to be precise.

Let in - to give access to somebody

Let out - release

How had the cat got into the apartment? Someone must have **let him in**. There weren't any windows open. Perhaps, as cats do, he'd **let himself in** when the pizza delivery man came or more likely, when he was arguing at the door with Mrs Sokolowska; he was distracted and wouldn't have noticed a cat **letting** himself **in**. Who'd ever **let him in**, he would be the one to **let him out**.

He opened the door saying - '*Go on, off you go, you feline felon.*'

The cat looked at Alan as if he were stupid to suggest such a thing then looked at the door, ran into the living room and hid behind the sofa.

To sleep on it - leave a decision until the next day

Alan closed the door and decided not to go after the cat. After all, nobody had broken in, it was just a cat who'd let himself in. The cat seemed to want to stay but he wasn't going to play cat and mouse, chasing him round the room all night. He was too tired to think about it. He'd **sleep on it** and decide what to do in the morning.

When you have an important decision to make, do you like to sleep on it?

Chapter summary

Alan was woken up by a _____. He tried to phone the police but his phone had been _____. He decided that he wasn't going to let the thief _____ it and that he would _____ him. When he confronted the robber, he discovered that it was just a cat who'd _____ himself _____. He couldn't decide what to do with the cat so he decided to _____ it.

Mini-test

1. He's cheeky to his mother but she lets him _____ it.
2. I'm at the main entrance, can you _____ me _____?
3. It's too important to make a quick decision, I'll have to _____ it.
4. Due to heavy snow, the mountain village is completely _____.
5. Was that the postman? I think he had a parcel for me. Will you _____ him.
6. Thieves stole 20 bottles of whiskey when they _____ the local shop.

[jump to answers](#)

Chapter 9 - Purrfect

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[List of PVs](#)

Go off - sound an alarm

It seemed like Alan's head had only just hit the pillow when the alarm **went off**. Normally, he set it for seven but when it **went off** at seven, he'd reset it so it **went off** at seven ten; then he'd reset it again for seven thirty. Usually, he reset it until eight and would be late for work. At one time, he was having trouble with his car alarm and it would **go off** in the middle of the night every time a car went past. He would have to go to the car and turn off the alarm. Sometimes it would **go off** all night so when his clock alarm **went off**, he wouldn't hear it.

What time do you set your alarm for? Do you ever do what Alan does?

Get up - leave the bed and become active,

Lie in - to stay in bed

This morning Alan decided to **get up** straight away. Generally, Alan hated **getting up**. Perhaps he was lazy but he just wasn't a morning person. At weekends, he didn't get up until midday. He loved a good **lie in**. If he was rich, he would **lie in** every day but today, he felt that he should **get up** because he had something important to do - although, he couldn't remember what.

Do you prefer to get up or lie in?

Throw away/out - dispose of

Alan went into the kitchen to put the kettle on to make a cup of tea. Then he remembered he'd had to **throw** it **away** as he'd forgotten to fill it up. Alan didn't like **throwing** things **out**. He was the sort of person who kept everything; you might even describe him as a hoarder. He always thought things might be useful some day so it was better not to **throw** them **out**. Perhaps he could repair the kettle but for now, he'd have to boil a pan of water. A morning without a cup of tea was unthinkable!

Do you throw things out or hoard? Can you survive without a cup of tea or coffee in the morning?

Keep on doing something - continue an action

Alan was stood dreamily watching the water boil when he felt some movement around his legs. '*Hell! What's that, a snake?*' He looked down, it was a cat. How could he have forgotten? That damn cat! The cat looked up at Alan and meowed. '*Forget it.*' said Alan, '*You're leaving today.*' The cat **kept on** meowing. '*OK, OK*', said Alan, '*I'll give you some milk but then you have to go.*' Alan poured some milk into a bowl and the cat licked it up enthusiastically but then he **kept on** meowing. '*Still hungry?*' said Alan as the cat **kept on** moaning pitifully and persistently.

Alan looked in his cupboards - no cat food of course, the only thing suitable was a tin of tuna; a nice, good quality brand with solid chunks of fish - far too good for a cat. The cat **kept on** whining annoyingly; Alan gave in and opened the tin.

To shut somebody up - to stop them talking or complaining

'*Good,*' thought Alan, '*that's finally **shut him up.***' He wished he could **shut up** Mrs Sokolowska from complaining; he wished he could **shut up** Kevin from telling awful jokes and trying to cheer him up. Maybe he would buy tins of tuna for them to see if it would **shut them up** in the same way that it had, the cat. '*I wonder what his name is or if I*

need to give him one?’ thought Alan, then he thought, ‘what a stupid question, I mean, it’s not as if I’m going to keep him, is it?’

Is there anybody you would like to shut up?

Lock in - to keep in, imprison or trap

Alan was already late so he got washed and dressed while the cat was finishing his breakfast. He thought he would just take him out when he left, put him in the garden and that would be the end of it. He picked him up. He was quite friendly and purred.

He walked to the door and opened it saying - *‘OK, my furry friend, your hotel stay is over, let’s go.’*

The cat jumped out of Alan’s hands, into his bedroom and under his bed. Alan got the mop and tried to get him out but it was hopeless.

‘It’s no good,’ thought Alan, *‘I’m already late, I’ll have to catch him this evening.’*

Alan **locked** the cat **in** the apartment. The cat came out from under his bed and made himself a comfortable basket on Alan’s pillow. He sat purring, very pleased with his new home.

Chapter summary

Alan woke up when his alarm _____. Normally, he preferred to _____ but this morning, he _____ straight away. He had to boil a pan of water because he'd _____ the kettle. The cat _____ meowing because he was hungry. Alan managed to _____ him _____ by giving him some tuna. However, he couldn't get him out of the house so he had to _____ him _____.

Mini-test

1. Recycling involves making use of the things you normally _____.
2. The away team's supporters were _____ the stadium until all the other fans had left.
3. The piano teacher told her student to _____ practicing until it was perfect.
4. Once my mother starts talking, there's no way you can _____ her _____.
5. The factory had a siren that _____ when the work shift was over.
6. Some people prefer to _____ early whilst other people prefer to _____.

[jump to answers](#)

Chapter 10 - Something unexpected

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[List of PVs](#)

To beat somebody to something - to do it before them or get somewhere before them

When Alan got to the office, he saw Demetrius already sitting at his desk; he'd **beaten him to** the office. Crook and Swindle were the sort of company where people noticed what time you arrived and left and it was always a good idea to **beat the boss into** work and leave after he'd gone. Being **beaten into** work by Demetrius didn't look good. The cat would have to go otherwise he could be delayed every morning and get **beaten into** the office by his trainee.

What is the culture at your place of work - is it important when you arrive and leave?

To turn up - to appear unexpectedly

He was just about to go to Demetrius and give him some work when he heard the boss's voice.

'Ah Alan, so good of you to make an appearance!' he said loudly so that everyone in the office could hear.

*'Mr Prendergast is here; he's just this minute **turned up**. I don't need to remind you that he's our most important client so I trust, you'll attend to his needs.'*

'Yes, of course Mr Tringlefold,' replied Alan humbly. Still seeing the opportunity for some sport, Tringlefold continued, *'it's a good job he didn't **turn up** any earlier or he'd be waiting for you to get out of bed!'* There were chuckles from the two dragons, Demetrius and a young, saucy secretary called Celeste.

'Yes Mr Tringlefold.' said Alan obediently.

How do you react to people turning up unexpectedly?

To show somebody up - to make them look stupid in front of others

Alan didn't like people turning up out of the blue; it disturbed his karma but what he disliked more was being shown up. Tringlefold was always **showing** people **up**. If he spotted any weakness, he would pounce on it and **show** you **up** something rotten. Alan acquired his dislike of being **shown up** when he first starting taking girls home. His mother would get out the family photo album and sit with the girl going through all his childhood photos - even those in nappies. Everybody had a good laugh except for Alan who felt totally **shown up**. He soon stopped taking girls home.

Did your parents show you up?

Drop in, drop by - to visit without an appointment

Alan walked down the hall, past reception and into the meeting room called Brunel where Mr Prendergast was waiting.

*'Ah Alan, I hope you don't mind me **dropping in** like this.'*

'No, not at all, always a pleasure to see you,' said Alan, lying through his teeth.

'Only,' continued Prendergast, *' I was just passing and I thought I might as well **drop by** while I'm in the area.'*

*'Well, you know you are welcome to **drop in** any time you like; think of it as your very own drop in centre,'* said Alan, risking sounding sarcastic. Prendergast was too full of his own importance to notice and said, *'I've got an important outdoor product exhibition and I wondered if it's possible to insure against thunderstorms and getting rained off. It's a big investment.'*

'Of course,' said Alan, *'you name it, we'll insure it.'*

A drop in centre is a community centre for young people, (often unemployed) to go to. What things do you have insured?

Come up with - create an idea or plan

Alan had said that it was no trouble but as usual, he'd lied. He would have to see what he could **come up with**. He was generally good at **coming up with** things, usually because he'd got himself into some tricky situation. Prendergast was Tringlefold's favourite client so he'd have to **come up with** something but event's insurance was something he knew nothing about. Just then, he had a flash of inspiration. 'Yes, *I've **come up with** the perfect plan.*' said Alan smugly to himself.

Are you good at coming up with ideas when you are in a tricky situation?

Find out - investigate, discover

Alan walked back to his office and over to Demetrius.

'*You can leave that for now*', said Alan, '*I've got an important project for you.*'

'*Oh yes?*' said Demetrius, curling his mouth into the creepy smile.

'*Yes, I need you to **find out** everything you can about event's insurance; you know like a sporting event or concert. They can be insured against things going wrong. **Find out** what the standard charges are so we can prepare a quote for Prendergast.*'

'*No problem!*' said Demetrius confidently.

Alan thought this would be a good chance to **find out** just how much Demetrius knew about insurance and if it went well, he, Alan, would take the credit and if it went wrong, he'd blame Demetrius. It was the best plan he'd come up with for some time!

Chapter summary

When Alan got to work he discovered that Demetrius had _____ him to the office. Tringlefold, the boss, came and told Alan that Prendergast had _____ unexpectedly. He took the opportunity to _____ Alan _____ in front of his colleagues. Prendergast asked Alan if he minded him _____ without making an appointment. Alan lied that he didn't mind and also that he would _____ with a proposal for his insurance needs. Then he realised that he could use this opportunity to _____ more about Demetrius.

Mini-test

1. Parents get embarrassed when naughty children _____ them _____ in shops.
2. I'll think of something; give me a few minutes to _____ a solution.
3. Police may never _____ who the murderer was.
4. If you're ever in the area, feel free to _____ any time.
5. You'll never believe who _____ at my door last night!
6. There was only one seat free and another passenger _____ me _____ it.

[jump to answers](#)

Chapter 11 - shock, horror!

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[List of PVs](#)

Cut through - reduce, take a short cut

Alan left work feeling quite pleased with himself. It was a warm, late summer early evening. Alan had noticed that recently, the normally locked cemetery gates were open and this could give him a short cut home. If I **cut through** the cemetery, I could be home in twenty minutes, he thought. He decided to **cut through**. He trusted his sense of direction and **cut through** one of the many paths. In fact, there seemed to be many more paths than he'd remembered. After fifteen minutes, the path he'd chosen came to a dead end. He decided to **cut through** another instead.

Are you the kind of person who likes to cut through and take short cuts?

Finish up / start off - end / begin

The second choice wasn't any more successful than the first so he cut through yet another path. The trees shaded the paths and everything was overgrown. After an hour of going round in circles he **finished up** where he'd **started off**. 'Damn! He thought, I'll have to cut through and leave the way I came, but when he tried that, he **finished up** where the second path had **started off**. He was well and truly lost and the sun was beginning to set. Would he ever find his way out?

Have you ever got lost when it's getting dark?

To knock out sb, to be knocked out / come to - become unconscious/conscious

Alan decided he needed to get a move on or he'd be there all night. He started running. It didn't really matter in which direction, he thought, because eventually, he would reach a wall and then find the entrance from there. He ran faster and faster and faster still until, like a hand grabbing his ankle, he tripped over a tree root and went flying, head first into a newly dug grave awaiting its occupant. He **was knocked out** and lay in the empty grave bleeding. He couldn't say when he **came to** but it was almost dark.

Have you ever been knocked out?

Scare off - to frighten

Slowly, and still feeling a bit dizzy, he pulled himself up and stood up inside the grave which was about a meter and a half deep. He tried to get out but it was difficult and he kept slipping back in. Then, what luck! He saw two women walking by. He called out, '*Help!*' They turned in the direction of the noise, caught sight of Alan's bloody face, let out an almighty scream and ran for their lives! He must have **scared** them **off** .

What are you scared of?

Run away - leave hurriedly, escape

Don't ask how because Alan can't remember but somehow he managed to get out of the grave and out of the cemetery but his problems didn't stop there. It seemed he'd started a new trend because every time somebody saw him, they ran away. An old lady walked passed him and started **running away**. A small child started crying and his mother picked him up and ran down the street. Pretty much everyone he'd seen on his way home had **run away** from him. Did he really look so bad?

Taken aback - be very surprised

It was with great relief that he got back to his apartment block. He went in through the main door and waited for the lift. It came down from the higher floor and as the doors opened, the woman inside screamed but then stopped and said,

'Alan?'

'Yes.' said Alan totally **taken aback**. *'Oh my God!'* cried the woman, *'you look like something out of a zombie film - what on earth's happened?'*

'Well, to cut a long story short, said Alan, I fell into a grave.'

*'You really are accident prone. You scared me half to death; I was completely **taken aback**'*, said the woman. But she wasn't as taken aback as Alan who wondered what possible reason there could be for Amanda being in his block.

Has anything ever taken you aback?

Chapter summary

Alan left work feeling cheerful and decided to _____ the cemetery but after an hour he _____ where he'd _____. He started running, tripped up, fell into a grave and was _____. When he _____ it was almost dark. He called to some people to help him out but he _____ them _____. On his way home, people kept _____ from him. When he got back to his apartment block, he was _____ to meet Amanda.

Mini-test

1. Farmers sometimes use scarecrows to _____ the birds.
2. If you have a bike, it's easy to _____ a traffic jam.
3. When he told me he was moving to New Zealand, I was totally _____.
4. Young lovers used to _____ from home to get married in Scotland.
5. A man was hit by a tree in a storm and _____.
6. He finally _____ in hospital.

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Chapter 12 - Alan puts his foot in it

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[List of PVs](#)

Clean up - to clean, remove dirt, attend to a wound

*'What a state!' said Amanda, 'we're going to have to get you **cleaned up** ; we'd better go to your apartment.'*

They went up in the lift, entered the apartment and went into the bathroom.

*'Now, sit down on the edge of the bath and we'll get you **cleaned up** ,'* instructed Amanda, who then asked, *'where do you keep your first aid kit?'*

Alan looked embarrassed.

'Well, I've got a couple of plasters in the bathroom cabinet but that's about all.' He replied sheepishly.

Amanda looked at him admonishingly.

*'OK, disinfectant then, please don't tell me you don't have any or you'll never **clean up** that cut.'*

'Yes, there's some next to the toilet.'

Amanda filled the sink with hot water, poured a few drops of disinfectant into it and took some cotton wool from her handbag.

'Now', she said, almost sadistically, 'this is going to sting!'

Do you have a first aid kit? What do you have in it?

To shoot back - to move backwards quickly

To shoot forward - to move forward quickly

Amanda squeezed some of the water from the cotton wool and dabbed the cut above Alan's eye. It stung like hell and instinctively, he **shot back** and went tumbling into the bath, banging his head on the tiled wall.

*'For God's sake Alan, what is it with you - whatever did you **shoot***

back for?

'Sorry,' said Alan, 'it was just a shock. I think the back of my head is bleeding now.'

'Yes it is,' said Amanda, 'now let me clean it up but don't **shoot back** again and don't shoot forward either or you'll end up breaking your nose on the sink. I don't know what we're going to do with you.'

Are you accident prone like Alan? What's the strangest or silliest accident you've ever had?

Look after - to take care of something or somebody

Eventually, Amanda got Alan cleaned up and he said, 'you're very kind. Perhaps I could make you a cup of tea to return the kindness.'

'OK,' said Amanda, 'but you're in no fit state to **look after** a guest. I suggest you change out of those bloodstained clothes and have a shower while I make the tea.'

That seemed a good idea, thought Alan, maybe that's what it was like to have a wife. Amanda called through the bathroom door,

'Where's the kettle?'

'Oh, I threw it out, you'll have to use a saucepan,' replied Alan.

'No first aid kit, no kettle? You really do need **looking after**, don't you?' joked Amanda.

Yes, thought Alan, by you, that would be very nice.

Are you good at taking care of people or do you quickly run out of patience?

Show up - to make an appearance - sometimes unexpectedly

When Alan had got cleaned up and changed into fresh clothes he went into the living room. His tea was waiting on the table and Amanda was sat on the sofa with the cat on her lap.

'Oh, he's **shown up** has he?' said Alan a little sarcastically.

'I didn't know you had a cat, what's his name?' enquired Amanda.

*'He doesn't have one. He just **showed up** out of the blue and acts like he owns the place.'*

'Well you've got to give him a name,' continued Amanda, *'or he won't come when you call him.'*

'I'm not sure I want him to,' said Alan, getting a bit irritated with all this talk of the cat.

But then Amanda looked like a purring cat herself and said, *'I think it's really sexy when guys are soft on animals.'*

Alan thought again and changed his tone.

'Well, he is quite cute - maybe you'd like to name him.'

'OK - how about Harvey?'

A pretty stupid name thought Alan but all the same he said, *'Yes, that's perfect!'*

What kind of names do people give pets in your country?

Screw up - to make a big mistake

For once, things were going really well - Amanda sat on his sofa, even suggesting he might be sexy; it seemed too good to be true but how strange it was that she'd just shown up like that.

'Do you mind if I ask you question?' he ventured.

'Not at all.' said a relaxed Amanda.

'I don't want to be nosy.'

'No problem - go ahead.'

'I mean, I'm not like that awful Mrs Sokolowska downstairs who's always poking her nose into other people's business. I'm just curious to know what you're doing in my block.'

'Are you indeed?' replied Amanda rather frostily.

'I came to visit Aunty Anna.'

Alan looked thoughtful and responded, *'I don't think I know anybody here called Anna.'*

'Oh I think you do,' said Amanda spitefully, *'but you may know her better as Mrs Sokolowska. She told me she had a crazy neighbour'*

upstairs, I might have guessed it was you. I think you can look after yourself now, I'm leaving!

'Amanda, come back, I can explain,' called Alan but the door was already slammed.

Stupid, stupid Alan, he said to himself, why do you always have to put your foot in it and **screw up** ?

Have you ever said something to put your foot in it?

Chapter summary

Amanda said that she would _____ Alan's cut but when she did, he _____ into the bath. She told him not to _____ or he might break his nose on the sink. Because he was so disorganised, she said that he needed _____. After he'd showered and got changed, he saw that the cat had _____ and made friends with Amanda. Everything was going brilliantly when Alan _____ by criticising Mrs Sokolowska who turned out to be Amanda's aunty.

Mini-test

1. The first time I saw a 3D film and a rock came flying towards me, I _____ in my chair.
2. I waited for her outside the cinema but she never _____.
3. Could you _____ my children while I go Christmas shopping?
4. When we sent the wrong proposal to the customer, we totally _____ our chances of winning the order.
5. I know I jumped the traffic lights but the brake slipped and the car _____.
6. The boxer's face was a real mess and it took his cornermen some time to _____ him _____.

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Chapter 13 - Ups and downs

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Look away - to avert your eyes and avoid looking at something or someone

It was with a heavy heart and heavy feet that Alan entered work the next day. To delay starting work, he thought about having a coffee in the café on the ground floor of the building. He looked inside the café - 'Oh my God!' There was Amanda in the corner looking and smiling at someone who he couldn't identify as he had his back to him and was still wearing a hat and coat. He tried to catch her eye and succeeded but the minute she saw him she **looked away**. He tried to put on a smile but she kept **looking away** and gave him the cold shoulder. Embarrassed, Alan **looked away** too.

To give someone the cold shoulder - to deliberately ignore. Have you ever given or been given the cold shoulder?

Make up for something; make up to somebody - to compensate

He entered the lift, his mind far away. What could he do to **make up for** his careless remarks? How could he **make it up to** her? He'd become a workaholic, after all, there was nobody to go home to except Harvey. He'd work double shifts, clear his debts, get everything reconnected; maybe even buy a new kettle. Then he'd buy flowers for Mrs. Sokolowska to **make it up to** her. Finally, he'd buy a candle-lit dinner for two to **make it up to** Amanda - that's if she would ever forgive him.

What do you do to make it up to someone?

Go off - sound an alarm

He went into the office and switched on his PC. There was a mountain of emails to answer and policies and claims to process. For once, he had beaten Demetrius to work. Good, there would be more work for Alan. However, no sooner had he got started on his work than the fire alarm **went off**. That was the third time this year; it seemed they were always testing the system and every time it **went off**, it was just a drill. People collected their belongings and followed the fire exit signs down the stairs. Alan thought about staying but eventually thought he'd better leave because it was difficult to work with the fire alarm **going off**.

When did you last experience a fire alarm? Do you know what to do and where to go?

Fall for something - to be deceived

As he got to the landing with the stairs and the lifts he saw Kevin. 'Pss!' He called. *'Let's take the lift.'* 'But,' said Alan, *'you know in the event of a fire you mustn't use the lifts.'* 'Oh, you're not going to **fall for** that one are you? It's not even a real fire.' replied Kevin dismissively. 'Yes, you're right,' sighed Alan, *'people easily **fall for** anything they're told. OK.'* And Alan got into the lift. Kevin pressed the button for the ground floor and said, *'Did you hear about the man who didn't believe in brain surgery?'* 'No?' said Alan curiously. *'He changed his mind! Get it, changed his mind!'* Kevin laughed heartily at his own joke. Why did Alan **fall for** his terrible jokes?

Have you ever fallen for a story that proved not to be true?

Tell off - to reprimand

Thank God he would only spend a few seconds in the lift with Kevin but now he realised the lift had stopped somewhere between the third and fourth floors. Next thing, the lift lights went out and they were in total darkness except for the emergency button.

'Now we're in bother.' said Alan pessimistically.

*'We'll get a real **telling off** for this.'*

*'You big woosie; we won't get **told off** at all. I'll just call security.'*

Kevin pressed the emergency button and a voice asked who they were and what the hell they were doing in the lift. After being **told off**, the lights came on and the lift continued its journey to the ground floor.

'See,' said Alan, *'I told you we'd get **told off**.'*

'Don't be such a baby, it was just a grumpy guard, now if the bosses had found out, we would have been in trouble but they didn't, so stop worrying.'

Then he continued, *'A man walks into a bar - ouch! It was a metal bar!'*

He walked out into the street laughing to himself.

Do you remember being told off about something? Can you find a third conditional sentence in this text?

Made up (with) something - to be pleased about something

By the time everybody had got out of the building, assembled in the car park, been counted, identified and got back up to work, a whole hour had passed. Demetrius was already at his desk looking at a newspaper.

'What's up Dem, looking for a job?' said Alan hopefully.

'No, a movie. I'm taking a girl out tonight and I'm seeing what's on.'

Alan being older and wiser thought he could advise and pointed to Avatar - adding,

*'3D graphics, a bit of fantasy - she'd be **made up with** that choice.'*

'Too risky' replied Demetrius.

'If she doesn't like fantasy, she'll get bored.'

'OK,' countered Alan, '*Goodfellows. You can't beat a gangster film.*'

'*Too violent, not first date material at all. Ah, here's the one, Love Actually; every woman on the planet would be **made up with** that one.*'

'Yuk.' said Alan pretending to be sick.

'*You're wrong,*' said Demetrius, '*Hugh Grant, romantic comedy; it's a winning combination.*'

'*We'll see,*' said Alan doubtfully, adding, '*anyway, who's the lucky lady?*'

'*Oh,*' said Demetrius, as if he'd forgotten, '*I'm really made up because I only plucked up the courage to ask her out this morning, it's that pretty girl from accounts, maybe you've seen her around, her name's Amanda Jenkins.*'

Chapter summary

When Alan arrived at work he saw Amanda in the café but she _____ . Alan was upset and resolved to _____ it _____ to her and Mrs. Sokolowska. When he got to his office the fire alarm _____ . He was naïve and _____ Kevin's suggestion to get in the lift as well as _____ his jokes. They got _____ by a security guard. Back at work, Demetrius thought his date would be _____ with his film selection and he was _____ to be going out with Amanda Jenkins.

Mini-test

1. I'm sorry I forgot your birthday, I promise I'll _____ it _____ you.
2. The mother _____ her child for being naughty.
3. What a lovely surprise, I'm really _____ this present.
4. If you don't want to see the football result _____ now.
5. I can't believe that he _____ the conman's lies.
6. I overslept this morning because my alarm didn't _____.

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Chapter 14 - Mixed feelings

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Set back - something that puts in you in a worse situation

The news of Demetrius going out with Amanda was a significant **set back**. He'd had **set backs** before in life like the time he'd failed his driving test or even the time he'd planned to go trekking in the Himalayas but was too ill to travel. But those situations hadn't **set him back** as much as this one; it was a major **set back**.

What set backs have you had?

Pull yourself together - to regain composure

Still, he thought, it was no use feeling sorry for himself, he would just have to **pull himself together**. This was war and he'd need to be at the top of his game to do battle with that sneaky Demetrius. '***Pull yourself together!***' He told himself, '*Or you'll never win Amanda's heart.*'

Are you good at pulling yourself together after a set back?

Look into - research, investigate, gather information

He would have to **look into** what was really going on. Was it just a casual date or something more serious?

'So, Demetrius,' he said casually, '*is the full works, film and dinner or just the pictures?*'

Demetrius replied, '*We're both rather busy at the moment so we're just going straight from work to the early screening*'.

Brilliant! Thought Alan; that would give him the chance to follow them and see what's really going on.

Are you jealous? Have you ever followed your partner?

Hang back - to wait behind a little, in time and or distance

Following the couple would be tricky. He would have to **hang back** a little so that they didn't spot him but if he **hung back** too much, he might lose them. As Demetrius left the office, he **hung back** a while, then took the lift to the ground floor and waited in a quiet corner pretending to look at some leaflets. Demetrius was waiting in the lobby when Amanda arrived and gave her a polite peck on the cheek. Great! thought Alan, nothing too familiar there. All the same, they left laughing and joking; just how friendly were they? He hung back until they'd left the building then followed them keeping a safe distance behind.

Would you make a good private investigator and be able to follow someone without being noticed?

Hang around, hang about - wait, often for some time and being bored

Eventually, the couple arrived at the cinema and went in. Alan checked the times. It would be a two and a half hour wait before they came out again. That would mean a lot of **hanging about**. Alan hated **hanging around**; it was so boring. Luckily, there was a café opposite the cinema - the perfect place to **hang about**. He ordered a coffee and sat down, then he realised he'd brought nothing to read or do. He read the list of different coffees on offer but after the fourth time, it got really boring. He was so bored and he still had over two hours to go; still, it would be worth it in the end.

Are you good at hanging around or do you get bored easily?

Mixed up - confused

He'd nearly dropped off when he noticed people coming out of the cinema. This was it; the critical moment! Would they politely part company as colleagues or leave together for something more 'intimate?' Many people were leaving at the same time and their faces seemed all **mixed up**. He might miss them. Was that them? No. There maybe? Not them either. Why was everybody wearing grey? Ah, now, here they are. They stopped and spoke for a while until most of the other people had left and it was easy to see them clearly. Alan's heart pounded. What next? They came closer, embraced and kissed; not a gentle peck this time but a full on the lips smacker. Alan counted the seconds, three, four, five, six. Then Amanda pulled back a little. They smiled again but then left in different directions. What did that mean? Alan's emotions were totally **mixed up**.

What would you expect to 'happen' on a first date?

Chapter summary

Demetrius going out with Amanda was a real _____ to Alan but he realised he would have to _____ himself _____. He decided to _____ how close they were by following them to the cinema. Firstly, he had to _____ so that they didn't see him and then he _____ in the café for two and half hours. When they came out they kissed but left in different directions; Alan didn't know what to think and felt totally _____.

Mini-test

1. In order to see the tutor after the lecture, I had to _____ for a while.
2. It's no good crying , just try to _____ yourself _____.
3. We _____ all the invoices and sent them to the wrong clients.
4. My flight was delayed and I had to _____ at the airport for six hours.
5. Failing the exam is quite a big _____.
6. Recruiters often _____ candidates on social media channels

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Chapter 15 - Failure

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To be called in - to be asked, or told, to attend a meeting

The next day at work Alan tried to pump Demetrius for feedback about the night before.

'Film go OK?' He asked casually.

'Yes, fine thanks. I think it was the right choice.'

'So, are you going out again then?'

'Maybe.' Answered Demetrius, as if not really bothered.

Alan was just about to try another question when he **was called in** by the boss. It was never good **being called in** by Tringlefold. To **be called in** usually meant trouble, extra work or something worse.

Does your boss call you in? How do you feel when s/he does?

Dress down - chastise

Tringlefold stood with his back to the door and as Alan knocked, just said, *'Come.'*

Not a good sign - it looked like a **dressing down**. Alan hated being **dressed down**, it made him feel like a child again. Tringlefold sat down and sighed wearily adding, *'Dear oh dear oh dear,'* then said *'well?'*

Alan didn't like guessing games. *'Well what Sir?'* He enquired.

Tringlefold became irritated. *'What have you got to say for yourself?'*

Tringlefold was going mad in his old age thought Alan; it was one thing to be **dressed down** but you should at least know what for.

'I'm sorry Sir, I don't follow you.'

'The lift, fire alarm! I've had the security chaps giving me earache about you and that weasel, Kevin Crumston.'

'Ahh that.'

'Yes, that exactly. I don't like to dress down grown men but the fire regulations are there for a reason.'

Have you ever been dressed down for something at work?

Make something up - invent, lie

'No, I'm sorry. It was a stupid thing to do and I wouldn't have done it if Kevin hadn't suggested it, I would have used the stairs.'

'Really?' Said Tringlefold, looking surprised.

'That's exactly what Kevin said about you.' Alan was shocked.

*'He's **making it up**. You know what he's like; he's always **making things up**. I hate to say it, but you just can't trust him.'* Tringlefold looked unconvinced.

*'I don't care which one of you is **making it up**. Let's see it doesn't happen again and close the door on your way out.'*

'Yes, Sir.'

Has anybody ever tried to blame you for something you didn't do?

To pay for something - to be punished

The rat! He'll **pay for this**, thought Alan. Saying Alan had made him go in the lift. He was always making things up and always getting away with things. Now it was payback time and he'd make sure that Kevin **paid for** getting Alan into trouble.

Do you make sure people have to pay when they've done something bad or do you forgive?

To be fed up (with something or somebody) - to be weary and unhappy, at the end of your tolerance

The more he thought about it, the more **fed up** he became. He **was fed up with** Kevin for his daft jokes, stupid ideas and for blaming him. It wasn't that the lift was any big deal but it made Alan look irresponsible and would damage his promotion chances. Now he had Demetrius snooping on him too. He would be stuck in the same lousy job for ever and to make matters worse, Demetrius was going out with Amanda! Alan was really **fed up**.

Do you get fed up? What about?

To sum up - summarise, to describe somebody or something

Failure, thought Alan. That's the word that **sums me up**. Broke, in trouble at work, no prospects, fallen out with the neighbour, spied on and got into trouble by colleagues and no girl. I'm a total loser; that **sums me up**.

Have you ever felt like Alan? How did you get out of it?

Chapter summary

Alan was _____ the boss's office. He was _____ for using the lift during a fire alarm. Kevin had _____ a story to say that Alan was to blame. Alan was cross and said that he'd make Kevin _____ getting him into trouble. Alan was _____ with Kevin and with his life in general. He thought the word, failure, just about _____ him _____.

Mini-test

1. He lied to me! He'll _____ this!
2. I'm really _____ my job; it's so boring.
3. Another broken promise; that just about _____ him _____.
4. I can't see you this afternoon, I've been _____ to an urgent meeting.
5. Sometimes you have to _____ children _____ or they would just be naughty.
6. The Detective said the criminal's story was completely _____.

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Chapter 16 - A day in the forest

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Celeste



Paired up - to be put with someone to work as a pair

The rest of the week Alan kept himself to himself and just got on with his work as he didn't feel like talking to people. The last thing he needed was a team-building day but it was compulsory attendance. What daft thing will we do this year, he thought. It was a treasure hunt in the forest and people had been put into pairs. The trainer just **paired up** people **up** randomly. He hoped to be **paired up** with Amanda but of course, it didn't happen. He feared being **paired up** with Demetrius, or worse still, Kevin, but that didn't happen either. Instead, he was **paired up** with Celeste, the attractive and flirtatious blonde from his department. His luck was improving.

Do you like working in pairs? Do you dread being paired up with somebody you don't like?

Work out - solve, deduce, understand

They were all given cards with a number of clues on and had to **work out** where to go and collect some item hidden in a tree or bush. If you **worked out** the problems quickly, you could save a lot of time but if you were slow to **work** them **out**, then you would have to do a lot of running to catch up with the others. Alan couldn't **work out** what the point of such an exercise was and what it had to do with Insurance Claims.

Do you like team building exercises or do you think they are a waste of time?

Go round/around - to move around an area

You had to **go around** the forest to get items like a dog collar, a shirt and a photograph and put them in a bag. When you'd **gone around** the forest and got them all, they would add up to a final answer which you had to deliver to the finishing point. Alan didn't like **going round** forests; they were dark and spooky and he always got lost. Celeste said she liked to **go around** forests and loved nature. She said **going round** a forest alone with somebody was really sexy. Alan didn't know what to make of that last remark.

Do you like forests? Why/not?

Run off with - to leave with somebody, to elope

They went around the forest following different paths and trying to collect the items. The dog collar was easily found but the shirt proved harder and they both got bored. Celeste stopped and said, *'This is stupid.'* Alan agreed. She added, *'why don't we do something more interesting?'*

'Such as?' asked Alan.

*'We could **run off** together,'* she said.

*'**Run off**, how?'* Continued Alan, not really following her plan.

*'We could leave this stupid game and the people behind and **run off** through the forest. You could chase me and when you caught me you could kiss me. Come on, let's **run off** together.'*

Have you ever run off with anyone?

Come onto sb - to make sexual advances towards somebody

Alan was a bit slow on the uptake but now realised that Celeste was **coming onto** to him. Girls **coming onto him** wasn't something that happened to Alan and he was a bit confused by it. Celeste was now moving in for the kill. *'Or if you prefer,* she whispered seductively, *you could kiss me here and now; you can even touch me, if you want.'* It was a tempting offer, thought Alan. He moved towards her but then hesitated. *'Or maybe you'd like to photograph me like a model against a tree?'* She was certainly **coming onto him**.

Has someone you didn't expect to ever come onto you?

Chicken out - to be too scared to do something

Alan's heart was pounding and Celeste looked at him invitingly awaiting his response. She was certainly attractive and he felt very tempted to go along with her seduction but something was stopping him. Was it low self-confidence, guilt about Amanda, love for Amanda or just plain cowardice? Whatever it was, he chickened out. Like a big,

fat chicken, he **chickened out**.

He said, '*You're very beautiful but I'm sorry, I just can't. I don't know why, but I can't.*'

Then he turned away and ran; he totally **chickened out**.

Have you ever chickened out of something?

Chapter summary

Alan attended the team building exercise in the forest and was _____ with Celeste. They had to _____ the clues they'd been given and _____ the forest collecting items. They soon became bored and Celeste suggested that they leave the others and _____ together. Then she started to _____ Alan and although he was tempted, he _____.

Mini-test

1. A guy in the bar was _____ me and trying to chat me up.
2. I spent all afternoon _____ the shops looking for a suit.
3. Mary from accounts has _____ her boss!
4. For the brainstorming exercise we were _____ with people from other departments.
5. I was going to try bungee jumping but at the last moment, I _____.
6. It's impossible to _____ these instructions.

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Chapter 17 - From bad to worse

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Bump into sb - meet casually and unexpectedly

The next morning Alan was dreading **bumping into Celeste** and wondering how she might react. That was the problem with corporate life; you could barely get through a day without **bumping into somebody** that you would rather not see. As he entered the lift, who should he **bump into** but Kevin?

‘Ah,’ said Alan, ‘I’m glad I’ve **bumped into you**, I ‘ve got a bone to pick with you.’

To have a bone to pick with sb - is to have an issue about them that you want to confront.

Do you dread bumping into people?

Build up - accumulate, increase

Alan’s anger at Kevin had been **building up** for some time. His jokes were always annoying and his clever remarks even more so. The lift incident was the last straw. As it had **built up** and up in his mind, he had rehearsed what he would say when he finally bumped into him but now it had **built up** so much that he was lost for words.

Do you let things build up or do you deal with them straight away?

Dob sb in - to incriminate sb or get them into trouble

Kevin made an unwise start with his catchphrase, ‘*Cheer up mate, it may never happen*’

'It already has.' replied Alan coldly.

'Oh? What's that then?' said Kevin innocently.

*'You have, you **dobbed me in** to Tringlefold about the lift.'* Kevin continued to look surprised.

'Me? Don't think so mate.'

'I'm not your mate; I don't make friends with dobbers.'

'If you want the truth, mate,' continued Kevin, more aggressively, *'it was you who **dobbed me in.**'*

*'I don't want to hear your excuses, just don't talk to me and don't **dob me in** again.'*

How do you react when somebody dobs you in?

Fall out with sb - to not be friends anymore

The lift doors opened and Alan got out. As seemed to be the case these days, Alan had mixed feelings. On the one hand, it had been building up with Kevin for a while and now he'd told him but on the other hand, he didn't like **falling out with people**. He'd now **fallen out with** Mrs Sokolowska, Tringlefold and Amanda. He wasn't keen on Demetrius and he'd probably upset Celeste yesterday. Soon there wouldn't be anybody left to **fall out with!**

Does it upset you when you fall out with people?

Colour up - to become red in the face, to blush

Alan was so distracted by these thoughts that he was totally unprepared when he bumped into Celeste.

'Hi, Alan,' she smiled, *'how are you today?'*

He didn't know what to say, he just **coloured up**. He hated it. It was bad enough when you got embarrassed but when you **coloured up** too, it made your face like a flashing red light. **Colouring up** was just awful.

Do you colour up easily?

Let go (of something) - leave behind, abandon, give up a thought or intention

Trying to collect his composure, he said, *'Better thanks. Sorry about yesterday, I don't know what came over me - I've had a lot of things on my mind lately.'*

'Oh it was nothing, don't worry,' said Celeste dismissively.

But Alan thought she was trying to hide her feelings of rejection so he added, *'I do think you're a very attractive woman.'*

'That's good,' said Celeste, *'I thought you didn't fancy me.'*

Alan didn't answer and coloured up again when she added, *'you know the offer's still open whenever you're ready.'*

Oh my God, thought Alan. His words had backfired and he'd sent the wrong signals; now she'd never **let it go**. She'd be after him all day at work like a dog with a bone who won't **let it go** or like Kevin who won't let his jokes go or Harvey who won't **let it go** when he wants feeding. Celeste wouldn't let it go and things had just gone from bad to worse.

Do you know when to let something go or do you hold onto to a problem or thought?

Chapter summary

Alan _____ Kevin in the lift and confronted him about _____ him in. His anger towards him had been _____ for some time and the two men _____. When he saw Celeste he _____. He hoped she wouldn't be interested in him anymore but he could see that she wasn't going to _____ it _____.

Mini-test

1. The tension in the board room had been _____ for some time.
2. Oh, guess who I _____ in the supermarket today.
3. The shy boy _____ when the girl kissed him.
4. He just went on and on and wouldn't _____ it _____.
5. A supergrass _____ serious criminals.
6. It's not worth _____ over a stupid argument.

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Chapter 18 - Drastic measures

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Check sb or sg out - to investigate, view, explore

By the time Alan returned to his desk, he was almost pleased to see Demetrius. He was beginning to seem less troublesome than everyone else.

Demetrius said, *'I couldn't help noticing your argument with Kevin.'*

'Oh yes?' said Alan suspiciously, wondering what was coming next.

*'Yes, I don't blame you; a nasty piece of work. He's the kind of person who can't be trusted and should be **checked out**.'*

What a strange thing to say, thought Alan. Was that Demetrius' job to **check people out**? Was he **checking out Alan**? Perhaps Alan would have to **check out Demetrius** - maybe he was troublesome after all.

Have you ever checked someone out?

Eat out - to dine outside of the home in a restaurant

Demetrius continued, *'there's a nice little Italian restaurant I'd like to check out on Micklegate Road. I thought Amanda might like to **eat out** tonight.'*

*'**Eat out?**'* repeated Alan.

*'That's right, after a movie, the next event has to be **eating out** and Amanda told me she loves eating out - especially Italian.'*

'Really?'

'Really.'

How did he know that when Alan didn't? This was terrible; **eating out** in an Italian restaurant could only lead to romance. He couldn't spy on them again but he'd have to do something to stop them **eating out** together, alone

Do you like eating out? What's your favourite nationality of cuisine?

Look down on sb - to act in a superior way, to perceive someone as inferior

Trying to think of something quickly, Alan said, *'Maybe we could make up a foursome.'*

'A foursome?'

'Yes, you know, two couples.' Demetrius looked rather superior as if looking down on Alan, *'But who would you take? You don't know any girls; none that would go out with you anyway.'*

Alan felt insulted; he hated people **looking down on him**.

'Yes, I do. Loads of girls fancy me, I'm just a bit choosy, that's all.'

'OK.' Said Demetrius, in a haughty tone, *'If you can find someone to go with in the next half an hour it's a deal but I want to book a table as soon as they open as it's very popular.'*

Alan would show him; **looking down on him** like that. He'd easily get a date.

How do you react when people look down on you?

Turn down - refuse, reject

Alan would have to get his skates on and ask around the office. He only had 30 minutes but what girl would refuse a free meal? He went to Tina on reception.

'Hi Tina, doing anything special tonight?'

'Yeah, cutting my toe-nails.'

Alan tried not to visualise. *'Fancy an Italian? My treat.'*

'Yes, Robert De Niro, let me know when you've found him.'

*'So you're **turning me down**?'*

'You're getting sharper.' She said sarcastically.

He tried Mandy in Marketing, she **turned him down**; Pam in payroll, she **turned him down**. Danielle in data collection agreed as long as

she could bring her boyfriend too; der! Otherwise, they all **turned** him **down** and there were only five minutes left to Demetrius' deadline.

What have you been turned down for; a job, a date?

Ask out - to invite, usually romantically

He would have to do something; he couldn't allow Demetrius to go out with Amanda alone. Drastic circumstances justified drastic measures. There was only one thing for it, he would have to **ask out** Celeste. Surely she wouldn't turn him down. He approached her.

'Celeste?' He enquired shyly.

'Yes?'

'I wonder if, you know, if you're not doing anything special, you might like to go out tonight to a restaurant, in a foursome.'

'Are you **asking me out**?' She said directly.

He'd rather she didn't look at it like that but if he said 'no' she might turn him down.

'Yeah, I guess, I am **asking you out**.'

'Well then, if you are kind enough to ask, it would be rude to refuse. It's a date!'

A date? Thought Alan; put like that, it sounded more serious.

Show up - embarrass - to be made to look foolish in front of others

Alan returned to Demetrius with a minute to spare. Demetrius looked at Alan and said, 'No luck then?' He thought he could **show up** Alan with the date challenge but Alan would **show him up**. Alan had been **shown up** before when his nephew had a tantrum in the supermarket. He'd **shown himself up** when he was sick at his sister's wedding but this time he wouldn't be **shown up**.

'Wrong! There were a number of ladies interested but in the end, I chose Celeste.'

'Celeste?' repeated Demetrius looking surprised.

'Celeste.' repeated Alan triumphantly and he thought, ha, that's **shown** him **up**, he didn't think I'd do it but I've proved him wrong.

Have you ever been shown up?

Shop around - look for the best price

Trying to stay cool and act casually, Alan enquired about the restaurant.

'So what's the name of this place?'

'Marino's.' replied Demetrius.

'Marino's? But that's really expensive isn't it?'

'Well, it's not cheap,' admitted Demetrius.

*'Couldn't you **shop around**? There are other places less pricey.'*

'You mean like McDonalds or KFC?'

'No! But Luigi's Italian Pizzas, for example, they're very reasonable.'

'No.' replied Demetrius unconvinced. *'If you ask a girl out for a meal you don't **shop around**; you want to impress.'*

Do you shop around for the best price or do you buy what you like regardless of price?

Chapter summary

Demetrius said Alan should _____ Kevin then he told him about his plan to _____ with Amanda. Alan suggested a foursome and Demetrius seemed to _____ him. Alan asked a number of girls to the restaurant but they all _____ him _____. In the end, he decided to _____ Celeste; he wasn't going to be _____ by Demetrius! Then he saw that the restaurant was expensive and thought that Demetrius should have _____.

Mini-test

1. Please don't argue in public, it really _____ me _____.
2. When you book flights, it's a good idea to _____ for the best price.
3. I got to the final interview stage but in the end, the company _____ me _____.
4. There's a new sushi bar I'd like to _____.
5. If you like her, why don't you _____ her _____.
6. She's a real snob and _____ other people with less money.
7. I hate cooking so most nights I _____.

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Chapter 19 - Forking out

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[List of PVs](#)

Turn back - return to a position, change your mind

Alan's satisfaction soon turned to despair when he thought about the situation he was now in and wondered if there was any way of **turning back**. He reviewed the situation; OK, he would be able to keep an eye on Amanda and Demetrius but now he'd given the wrong impression to Celeste. Worst of all, the restaurant would cost him an arm and a leg and he would have to borrow more money off Benny. It was no use thinking about it, he was committed to eating out and there was no **turning back**.

Have you ever turned back on a decision you've made?

Sit beside/next to/opposite/ diagonally across from - relative seating positions

The four diners met outside the restaurant before entering and Celeste gave Alan a peck on the cheek adding, '*Hi honey.*' It made it look like they were an item and just what Alan didn't want to do. They went in, took off their coats and the waiter escorted them to a table for four. '*This is lovely,*' said Amanda. The women **sat opposite** the men. Celeste was directly **opposite** Alan and Amanda was **diagonally across from** him. Demetrius was **sat next to** him. He would have preferred it if Amanda was **opposite**, Celeste was next to him and Demetrius was **diagonally across from** him, but it wasn't to be.

To be an item - to be a couple in a relationship
Does it matter to you where you sit in a restaurant?

Go through something - study, review

They all **went through** the menu deciding what to order. Alan's heart missed a beat. He thought the starters looked expensive but as he went through the menu, each page was worse. Demetrius went through the menu quickly and decisively but Amanda took her time.

Celeste said, '*what fun to **go through** such a delicious menu!*'

Just **go through it** and don't order, thought Alan. He **went through** the menu three times looking for the cheapest meal.

Do you look for the cheapest thing on the menu?

Go without/ do without - to not have something, to be deprived

It got worse. Demetrius, being a macho, take charge sort said, '*Ladies, what would you like to drink, some wine maybe?*' And before they could answer, called out, '*Waiter? The wine list please.*'

This was a nightmare thought Alan, the wine prices were sure to be astronomical. Maybe if he **went without** a starter and dessert, it wouldn't be too bad but it depended what Celeste ordered. She didn't seem the sort to **go without**. He would be living on baked beans for the rest of his life and **going without** beer and pizza. He would have to **do without** everything for a long time to pay for this meal.

Do you mind going without things or does it bother you?

Make out - give the impression or appearance of something

Alan ordered a simple pasta dish claiming that he was in training for a marathon and had to watch his diet.

'*Oh, yes,*' said Celeste, '*I remember you like running.*' Alan tried not to colour up.

'*So,*' said Amanda with curiosity, '*how long have you two been going out?*'

Before Alan could say that they were not, Celeste answered.

'Oh not long, just since the team-building day.'

She was **making out** as if they were a real couple already. He didn't want Amanda to think that but Celeste was determined to **make out** that they were close.

She ruffled Alan's hair and said, *'he's so cute ,don't you think?'*

The others laughed and Alan felt shown up. Why did she have to **make out** they were an item?

Have you ever tried to make out you are something that you are not?

Fork out - to pay - usually a lot

The good news was that Amanda and Demetrius seemed quite cordial, more like friends than lovers; that was a good sign. The bad news was the bill arrived. How much would he have to **fork out**? Thought Alan. He seemed like he was always **forking out** for things and he hadn't budgeted to fork out on an expensive meal. The waiter gave the bill to Demetrius as he had made out that he was in charge of the party. The bill was in a silver box. Alan went towards it to see how much he would have to **fork out** but Demetrius withdrew it and said to Alan, *'I'll pay with my credit card and we'll sort it out at work tomorrow. It's so undignified messing around with cash at the dinner table.'*

What torture! Now Alan would lie awake all night wondering how much he would have to **fork out**.

What's the most you've ever paid for a meal? Was it worth it?

Stop over/ sleep over - to stay at somebody's place

The four left the restaurant and waited outside for taxis. It was 11.00 o'clock and there was a chill in the air. Celeste pressed herself against Alan and whispered,

'Perhaps you'd like to come back for a nightcap.'

Alan tried to stay calm, *'thanks but, you know, work and that.'*

Celeste didn't give up and said, *'you can **stop over** for the night if you want. If you **slept over**, I could drive you straight to work in the morning.'*

'Thanks,' said Alan, *'but I've got to go in really early to catch up on some stuff,'* and trying to make a joke, added, *'besides, I don't have my toothbrush or PJs.'*

'Oh you wouldn't need PJs,' countered Celeste, *'my apartment's very warm; you barely need any clothes at all.'*

Luckily for Alan, a taxi arrived and he almost pushed her in, giving her a quick kiss on the way.

*'Thanks for the offer of **stopping over** - another time maybe.'*

She smiled. Alan could see she still wasn't going to let it go.

Sleep over also works as a noun - children often have a sleep over at their
friends

Nightcap - a final, late night drink

PJs - a popular abbreviation for pyjamas

Chapter summary

Alan regretted his decision to make a foursome but realised it was too late to _____. He sat _____ Celeste, _____ Amanda and _____ Demetrius. He _____ the menu looking for the cheapest item and he thought that he would have to _____ a lot of things to pay for the meal. Celeste tried to _____ that she and Alan were a couple. Alan still didn't know how much he would have to _____ because Demetrius paid by credit card. After the meal, Celeste asked Alan if he would like to _____ for the night.

Mini-test

1. During a recession, people often have to _____ luxuries.
2. He tried to _____ that he was sorry but it was just an act.
3. You've drunk too much to drive, you had better _____ at my place tonight.
4. The detective said to the suspect, 'let's just _____ your story again'.
5. We've come too far to _____ now.
6. I'm always having to _____ for repairs on this car.
7. The man I _____ on the plane snored all the way to New York.

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Chapter 20 - A Mystery

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Look around - search, explore - often related to job-hunting

With all the arguments and romantic complications, work was no longer the relaxing place it used to be. Alan wondered if it was time he **looked around** for another job. It might be easier to make a clean break and simplify his life. But he'd **looked around** before and there wasn't much on offer. He didn't even have any managerial experience so if he did **look around**, he probably wouldn't get anything. He'd just have to stick with things for now and hope that they would improve.

How long should you stay in the same job before moving?

Ring in - to call work by telephone

But the first thing he looked around for was Demetrius. He thought he'd be in showing off today but he was nowhere to be seen. He had drunk rather a lot of wine the previous evening and maybe he had a hangover. People often **ring in** sick when in fact, all they have is a hangover. He checked if he had **rung in** sick but he hadn't.

Have you ever rung in sick? With what illness?

Tied up - occupied, busy, unavailable

Tringlefold would know, maybe he'd given him a different project or even finished his contract; that would be good. Tringlefold was not in his office so he asked his assistant, the rather starchy Miss Crankshaft. *'I'm afraid he's **tied up** in meetings all day. He's got a very heavy*

schedule at the moment.'

That was true. Tringlefold was always **tied up** lately and was working 16 hours a day - even then he was still **tied up**.

Is your boss always tied up?

Take on - to accept, take responsibility for something

That's what happens when you **take on** too much, you end up overworked and stressed out. But Alan had **taken on** too much too. He'd taken on a cat and had to think about buying cat food for Harvey every day. He'd **taken on** trying to win Amanda's heart but not with much success and now he'd **taken on** Celeste and he had no idea how he could control her passion. It seemed both he and Tringlefold had **taken on** more than they could handle.

Have you ever taken on too much?

Ask around - investigate by asking people

Alan continued **asking around** to see if anybody had seen Demetrius. He **asked around** in the offices and he **asked around** in the kitchen. Nobody had seen him and he wasn't answering his phone. At least by **asking around** he confirmed that he hadn't been in but why, was a mystery.

Do you ask around when you want to find out something?

Drop out - to leave conventional society

Maybe he'd decided to **drop out** or return to Cyprus. You heard stories of people who reject corporate life and just **drop out**. They throw

away their suit and go and join some hippy commune in Goa. That would be good because if he'd **dropped out**, he would **drop out** of Amanda's life too and the way would be open for Alan. Let's hope he's **dropped out**, thought Alan.

Have you ever thought about dropping out?

Chapter summary

Alan was unhappy at work and wondered if it would be a good idea to _____ for another job. He noticed that Demetrius was not at work but he hadn't _____ sick. He couldn't ask Tringlefold because he was _____ in meetings. He thought he and Tringlefold had both _____ too much. He _____ in the offices and kitchen but nobody had seen him. In the end, he decided that maybe Demetrius had decided to _____ and become a hippy instead.

Mini-test

1. Could you _____ to see who has the key?
2. Executives who _____ too much risk becoming burnt out.
3. That's the third time he's _____ sick this month.
4. In the sixties, a lot of people wanted to _____ of society.
5. Tomorrow, I'll be _____ in interviews.
6. I think I might _____ for a better opportunity.

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Chapter 21 - Overtime

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Settle down - become calmer

Demetrius continued to be absent and Tringlefold continued to be tied up, so it wasn't possible to find out what was happening. At least with Demetrius off the scene, things started to **settle down**. Alan realised how stressed he'd become lately and just wanted his work and his life to **settle down**.

Do you prefer calm or drama?

Settle back into - return to a previous state

In fact, it was more than that. Alan wanted to **settle back into** the old routines. Since he'd returned from holiday so many things had gone wrong. He hoped that things would now **settle back into** their old ways and he could get on with his life again.

Do you prefer a regular routine or do you like work to be unpredictable?

Settle back into - return to a previous state

In fact, it was more than that. Alan wanted to **settle back into** the old routines. Since he'd returned from holiday so many things had gone wrong. He hoped that things would now **settle back into** their old ways and he could get on with his life again.

Do you prefer a regular routine or do you like work to be unpredictable?

Keep on top of - stay in control, manage (particularly, workload)

The only way he could **keep on top of** his workload was by working overtime. He'd been working late all week just to **keep on top of** the current pile of claims. He didn't mind too much; at least if he **kept on top of** work, it would be one aspect of his life that wasn't a mess and under control.

Do you have to work extra hours to keep on top of things?

Do with - use, make use of, benefit from

Even so, he could really **do with** some help. He could **do with** a lot of things, like a new kettle, an overdraft for the meal he hadn't yet paid Demetrius for and he could **do with** another holiday to have a break from all this stress. Right now, at 8 o'clock on Thursday evening, he could **do with** a cup of tea but he just couldn't spare the time to go to the kitchen. He really could **do with** an extra pair of hands to get through all these claims or he'd be here until midnight.

What things could you do with at work and in life?

Snowed under - overwhelmed by work

Just then, a soft voice whispered behind him, *'Hi Alan, you look like you could do with a hand.'*

It was Celeste. He couldn't deny it.

*'Yes, I guess you're right, I'm a bit **snowed under** at the moment.'*

'So I see.'

*'Yeah, all these contracts and no help - I'm totally **snowed under**.'*

'I could help you if you like.'

'You could?'

'But it's already quite late.'

*'Oh don't worry, the night is still young and I hate to see you all tense and **snowed under.**'*

Have you ever been snowed under? Did you get any help?

Chapter summary

With Demetrius out of the way, things started to _____ at work. Alan was glad to _____ his old routines. However, because of new contracts, his work was _____ and he had to work over time to _____ it. He could really _____ some help because he was _____.

Mini-test

1. I could really _____ a new computer.
2. He struggled to _____ all of his projects.
3. After the storm, the weather started to _____ again.
4. I can't wait to _____ my old routines.
5. I can't meet this week; I'm absolutely _____ with work.
6. My reports are beginning to _____.

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Chapter 22 - Lust

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Chill out - to relax

He was glad Celeste had offered to help. If he was honest, he was pretty tired and stressed.

'You know Alan,' said Celeste, *'you need to learn to **chill out** a bit; you're always so uptight.'*

She was right, thought Alan.

*'Just look at the tension in your shoulders, you need to take a break and **chill out** a little.'*

She was right again, thought Alan. Standing behind him, she started to massage his shoulders and he realised how tense he was. Umm, that was nice; he started to feel **chilled out**.

What do you do to chill out?

Turn on - to sexually arouse

He couldn't remember how long she massaged his shoulders for but she had magic hands and he became totally chilled out. She moved towards him and nibbled his ear. He felt a tingle of electricity shoot down his spine.

*'Do I **turn** you **on**?'* She whispered.

He didn't want to resist her any more. *'Yes, you **turn** me **on**.'*

'Then prove it.' She demanded, and Alan wanted to prove it.

I won't ask what turns you on; it's too private but you can also be turned off by something too - like wearing socks in bed!

Pull down - bring to the ground by pulling

Celeste spun round his swivel chair and **pulled him down** to the ground. It wasn't very hard because he wanted to be **pulled down** so he let her **pull him down** with pleasure.

Pull off - remove by pulling

Kneeling, she **pulled off** his shirt and she pulled off her sweater. She certainly had a fantastic body and he was full of anticipation but anxious too.

Pass by / pass up - miss, not take advantage of

*'What if somebody discovers us?' He said nervously.
'Doesn't the thought make you even more excited?' she said, 'besides, there's only us here. You can't keep letting opportunities **pass you by**. Live a little; live dangerously.'*

She was right, thought Alan, he'd **passed up** two golden opportunities already, what was he fighting against? Maybe it was pure lust but he wouldn't let the chance **pass him by** a third time; life was too short. He pulled her towards him and kissed her.

Are there any opportunities you've let pass you by that you regret?

Burst in - to enter a room very suddenly, often dramatically

Alan yielded completely to the possibilities and consequences of the situation; he was past worrying about it any more. He was just trying to work out, without success, how to undo the catch on Celeste's bra when the office door flew open and someone **burst into** the room. Damn! thought Alan; what right did anybody have to **burst into** a room like that? And who would be here at this time of night to **burst in** anyway?

Shoot up - to get up very quickly

Instinctively, he shot up. He **shot up** like a child that had been discovered doing something naughty and as if by standing up he would restore some innocence to the situation. In reality, it made little difference. Celeste didn't **shoot up**, get up or even cover herself. She just look annoyed with the person who'd burst in.

Chapter summary

Celeste said Alan was too tense and need to _____. Then she asked Alan if she _____ him _____, which she did. She _____ him _____ to the ground and _____ his shirt. Alan decided he wouldn't let a third chance _____ him _____ but then suddenly somebody _____ the room and he _____.

Mini-test

1. The neck on this sweater is so small that it's really hard to _____.
2. When the doorbell rang, he _____ to answer it.
3. Don't let life _____ you _____.
4. Some women are _____ by a hairy chest, whilst other women find it a real _____.
5. The fireman _____ to the room to save the baby from the fire.
6. You need to make time to relax and _____.
7. The rugby player _____ his opponent to the ground.

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Chapter 23 - Tringlefold

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Tringlefold



Get into something - get involved in

Get out of - explain, justify, escape, avoid

It was Amanda. She said, *'I'm sorry to burst in on you like this and I can see that you're busy but it's Tringlefold; he's collapsed.'*

Oh no, Amanda! thought Alan. How did he **get himself into** this situation? What possessed him to be seduced by Celeste when he loved Amanda? More to the point, how would he **get out of** this embarrassing situation?

'Amanda, I can explain; it's not what you think.' But he couldn't explain and he couldn't **get out of** this one.

What difficult situations have you tried to get out of?

Pull on - to put clothes on by pulling

Tuck in - to put one piece of material or garment inside another

'I'm not interested; what you do is your business.' She replied coldly.
'Are you going to help me with Tringlefold or not? He could be dying.'
Alan suddenly realised the seriousness of the situation and **pulled on** his shirt. Even in an emergency, it was better to wear a shirt but he decided he didn't have time to **tuck it** in. He ran down the hallway following Amanda.

Can you get dressed quickly if you have to?

Press against - to apply pressure to something

In his office, Tringlefold was lying unconscious on the floor with blood coming from his head above his eye.

'My God! Do you know what happened?' enquired Alan.

'Yes,' said Amanda, *'he was just about to sign some invoices when he passed out and banged his head on the corner of the desk as he fell.'*

'That's a nasty gash and he's bleeding quite badly,' said Alan. *'We need some material to **press against** the wound.'*

'But what?' asked Amanda, with panic in her voice.

'Here, use this,' said Alan, removing his shirt for the second time that evening.

'But that's a good shirt.'

'I think Tringlefold's life is more important.'

Have you ever had to administer first aid to anyone?

Bend down - to move your body towards the ground

As Amanda pressed the shirt against Tringlefold's head to stop the bleeding, Alan **bent down** to check his breathing and pulse.

Pull through - come through a difficulty, survive

*'The old man's still with us; he's a tough old bird, he'll **pull through**,*' reassured Alan. Amanda was overcome with the emotion of the drama and with tears in her eyes, placed her hands on his bare back and said, *'thanks Alan, you've been fantastic tonight.'*

Get back - to recover, to recapture something that was lost

As she said this, Alan looked up at the doorway of Tringlefold's office to see, the now dressed, Celeste.

'Well, well,' she said impressed.

*'You're a quick worker aren't you? Seems like you've **got** your confidence **back**; I hope you'll remember to thank me.'*

He wanted to explain that it wasn't what she thought but he'd been there once tonight already, besides, she was right as usual, and he really had **got** his confidence **back**.

What have you ever lost and got back?

Chapter summary

When Amanda discovered Alan and Celeste on the floor, Alan wondered how he'd _____ such a situation and more to the point, how he would _____ it. He _____ his shirt but he didn't _____ it _____. Amanda _____ his shirt _____ Tringlefold's wound while Alan _____ to check his breathing and pulse. Celeste appeared at the door and said that she could see that he'd _____ his confidence.

Mini-test

1. Do you think shirts look smarter _____?
2. It's hard to _____ your boots when you wear extra socks.
3. They were tough times but in the end, we managed to _____.
4. Once you lose your confidence, it's hard to _____ it _____.
5. How did you _____ such a mess with your finances?
6. You need to _____ to tie up your shoe laces.
7. We're in trouble now, I don't know how we're are going to _____ this one!
8. To reduce the swelling, _____ an icepack _____ the swollen part.

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Chapter 24 - On the up

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Turn out - to result in, finally appeared

Tringlefold had been lucky that someone was there otherwise he might have bled to death. The paramedics arrived and took him to hospital. It **turned out** that apart from the loss of blood, he had severe concussion and would be kept in hospital for observation. It also **turned out** due to his workload and stress, his blood pressure was sky high and he would have to take it a lot easier from now on. He also discovered what had happened to Demetrius; as it **turned out**, he'd been....

We often use turn out when speaking about weather; e.g. 'it's turned out nice again.'

Called away - to be asked, usually by phone, to leave suddenly and go somewhere else

Yes, it turned out that he'd been **called away** because his father was ill in Cyprus. He'd just been **called away** so quickly that he left the office and booked a flight without telling anyone. As it turned out, he wasn't as bad as the family thought and he'd only suffered a mild stroke. But now he'd been **called away**, he would stay there for a while.

Turn around - to change direction, a reversal of a situation

The incident with Tringlefold seemed to be some kind of turning point at work. Everything suddenly **turned around**. He'd gone from zero to hero overnight. It was a complete **turnaround**. People were coming up and congratulating him and Tina on reception had the nerve to ask him if the offer of a meal was still open. Although she had **turned around**

in terms of her opinion of him, he took a little pleasure in turning her down.

You can also turn around in a car.

Tick over - to maintain at a steady speed

He'd given up trying to fight the mountain of new claims forms and just concentrated on keeping things **ticking over**. That's how a business should be; not people getting stressed but just maintaining a gentle **tick over** speed. For now, that would be enough and this cleared enough space to plan his 'Win back Amanda campaign.'

A car's engine also ticks over.

Bowl over - to be extremely and pleasantly surprised

When Tringlefold eventually returned to work, he called Alan into his office.

'Take a seat Alan.'

'Yes Sir.'

'Oh no need for formalities here, call me Norman'

'Yes, Norman.' Alan felt weird.

'So, what have you got to say for yourself?'

Not another guessing game, thought Alan and answered, *'I'm not sure what you're referring to.'*

'Oh come, come; don't be so modest; regarding saving my life.'

'Oh that.'

'Yes, that.'

'Well, I just did what I had to; anyone else would have done the same.'

'I don't believe so Alan and I like a man who can take control in a crisis - that's why I'm promoting you to Office Manager!'

'Me?'

'Yes Alan, you.'

Alan was **bowled over**. It took a lot to bowl him over. His life was full of unexpected events; usually bad. This took him totally by surprise and he was completely **bowled over** by it.

Look up - improve

Things were beginning to **look up**. Kevin was keeping out of his way and didn't dare risk a clever comment about his heroics. Even Amanda had starting smiling at him again when she saw him in the corridor. Demetrius was out of the picture and Celeste was out of office for a week. Now to cap it all, he'd finally been promoted. He was feeling ten feet tall; things were certainly **looking up** again!

Chapter summary

It _____ that Tringlefold had concussion and Demetrius had been _____ to Cyprus. The accident had led to a complete _____ in Alan's fortunes. While the boss was away, he kept the business _____. When he returned, he promoted Alan who was completely _____. He really felt that things were beginning to _____.

Mini-test

1. There's been a complete _____ in the company's financial situation.
2. He's not here; he's been _____ to an important meeting in Paris.
3. When he asked her to marry him, she was completely _____.
4. He's got a new job and a new car; things are beginning to _____ for him.
5. Can you look after the shop while I'm away? No need to work too hard, just keep things _____.
6. As it _____, he'd been having an affair with his brother's wife for years.

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Chapter 25 - Snooping around

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Pick out - to choose, select

Alan decided that a cunning line of attack to win Amanda would be to make friends with Auntie Sokolowska. If he could get into her good books this would help him become more liked by Amanda. He decided to walk home and buy flowers on the way. The lady in the flower shop asked him to **pick out** some flowers for her to make a bouquet.

*‘Just **pick out** the ones you want dear. We’ve got roses, carnations, irises, fuchsias, lilies and chrysanthemums; just take your pick.’*

Alan didn’t know what to **pick out** because apart from roses, he didn’t know which flowers were which names. In the end, he just **picked out** a bunch of red roses.

To get into somebody’s good books is to win their favour.
Are you good at choosing flowers?

Hand over - to give, to pass something to somebody

Alan walked to the apartment block and feeling full of vigour and optimism, took the stairs. He rang the doorbell and waited, holding the flowers behind his back. After about 30 seconds, Mrs Sokolowska opened the door and said, *‘Oh it’s you,’* in a rather grumpy tone, adding *‘Please don’t tell me you’ve flooded the bathroom again.’*

‘No,’ reassured Alan, *‘quite the opposite; I’ve come to apologise.’*

He produced the flowers from behind his back and as he **handed** them **over** sang, *‘Dadaaaah!’* Mrs Sokolowska was rather surprised and said, *‘well, that’s very kind of you but red roses?’*

How do you hand over flowers to someone?

Come in, Go in - to enter

'That's more the sort of thing you'd buy your girlfriend.'

'I don't have one, yet.'

*'Well, now you've handed them over, the least I can do is put them in water. You'd better **come in.**'*

Alan hesitated; he'd never **gone into** Mrs Sokolowska's apartment before.

*'Don't be shy, **come in.**'*

You come here and go there.

Sit down - to go from a standing to a seated position

*'Please', said Mrs Sokolowska, '**sit down.** You make the place look untidy'.*

Alan followed orders and **sat down.**

'I'll just put these in a vase and be right back.'

She rushed off to the kitchen calling out to somebody he couldn't see, *'you'll never guess who's just bought me red roses!'*

Stand up - to move from a seated to a standing position

Alan stood up quickly to try and see who it could be but the kitchen door was almost closed. **Standing up** or sat down, he couldn't see in.

Snoop around - to look nosily or secretly

He thought while Mrs Sokolowska was in the kitchen, he would have a **snoop around**. It wasn't that he was a snoop but he was just curious. The apartment was modern but furnished more in a Polish country style with lots of red woollen rugs and covers. There was a bookcase full of Polish books and a large glass cabinet full of photographs of, what Alan assumed to be, family members. This was a good snooping

opportunity. Alan went closer for a better snoop. There was a wedding picture. Mr Sokolowska must be dead now; he'd never seen him. There were some children; a tall, thin boy and a pretty girl with wavy, dark brown hair. She looked cute.

Do you snoop around when people are out of the room?

Argue back - to contradict, to compete with words

'Don't look at those; they're really embarrassing; that's me when I was ten,' said a voice behind him.

He turned around; it wasn't Mrs Sokolowska but Amanda. Not so long ago, he would have coloured up or tried to get out of it but the new, confident Alan **argued back**.

'No they're not; they're lovely. You look very pretty,' and continuing to **argue back**, he added, *'but nowhere near as pretty as you are now.'*

And this time, it was Amanda's turn to colour up. Mrs Sokolowska, who'd heard the conversation, said to Alan, *'So, it seems you really have bought the red roses for the wrong person!'*

Do you tend to argue back with people?

Chapter summary

Alan went to the flower shop but wasn't very good at _____ flowers so just bought roses. He went to the apartment block and _____ them _____ to Mrs Sokolowska. She told him to _____ so he _____. She then told him to _____ but as soon as she'd gone, he _____ and started to _____. When Amanda said her photograph was embarrassing, he _____.

Mini-test

1. I've been walking round the shops all day, I can't wait to _____.
2. The robber went up to the bank clerk and said, ' _____ the money!'
3. With some people there's just no point in trying to _____ because they always need to have the last word.
4. We _____ the museum as soon as it was open.
5. When the teacher enters the room, to show respect, the children all _____.
6. Don't stand on the doorstep, _____!
7. While I was alone in the client's office, I had a good _____.
8. I was asked to _____ the robber from the line of men in the identity parade.

[jump to answers](#)

Chapter 26 - Flying cats

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[List of PVs](#)

Feed up - to increase health through feeding, to increase food intake

Arguing back with Amanda about her photograph was one thing but with Mrs Sokolowska, it was pointless. She'd laid a table of cakes with enough food to feed the entire workforce of Crook and Swindle.

*'I can see,' she said admonishingly, 'that you need **feeding up**. I bet you live on nothing but pizza.'*

It was true. Winking at Amanda, she said, *'what you need is a good woman to **feed you up** all the time and remind you to turn the bath taps off too.'*

They all laughed, although it hurt Alan with the number of cakes floating in his stomach from all the **feeding up**.

Do your relatives force you to eat a lot of food when you visit?

Take to - to like, to come to like somebody or something

Part One of his plan had clearly worked and it seemed that Mrs Sokolowska had quite **taken to** him. He'd wanted her to **take to** him but maybe not quite so much as she had done. Now, she'd probably be bringing him cakes and fussing him all the time. Anyway, it was Amanda he wanted to **take to** him and he still wasn't sure if she had.

Nip out, pop out - to leave quickly and temporarily

Trying to get some relief for his stomach, Alan stood up and said, *'I hope you will forgive me but I just need to **nip out** a moment. I'm just going to pop upstairs to feed Harvey or he'll need feeding up.'*

The idea of **nipping out** was treated with approval.

'But make sure you come straight back,' chastised Mrs Sokolowska, 'you're not leaving until you've tried the perogi.'

Spin out, drag out - to make last a long time

Alan popped out and climbed the one flight of stairs to his floor but instead of going straight into his apartment, he stood near the window rubbing his aching stomach. He wondered how long he could **spin it out**. How long does it take to feed a cat? You couldn't **drag it out** for too long. After a few minutes he realised he could **spin it out** no longer, he entered his apartment, but suddenly, he didn't need to **drag it out** any more.

What things have you ever tried to spin out?

Fly out - to exit very quickly

As he opened the apartment door, Harvey came **flying out** at full speed. He ran down the stairs with Alan's full stomach bouncing behind him. Why would he **fly out** like that when I couldn't get him to leave before; cats, they're mad! By the time Alan got to the bottom of the stairs, Harvey had already **flown out** of the front door as someone had entered. He was out of sight.

Do you have a cat? Is it unpredictable?

Come back - return

Alan raced up the stairs to the third floor and hammered on the door. An alarmed looking Mrs Sokolowska and Amanda both came to the door.

'Whatever's the matter?'

'It's Harvey, when I opened the door, he just flew out and now he's

gone. Will you help me find him?’

*‘Of course,’ said Amanda, and as the pair rushed back down the stairs, she said, ‘don’t worry Alan, he’s sure to **come back**; cats always **come back**.’*

*‘I hope he does **come back**, I’ve got to quite like that little guy; for a while, he was the only buddy I had.’*

*‘Well, I’m your buddy now and he will **come back**.’*

At any other time, this would have been music to his ears but Alan was too worried about the cat to notice what Amanda had just said.

Chapter summary

Mrs Sokolowska was determined to _____ Alan and it seemed that she'd quite _____ him. To get a rest from the food, he decided to _____ to feed Harvey. He waited on the stairs trying to _____ it _____. When he open the door, Harvey _____ and went down the stairs and out of the building. Alan asked Amanda to look for him as he was worried he might not _____.

Mini-test

1. He tried to _____ out the meeting to use up all the time and not go back to work.
2. I've really _____ dancing since I started lessons.
3. If you throw a boomerang, it _____.
4. The accident was caused when the car came _____ of the petrol station.
5. He's just _____ to the shop but he'll be back soon.
6. Grandmothers always think you don't eat enough and need _____.

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Chapter 27 - The search

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[List of PVs](#)

Call out - to call, usually a name, loudly

They walked down the street **calling out** his name, ‘*Haaaaaarveeeey! Haaaaarveeeey!*’ Some people looked at them as if they were mad but they asked them if they’d seen a cat, which nobody had. They **called out** his name again and again but he didn’t appear.

Look inside - look into a small space, area or object

They **looked inside** bins and looked inside some empty boxes they found. They even **looked inside** a garage that had been left open because cats were notorious for getting locked in small spaces. They **looked inside** the bushes but he was nowhere to be seen.

Run over - hit or squashed by a car

Eventually they came to the main busy road leading to the park. Cars, trams, lorries and buses whizzed up and down.

‘*What if he’s been **run over**?*’ said Alan worriedly, ‘*cats do get **run over** and it’s a horrible sight. I couldn’t bear to think about him all squashed under a car.*’

‘*Don’t be silly,*’ said Amanda reassuringly, ‘*he hasn’t been **run over**; he’s just enjoying a bit of freedom and adventure. He’s probably in the park somewhere; let’s try there.*’

Walk around - to walk within an area such as a city, park or museum

They **walked around** the park calling out his name, ‘*Haaaaaarveeeey!*’ They **walked around** the duck pond calling out

his name, ‘*Haaaaaarveeeey!*’ They **walked around** the whole park but still no sight nor sound of him and now it was getting dark.

Call off - to stop, to end or cancel, often used in conjunction with a search or sporting event

They would have to **call off** the search for the evening. Alan didn’t like **calling off** the search but what else could they do? It was hopeless trying to find a cat in a dark park. They **called off** the search but not without one last call, ‘*Haaaaaarveeeey!*’

Climb up - to ascend

‘*Now we’ll never find him,*’ said Alan dejectedly. ‘*Shhh!*’ said Amanda abruptly, ‘*I thought I heard something.*’

‘*Probably just your imagination playing tricks on you.*’

‘*Shhh!*’ she said again, ‘*no I definitely heard something, over there; yes, look!*’

And in a tree to their left, two eyes sparkled from a high branch.

‘*Meeouw,*’ cried a pitiful voice. The same voice that whined for food in the morning; it could only be Harvey. How to get him out of the tree was another matter. Alan would have to **climb up** which was tricky in the semi-darkness. He **climbed up** the tree and onto the first branch; Harvey moved up a little. He **climbed up** higher onto the second main branch and Harvey climbed some more. In fact, the higher Alan climbed, the higher Harvey climbed until Alan was half way up the tree and Harvey right at the top.

Are you good at climbing trees?

Chapter summary

Alan and Amanda went into the street and _____ Harvey's name. They _____ boxes, bushes and a garage. As they got to the main road, Alan worried that maybe he'd been _____ by a car or bus. They _____ the park trying to find him. They were just about to _____ the search when they found him and Alan _____ a tree to get him.

Mini-test

1. The concert in the park has been _____ due to bad weather.
2. We _____ the art gallery for two hours.
3. Tragically, the neighbour's dog was _____ by a car and had to have a leg amputated.
4. If you want to know what's in the bag, _____!
5. She _____ from the window for the children to come in for dinner.
6. You have to _____ a ladder to get into the attic.

[jump to answers](#)

Chapter 28 - Tumbling down

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[List of PVs](#)

Climb down - to go down from a position - physically and metaphorically

It was futile. There was no point climbing any higher so Alan just sat and waited a while, hoping that Harvey would **climb down** towards him. It worked and slowly, Harvey started **climbing down**. Then Alan would be able to **climb down** too and they could all go home.

Stretch out - to extend arms to reach something

However, when Harvey got to about a meter away, he stopped and stared at Alan. He just wouldn't go any further. He was just out of reach so Alan would have to **stretch out** to get him. It was a long stretch but if he really **stretched out** his arm, he reckoned he could grab him quickly. He leant towards him as far as he could and **stretched out**.

Give way - to concede or break

But as he did so, disaster struck. The branches below him **gave way** and cracked beneath him. His movement had transferred too much weight to them and they **gave way** under him until, suddenly, only one arm was in contact with the tree as the other was stretched out.

Grip on - to hold tightly

He **gripped on** to a main branch while trying to bring his stretched arm back to something solid but he missed. He **gripped on** more tightly but the one hand was taking all of his weight and he couldn't **grip on** much longer. In fact, he couldn't **grip on** any more at all.

Tumble down - to fall down while rotating

The next thing Alan knew, he was **tumbling down** through the leaves and branches, banging his arms, legs and back and scratching his face. He **tumbled down** for what seemed an eternity, visualising Kevin laughing at him in the lift, Celeste naked in the forest beckoning him towards her, Tringlefold bleeding on the floor and the entire carpet red, Mrs Sokolowska forcing him to eat a cake the size of a pumpkin and Amanda; where was Amanda? Then everything went blank and silent.

Have you ever tumbled down from a tree?

Jump down - to come to a lower place by jumping

As Alan lay unconscious on the ground, Harvey **jumped down** from the branch he was on to where Alan had been. Then, he **jumped down** to a lower branch and from there he **jumped down** onto the ground looking rather puzzled as if wondering what all the fuss was about.

Rub up against - to move your body sideways against someone

He went over to Alan purring and **rubbed up against** his arm. He walked around him **rubbing up against** his legs, then up to his shoulders. He **rubbed up against** him while flicking his tail in Alan's face but still Alan remained totally unconscious.

Chapter summary

As Alan tried to get Harvey out of the tree, the cat started to _____ but then stopped just out of reach. Alan _____ his arm to get him but the branches below him _____. He tried to _____ but couldn't and _____ to the ground. As he lay unconscious, Harvey _____ and _____ him.

Mini-test

1. The little boy was frightened to _____ from the wall.
2. He tripped and came _____ the hill.
3. After the heavy rain, the side of the mountain collapsed and _____.
4. The government had to _____ from their spending plan due to lack of support.
5. The bear _____ the tree to scratch his back.
6. Close your eyes and _____ your hands, I've got a surprise for you.
7. This is a fast motorbike, you'd better _____ tightly.

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Chapter 29 - Looking back

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[List of PVs](#)

Look back on, look back over - reflect, remember, review

Amanda did enter his dream, smiling; it was nice. Then everything was white; a blank and peaceful, empty white space. Had he died and gone to heaven or was his fate still being decided? He **looked back over** his life. It wasn't faultless, he'd made some mistakes but he wasn't a bad person. He **looked back on** the fact that he'd saved Tringlefold's life; surely that would be worth something when everything was taken into account? But was that it? Was his life over already? He **looked back on** the fact that he hadn't captured Amanda's heart and how he'd wasted the opportunity but there she was, still smiling.

Do you ever look back on your life and think about how you've spent your time?

Think back - to try to remember something

Then the voice in the dream spoke, *'Alan? Are you with us?'*

He looked at the white space but now there were details; a light-fitting, a curtain, a bed, a leg suspended in the air and chair beside him with Amanda sat on it.

'Am I dead?' He asked.

'Of course not,' laughed the voice, *'you're in hospital. You've had a nasty accident and broken your leg.'*

He tried to **think back** to how that could have happened. He **thought back** and could only remember eating cakes with Amanda and Mrs Sokolowska.

'Really?' he said, incredulous, *'so how did that happen? Did I fall down our stairs?'*

'You've got a bad concussion,' said Amanda, *'it'll come back to you;*

you tumbled down from a tree trying to rescue Harvey.'
'Really?' said Alan. This was very surprising news.

Have you ever had amnesia? Don't tell me; you can't remember!

Freak out - to behave wildly, to lose control

Then Alan had a moment of panic and **freaked out**.

'Harvey! What's happened to him? Is he alright, is he injured or dead?'

'No, of course not,' said Amanda, *'and there's no need to **freak out**, he's fine. We found your house key in your pocket and me and Auntie Anna are taking it in turns to feed him. Everything's under control.'*

Do you ever freak out? Over what?

Calm down - to become calmer

Alan **calmed down**.

*'You have to learn to **calm down**,*' said Amanda.

'You've had a lot of stress lately and a shock with the accident. Just try to stay calm and you'll get better much sooner.'

Are you good at calming down or do you find it difficult?

Wear off - to stop having an effect

But Alan wasn't very good at calming down and shuffled in the bed grumpily. He tried to adjust his position and felt a terrible twinge of pain in his leg. Whatever anaesthetic he'd been given was starting to **wear off** and he could feel all the bruises and aches in his body. When it **wore off** completely, he would be in more pain.

Have you ever had an anaesthetic? Are you good a putting up with pain?

Check out - to formally leave somewhere such as a hospital or hotel; discharge yourself

*'Do you know how long I have to be here for? Maybe I could **check out** and go home; after all, it's only a broken leg.'*

*'The doctors want to keep you in for observation for a couple of days, then they'll decide if you're fit enough to **check out**.'*

*'I hope it's not long; I can't wait to **check out** and get back home.'*

Have you ever had to stay in hospital? Could you wait to check out?

Chapter summary

Alan thought he was dead and _____ his life. He tried to _____ to what had happened but he couldn't remember. When he worried about Harvey, he started to _____ but Amanda told him to _____. He felt in pain when the anaesthetic started to _____ and he couldn't wait to _____ of the hospital.

Mini-test

1. The effect of the drug is starting to _____.
2. Hippies would go crazy and do a dance that involved _____.
3. Can I _____ in the afternoon? My flight isn't until the evening.
4. He _____ his life without regret.
5. Try to _____; what did he say?
6. The children were getting too excitable and the teacher told them to _____.

[jump to answers](#)

Chapter 30 - Back home

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[List of PVs](#)

Fit in - to get something into a space; to mix well and conform

After another two days Alan was allowed to check out of hospital and ordered a taxi. Alan had a plaster cast on his leg and two crutches. He waited outside for the taxi but when he came, he wasn't very helpful. With Alan's leg in a fixed position, it was difficult for him to **fit in**. That had been the story of his life; he hadn't **fitted in** at school or at work but now things were beginning to look up. But how to fit his leg into the taxi was more of a problem. He sat on the seat with his back to the door and shuffled along until all of his leg had **fitted in** to the taxi.

Have you ever had to get in a car with a plaster cast on?

Slide out - to move out of a space by sliding

When he arrived home, he had to **slide out** from the door opposite to the one he'd come in from. He was still rather sore and **sliding** himself **out** of the taxi was rather difficult. The taxi driver hung around waiting for a tip but he'd been so unhelpful that Alan didn't bother.

Do you tip tax drivers?

Locked out - to be unable to get in because of a lock

Amanda had returned his key which he now put into the door but it seemed locked. He tried again but without success. Surely, he couldn't be **locked out** of his own apartment; that would be just his luck. Had

he remembered to pay the rent? Maybe he'd forgotten and the landlord had changed the locks to **lock** him **out** of his own home.

Have you ever been locked out of your apartment?

Tidy up - to make tidy

Then the door opened and Amanda was standing there smiling. 'Welcome home,' she said and gave him a delicate kiss on the cheek. It was a great home-coming but it got better. As he went inside and looked around, the place looked amazing; he'd never seen it so tidy. 'I hope you don't mind,' said Amanda, 'but I thought it was time for a spring clean so I've had a bit of a **tidy up**.' 'A bit?' said Alan, 'it's fantastic but you didn't have to; it's enough that you looked after Harvey.'

Do you like spring cleaning?

Eat up - to consume completely

And upon hearing his name, Harvey appeared as if introducing himself. 'There you are you silly cat,' said Alan, 'I hope you've been good for Auntie Amanda.' Harvey purred to confirm the fact which Amanda corroborated. 'Yes, he's been a good cat and **eaten up** all his food. In fact, as soon I put it down, he **eats** it all **up**; I had to go out and buy him some more.'

Settle up - to settle a bill or account, to pay what is owed

'Oh, yes,' said Alan, 'how forgetful of me. How much do I owe you? I'll **settle up** now.' 'Don't be silly,' said Amanda, 'it was pennies, there's no need to **settle**

up.'

*'But, I'm different now; the old indecisive, nervous Alan with debts is a thing of the past. I'm a reformed character and I'd like to **settle up.**'*

'You know,' said Amanda, 'I think I actually believe you. Now sit down and I'll make us both a nice cup of tea.'

Chapter summary

When Alan left hospital, he had difficulty _____ to the taxi. When he arrive home, he had to _____ of the opposite door. He couldn't get into his apartment and thought he'd been _____. Then Amanda let him in and he saw that she had made the apartment look nice and _____. Harvey had been a good cat and _____ all of his food. Alan asked how much it cost because he wanted to _____.

Mini-test

1. Come on, _____! We've a long walk ahead of us and you'll need all your energy.
2. She tried to _____ to a size 12 dress but it was too small for her.
3. Oh no, I've left my car keys in the ignition and been _____.
4. Could you tell me what I owe you? I'd like to _____.
5. He managed to _____ from under the collapsed building.
6. This place is a mess; will you help me to _____?

[jump to answers](#)

Chapter 31 - Choices and decisions

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[List of PVs](#)

Heal up - to recover or repair, usually from skin damage

Over the next few months, slowly but surely, he started to get better. His plaster came off and his leg became stronger. His wounds also **healed up**; not just the physical ones but the psychological ones that had dented his confidence and led to so many problems.

Hold back - to hold back or be held back – constrained, limited, restricted, not given the chance to advance

His lack of confidence has always held him back but he wouldn't let it hold him back any longer. From now on, he'd face all problems decisively and with courage.

What has held you back in life?

Look up to - respect, admire

He was well on his way to achieving this. At work, he was now in Tringlefold's good books and could do no wrong. Kevin had apologised to him and Celeste seemed to have finally accepted that he was out of bounds. As Office Manager, the rest of the staff **looked up to** him and treated him with respect. Even Amanda seemed to **look up to** him now.

Grow together - to become closer

Grow apart - become more distant

After the excitement of early dating, when people get to know each other, they often **grow apart** but Alan and Amanda had really **grown together** and realised that shared many interests and tastes. They enjoyed walking arm in arm in the park together and going to feed the ducks. It was nothing special but it felt special just being together. They'd really **grown together** and there was no doubt in Alan's mind that he loved her and he felt, or hoped, that she felt the same.

Stay over - to stay at someone's house

After all, she often **stayed over** for whole weekends. He'd never had a girl **staying over** before on a regular basis and it was nice to see her things in the bathroom. He hoped that she would **stay over** forever and never leave. One Sunday afternoon, when she'd **stayed over** and they'd returned from the park, she sat down seriously and said, '*Alan we need to talk.*'

Work away - to work in a location away from home

Alan was worried, she seemed tense, '*Oh, have I said something to upset you? Me and my big mouth, I sometimes speak before I think.*'
'No,' she pleaded, '*you haven't done anything to upset me but what I have to say, might upset you.*'
'Oh?' Alan was dumbfounded.
'*I've been offered a job.*'
'Well, that's great news,' said Alan, '*congratulations.*'
'No, you don't understand', continued Amanda, '*it's working away.*'
'Oh, I see,' said Alan slightly disappointed, adding, '*but you can still come and stay over at weekends.*'
'*I don't think so; the job's in Hong Kong. Crook and Swindle are setting up a new branch and want me to be Finance Manager.*'
Alan was lost for words.

Have you ever been offered a job in another country? Did you take it? Or if you haven't, would you?

Think over - reflect on, consider

After a while, Alan said, *'I see, and have you accepted the job.'*

'Not yet.' That was a relief thought Alan but then Amanda said, *'but they need a decision by Tuesday.'*

'That soon?'

Alan's mind was spinning, surely having come this far, having grown together so closely, fate would not be so cruel as to snatch her away from him at the last minute? He remembered when he thought he'd died, how he'd wasted his life and how it was important to take opportunities as they arose; he may never get another chance.

Almost without thinking, he blurted out, *'Amanda, will you marry me?'*

Amanda was taken aback and just said, *'sorry?'*

'Will you marry me; I love you, I want you to be my wife. I don't want you to go to Hong Kong, I know it's selfish but I love you and want to spend my life with you.'

Amanda sighed heavily and with tears in her eyes said, *'I don't know Alan, that's a big step, I'd have to **think it over.**'*

'And the job?'

*'I need to **think that over** too. I'm sorry Alan, you're a sweet guy but it's a lot to think about. I'd better go; I need some space to think this all over.'*

And before Alan had time to stop her, she was gone and he was alone.

Alan turned sadly to Harvey and said, *'well mate, looks like it's just you and me again. Looks like we'll have to wait while she thinks it over.'*

Harvey meowed as if in agreement.

'Yes, you're right,' said Alan to Harvey, *'we'll just have to wait and see what happens next.'*

What do you think Amanda will decide to do?

Chapter summary

Alan's leg mended and his wounds _____. He realised that his lack of confidence had _____ him _____ but now, people at work respected him and _____ to him. He and Amanda had _____ and she often _____ at weekends but then she told him that she had been offered a job _____. He asked her to marry him and she said she would have to _____.

Mini-test

1. As the years passed, they saw each other less frequently and _____.
2. You want me to go into partnership? I'll need some time to _____ it _____.
3. I always _____ my older sister.
4. You look too tired to drive tonight, why don't you _____?
5. Tom only comes home at holiday time because at the moment, he's _____.
6. Now you've passed your driving test there's nothing to _____ you _____ from getting that sales job.
7. At first they didn't get on but as time went by they _____.

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The Big Test!

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This contains all of the phrasal verbs contained in the book. Use it as a starting self-assessment test, a three chapter revision test and a final assessment test.

Part 1 - Chapters 1 - 3

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1. No wonder the car's stopped, we've _____ petrol!
(*have no more*)
2. She's _____ going to the doctor three times now.
(*postpone*)
3. What time did you _____ last night? (*return*)
4. There was a _____ at the airport and our flight left two hours late. (*delay*)
5. I had to take the stairs because the lift had _____.
(*stopped working*)
6. I hate guessing games; I don't know, I _____. (*admit defeat*)
7. She's been _____ her new ring all morning. (*behaving boastfully*)
8. It's a formal dinner so you'll need to _____. (*wear smart clothes*)
9. I need to _____ a parcel from the post office. (*collect*)
10. You can _____ me _____ here, my apartment's just around the corner. (*deliver somebody or something to a place*)
11. It's dangerous to try and _____ a train when it's moving.
(*to board*)
12. For the cinema, you want to _____ at the next stop.
(*leave*)
13. I always _____ at the sight of blood. (*faint*)
14. That's a nice surprise, fancy _____ you! (*meet unexpectedly*)

15. Thanks for visiting, you've really _____ me _____. (*make happier*)
16. I've had three late nights and I need to _____ my sleep. (*recover*)
17. When can you _____ me _____? I need the money. (*return a debt*)
18. She's gone to England to _____ her sick mother. (*take care of*)
19. They're great mates, they _____ like a house on fire. (*enjoy each other's company*)

Part 2 - Chapters 4 - 6

[jump to answers](#)

1. The application form took ages to _____. (*complete*)
2. I really like you; will you _____ me? (*go on a date*)
3. The goods arrived damaged, I'll have to _____ them _____. (*return*)
4. I'm innocent! Somebody's _____ me _____. (*constructed a situation to make me look guilty*)
5. I'm not sure I've understood; would you _____ it one more time? (*repeat, explain*)
6. I can't _____ the drilling noise any more; it's driving me crazy! (*tolerate*)
7. For more information, look at the _____ I've given you. (*distributed information*)
8. If you want to lose weight, you'll have to _____ on the number of cakes you eat. (*reduce*)
9. If there's anything you want to say, feel free to _____. (*contribute*)
10. Please _____ it _____ at the next meeting. (*raise an issue*)
11. I was isolated in my view because nobody would _____ me _____. (*support*)

12. Life's too short; it's not worth _____. (*becoming enemies about something*)
13. I'm not talking to Claire; I've _____ her. (*not be friends anymore*)
14. It's a difficult problem but we'll _____ something _____. (*find a solution*)
15. I'm from Texas, so I guess I'll have to _____ it _____ instead. (*US form of answer to 33*)
16. Will you _____ on the TV? I want to watch the news. (*make work*)
17. Please _____ your shoes in the house. (*remove*)
18. I'm driving to the coast tomorrow so I need to _____ the car with petrol. (*fill to the limit*)
19. The washing machine has overflowed; I need to _____ the water from the floor. (*to remove and absorb liquid - using a stick with material on the end*)
20. The evening is getting cool; I think I'll _____ my sweater. (*start wearing*)

Part 3 - Chapters 7 - 9

[jump to answers](#)

1. I get bored stopping at home in the evenings so I prefer to _____. (*leave the house for some form of entertainment*)
2. I don't like noisy, busy pubs so I prefer to _____. (*the opposite of 40*)
3. Three days left of the holiday and I've already _____! (*used all my money*)
4. I'm too tired to cook; let's just order a _____. (*ready made food, delivered*)
5. I'll come and watch you in the marathon to _____ you _____. (*support noisily*)
6. If you don't mind, I've got an early start in the morning so I'll _____ now. (*go to bed*)

7. I woke up in the chair at 2.00am; I must have _____.
(fallen asleep)
8. Somebody tried to _____ to the house next door last night. (forcibly enter)
9. He didn't pay the phone bill and now he's been _____.
(had the supply removed)
10. Some of the things he says are outrageous; I don't know how he _____ it. (goes unpunished)
11. She's forgotten to take her phone: _____ her! (follow hurriedly)
12. Who _____ this guy _____ to the party? I don't know him.
(gave entry to sb.)
13. I was stuck on a side road and none of the other cars would _____ me _____. (allow to exit)
14. I'm not going to decide tonight; I'll _____ it and let you know in the morning. (sleep before making a decision)
15. I never heard my alarm _____ this morning.
16. I hate _____! (leaving the bed in the morning)
17. At weekends, I always have a _____. (stay longer in bed)
18. If it's broken, you might as well _____ it _____. (dispose of)
19. It's difficult at first but if you _____ practising, you'll master it. (continue)
20. Once the baby starts crying, it's difficult to _____ him _____. (stop making a noise)
21. The cat was accidentally _____ the garage. (trapped, imprisoned)

Part 4 - Chapters 10 - 12

[jump to answers](#)

1. I was going to say that but you _____ me _____ it.
(did it before I did)
2. He said he would come but he never _____. (appear, arrive)

3. Don't ever speak to me like that in front of people again; you really _____ me _____. (*embarrassed me*)
4. If you're ever in the area, feel free to _____ and visit us. (*visit casually*)
5. He keeps _____ all these crazy ideas. (*creating, suggesting*)
6. Go to the public records office and see what you can _____. (*discover*)
7. If you're walking, it's much quicker to _____ the park. (*take a short cut*)
8. 69. We _____ back where we _____! (*ended, commenced*)
9. The fight ended when the boxer was _____. (*hit unconscious*)
10. Luckily, it wasn't long before he _____. (*regained consciousness*)
11. There was a prowler but the dog must have _____ him _____. (*made to go away through fear*)
12. She had an awful childhood and _____ from home. (*leave quickly to escape*)
13. I was rather _____ by what he said. (*surprised, shocked*)
14. You'd better _____ that cut before it becomes infected. (*make clean*)
15. When he saw the dentist's drill, he _____ in the chair. (*move backwards suddenly*)
16. When the van stopped suddenly, all the boxes _____. (*move to the front very quickly*)
17. Will you _____ my dog while I'm away? (*take care of*)
18. Do you think Johnny Depp will _____ at the award ceremony? (*appear*)
19. Disaster! This time, I've really _____. (*made a big mistake*)

Part 5 - Chapters 13 - 15

[jump to answers](#)

1. When they show operations on TV, I always have to _____.
(*avert my eyes*)
2. I promise to _____ forgetting your birthday.
(*compensate*)
3. I'll do all I can to _____ it _____ you. (*compensate sb.*)
4. The neighbour's car alarm keeps _____; it's really annoying. (*making a noise*)
5. You never _____ that old chat up line? (*be deceived*)
6. His mother _____ him _____ for ripping his new shirt. (*reprimanded*)
7. When she found out she was pregnant, she was absolutely _____. (*extremely happy*)
8. Failing his exams was a bit of a _____. (*a blow, a retrograde step*)
9. It's no good getting all emotional; just try to _____ yourself _____. (*collect, regain composure*)
10. The auditors want to _____ some suspicious transactions. (*investigate*)
11. There are some hooligans further along; it's best to _____ here for a while. (*wait behind a little*)
12. Teenagers often _____ bus shelters. (*wait, often without purpose*)
13. The knives, forks and spoons are all _____; can't you keep them separately? (*confused, disorganised*)
14. He was _____ to the Headmaster's office. (*told to attend*)
15. The boss gave him a right _____. (*telling off*)
16. I don't believe a word you're saying; I think you are _____ it _____. (*inventing a story*)
17. You've lost me my job! You'll _____ this! (*be punished*)
18. I'm _____ with my job. (*weary, bored, unhappy*)
19. To _____ the main points of the meeting.... (*conclude, summarise*)

Part 6 - Chapters 16 - 18

[jump to answers](#)

1. The trainer _____ us _____ to work in twos. (*be placed with another person*)
2. The assembly instructions were impossible to _____. (*understand, solve a puzzle*)
3. I had to _____ the entire fence to find an entrance. (*circumnavigate, explore an area*)
4. She left her husband and _____ the postman! (*elope, leave in a relationship*)
5. That guy in marketing gives me the creeps; he's always _____ me. (*making sexual advances*)
6. He said he would dive off the high board but he _____. (*Didn't do something for loss of courage*)
7. I _____ Mrs Jones today. (*met unexpectedly*)
8. The tension between them had been _____ for some time. (*accumulating*)
9. It's not acceptable to _____ a friend. (*get into trouble*)
10. When he told her a rude joke, she _____. (*blushed*)
11. The guy's an idiot, just _____ it _____. (*release, do not hold onto a thought or emotion*)
12. The credit agency want to _____ him _____ before offering him a loan. (*investigate, gather information about sb.*)
13. I'd like to _____ tonight; which restaurant shall we go to? (*Dine somewhere not at home*)
14. He asked her to marry him but she _____ him _____. (*refused, rejected*)
15. Don't be shy, just _____ her _____. (*invite on a date*)
16. My son had a tantrum in the shop and totally _____ me _____. (*embarrass, look foolish in public*)
17. Don't buy the first car you see, _____ for the best price. (*to look at a number of suppliers for the best deal*)

Part 7 - Chapters 19 - 21

[jump to answers](#)

1. We've come the wrong way, we'd better _____.
(return to a previous position, reverse)
2. Here, you can _____ me on the chair to my left. (be seated at the side of someone)
3. _____ me so I can look into your beautiful eyes. (sit directly on the other side)
4. The only chair free is _____ from me. (at an angle on the opposite side)
5. We'll have to _____ this report very carefully. (study, read)
6. In the days of rationing, what we didn't have, we just had to _____. (not have)
7. He _____ like I'd known him for years but we'd only just met. (give the impression)
8. I'm sick of having to _____ all the time. (pay)
9. We've invited Daniel's friends for a _____ tonight. (stay at a friend's house overnight)
10. If you don't like it here, perhaps you should _____ for another job. (search elsewhere, investigate an area)
11. He keeps _____ sick but I don't think there's anything wrong with him. (to telephone work)
12. I'm a bit _____ at the moment; could you come back later? (busy)
13. I'm worried about you; you seem to be _____ far to much. (accept responsibility, accept work)
14. We _____ the campsite if anybody had seen our dog. (investigate by asking)
15. Hippies had the idea of _____ of university. (leave before completing studies)
16. It's time you got married and _____. (behaved sensibly, become calmer)
17. After taking a lot of time of work, it can be difficult to _____ old routines. (to return to regular habits and activities)

18. He's a terrible time manager and his work is _____.
(*accumulating*)
19. With so many students, it's sometimes difficult to _____ lesson reports. (*remain up to date, be in control*)
20. I could _____ a cup of tea. (*would benefit from having, have the need or desire*)
21. The new product is so popular that we're absolutely _____ with orders. (*overwhelmed by, extremely busy*)

Part 8 - Chapter 22 - 24

[jump to answers](#)

1. Learn to relax and _____ a little. (*get into a relaxed state*)
2. You're really sexy; you really _____ me _____. (*arouse*)
3. They _____ the tent. (*brought to the ground*)
4. My socks are soaked and I can't _____ them _____.
(*remove by pulling*)
5. If you _____ the chance to go to Brazil, you'll regret it for the rest of your life. (*not take an opportunity*)
6. The policeman _____ and arrested the drug dealer.
(*enter very quickly and dramatically*)
7. He _____ out of his seat when his team scored a goal.
(*to rise very quickly from a seating position*)
8. They say, '_____ that without moving,' but of course, it's impossible. (*to remove oneself from a situation*)
9. He _____ a heavy situation with the mafia. (*to become involved, to enter something*)
10. It's not easy to _____ a wet suit. (*to dress by pulling*)
11. School boys look scruffy when they don't _____ their shirts _____.
(*to put one piece of material inside another*)
12. The tram was so crowded that my face was _____ up _____ the door. (*to come into contact with pressure*)

13. _____ and touch your toes! (*to bend towards the ground*)
14. Don't worry, we'll _____ somehow. (*survive, manage, succeed*)
15. Hopefully now we can _____ to normal. (*return to a former state*)
16. The weather has _____ much better than expected. (*to result in, finally appear*)
17. He was _____ suddenly. (*needed somewhere else*)
18. His luck changed and he had a complete _____ in his fortunes. (*change*)
19. The business is nothing special at the moment; we're just _____. (*maintaining the same, steady speed*)
20. She was completely _____ by his charm. (*extremely pleased and overwhelmed*)
21. Things are not as bad as they were; they're starting to _____. (*improve*)

Part 9 - Chapters 25 - 27

[jump to answers](#)

1. He _____ the best steak from the meat counter. (*selected*)
2. _____ the money, or I'll shoot you! (*give to me*)
3. Welcome! Please _____. (*enter*)
4. We _____ to the meeting room. (*entered*)
5. He said, 'please take a seat,' so I _____. (*went into a seating position*)
6. When the Officer entered the dormitory, the Privates were obliged to _____. (*get into a standing position*)
7. The private detective made his living _____. (*to look nosily or secretly*)
8. It's considered rude to _____ to your parents. (*contradict, challenge*)

9. You've been ill and you need _____. (*improving health through taking food*)
10. I didn't think I'd like skiing but I've really _____ it. (*got to like*)
11. I won't be a minute but I've just got to _____ to the post office. (*leave temporarily*)
12. He couldn't afford any more beer so he made his last pint _____ for an hour. (*make last as long as possible*)
13. I couldn't help hitting the cyclist; he just came _____ in front of me. (*appear from somewhere very suddenly*)
14. I have to go but I'll _____ tomorrow. (*return*)
15. She _____ his name in the dark. (*to call, usually a name, loudly*)
16. If you _____ this box, you'll see a tarantula! (*look into a small space, area or object*)
17. Albert Camus died when he was _____ by a tram. (*hit or squashed by a car or vehicle*)
18. We _____ the marina looking for our boat. (*to explore by walking*)
19. Everybody's got flu so the party's been _____.
(*cancelled*)
20. He's very adventurous and wanted to _____ the side of the Eiffel Tower! (*ascend by climbing*)

Part 10 - Chapters 28 - 31

[jump to answers](#)

1. The man was going to kill himself but the counsellor persuaded him to _____ from the bridge. (*descend by climbing*)
2. _____ your arms as far as possible; it's really good exercise. (*extend by stretching*)
3. The crazy cheese-rolling contestants _____ the hill.
(*to roll and fall at the same time*)
4. The rock star _____ from the stage to get closer to the fans. (*descend by jumping*)

5. My cat _____ me when he wants feeding. (*to move and rub*)
6. When you retire, you have time to _____ your life. (*reflect, go over the past*)
7. You must have left your keys in one of the shops; try to _____. (*refer to a specific point or set actions in the past*)
8. When I told her I'd crashed the car, she _____. (*acted crazily*)
9. The referee told the players to _____. (*become calmer*)
10. The varnish on this table is starting to _____. (*become worn and disappear over time*)
11. I'll be _____ of the hotel at 6.00am as I have an early flight. (*formally leave*)
12. We've got so much stuff to take on holiday, I don't think we'll get it all to _____ the car. (*get into a space*)
13. It says it _____ easily but it's stuck in the box. (*to come out by sliding*)
14. I've lost my key and now I'm _____ of my apartment. (*unable to enter due to a lock*)
15. Will you wash the dishes while I _____? (*make things tidy*)
16. If you _____ all your dinner, I'll give you some cake. (*consume all*)
17. If you are closing the account, you have to _____ what you owe. (*conclude payment, pay what is owed*)
18. This cut on my ankle is taking ages to _____. (*repair skin*)
19. He was _____ by the negative attitude of his parents. (*restrained, limited*)
20. Which role models do you _____? (*admire, respect*)
21. The two families eventually _____. (*became close*)
22. He spent so much time travelling abroad that he and his wife, _____. (*became more distant*)

23. He's visiting on Sunday and will be _____ at our house for three days. (*remain somewhere*)
24. I won't take the job if it involves _____ because I want to be with my family. (*to work in another city*)
25. Amanda said, she needed time to _____ Alan's proposal. (*take time to consider*)

If you enjoyed this book and found it useful, please take a moment to rate it and review it on Amazon. It would be most helpful.

Many thanks - George.

List of Phrasal Verbs

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A

[^up](#)

[argue back](#) - to contradict, to compete with words [chapter 25](#)

[ask around](#) - investigate by asking people [chapter 20](#)

[ask out](#) - to invite, usually romantically [chapter 18](#)

B

[^up](#)

[back somebody up](#) - support [chapter 5](#)

[bend down](#) - to move your body towards the ground [chapter 23](#)

[bowl over](#) - to be extremely and pleasantly surprised [chapter 24](#)

[break down](#) - stop working [chapter 1](#)

[break in, break into](#) - to enter a house using force [chapter 8](#)

[bring something up](#) - raise an issue [chapter 5](#)

[build up](#) - accumulate, increase [chapter 17](#)

[bump into sb](#) - meet casually and unexpectedly [chapter 17](#)

burst in - to enter a room very suddenly, often dramatically [chapter 22](#)

C

^up

call off - to stop, to end or cancel, often used in conjunction with a search or sporting event [chapter 27](#)

call out - to call, usually a name, loudly [chapter 27](#)

called away - to be asked, usually by phone, to leave suddenly and go somewhere else [chapter 24](#)

called in - to be asked, or told, to attend a meeting [chapter 15](#)

calm down - to become calmer [chapter 29](#)

catch up - to get to the same point as before or someone else [chapter 3](#)

check out (leave) - to formally leave somewhere such as a hospital or hotel; discharge yourself [chapter 29](#)

check sb or sg out - to investigate, view, explore [chapter 18](#)

cheer on - to support noisily [chapter 7](#)

cheer up - to become happier [chapter 3](#)

chicken out - to be too scared to do something [chapter 16](#)

chill out - to relax [chapter 22](#)

chip in - contribute [chapter 5](#)

clean up - to clean, remove dirt, attend to a wound [chapter 12](#)

climb down - to go down from a position - physically and metaphorically [chapter 28](#)

climb up - to ascend [chapter 27](#)

colour up - to become red in the face, to blush [chapter 17](#)

come back - return [chapter 26](#)

come in, go in - to enter [chapter 25](#)

come onto sb - to make sexual advances towards somebody [chapter 16](#)

come to / knock out sb, be knocked out - become conscious / unconscious [chapter 11](#)

come up with - create an idea or plan [chapter 10](#)

cut back on - reduce [chapter 5](#)

cut down on - reduce [chapter 5](#)

cut off - have the supply disconnected [chapter 8](#)

cut through - reduce, take a short cut [chapter 11](#)

D

^up

do with - use, make use of, benefit from [chapter 21](#)

do without / go without - to not have something, to be deprived [chapter 19](#)

dob sb in - to incriminate sb or get them into trouble [chapter 17](#)

drag out, spin out - to make last a long time [chapter 26](#)

dress down - chastise [chapter 15](#)

dress up - to dress smartly for a special occasion [chapter 2](#)

drop by - to visit without an appointment [chapter 10](#)

drop in - to visit without an appointment [chapter 10](#)

drop off - deliver or take somebody or something somewhere [chapter 2](#)

drop out - to leave conventional society [chapter 20](#)

E

[^up](#)

eat out - to dine outside of the home in a restaurant [chapter 18](#)

eat up - to consume completely [chapter 30](#)

F

[^up](#)

fall for something - to be deceived [chapter 13](#)

fall out - stop being friends [chapter 6](#)

fall out with sb - to not be friends anymore [chapter 17](#)

fall out with somebody; fall out over something - to enter into conflict [chapter 5](#)

fed up (with something or somebody) - to be weary and unhappy, at the end of your tolerance [chapter 15](#)

feed up - to increase health through feeding, to increase food intake [chapter 26](#)

figure out, work out - solve a problem, resolve a conflict [chapter 5](#)

fill in - 1) to enter data in spaces on a form, 2) To substitute for somebody_
chapter 4

fill up - to fill to the limit chapter 6

find out - investigate, discover chapter 10

finish up - end chapter 11

fit in - to get something into a space; to mix well and conform chapter 30

fly out - to exit very quickly chapter 26

fork out - to pay - usually a lot chapter 19

freak out - to behave wildly, to lose control chapter 29

G

^up

get away with something - go unpunished chapter 8

get back (return) - to return chapter 1

get back (recover) - to recover, to recapture something that was lost_
chapter 1

get into something - get involved in chapter 23

get on (with) sb - to have a good relationship; chapter 6

get on with sb - be friends chapter 3

get on, get off - used in conjunction with a bus, tram, train, plane, bike but
not car chapter 2

get off, get on - used in conjunction with a bus, tram, train, plane, bike but
not car chapter 2

get out of - explain, justify, escape, avoid [chapter 23](#)

get up - leave the bed and become active, [chapter 9](#)

give in - to stop fighting, admit defeat [chapter 1](#)

give way - to concede or break [chapter 28](#)

go after - chase [chapter 8](#)

go around/round - to move around an area [chapter 16](#)

go off - sound an alarm [chapter 9](#)

go out - leave the home and socialise; [chapter 7](#)

go out with sb - date [chapter 4](#)

go over - review [chapter 4](#)

go round/around - to move around and area [chapter 16](#)

go through something - study, review [chapter 19](#)

go in, come in - to enter [chapter 25](#)

go without/ do without - to not have something, to be deprived [chapter 19](#)

grip on - to hold tightly [chapter 28](#)

grow apart - become more distant [chapter 31](#)

grow together - to become closer [chapter 31](#)

H

[^up](#)

hand out - to distribute [chapter 5](#)

hand over - to give, to pass something to somebody [chapter 25](#)

hang around, hang about - wait, often for some time and being bored. [chapter 14](#)

hang about, hang around - wait, often for some time and being bored. [chapter 14](#)

hang back - to wait behind a little, in time and or distance [chapter 14](#)

heal up - to recover or repair, usually from skin damage [chapter 31](#)

hold back - to hold back or be held back – constrained, limited, restricted, not given the chance to advance [chapter 31](#)

hold up - delay [chapter 1](#)

J

[^up](#)

jump down - to come to a lower place by jumping [chapter 28](#)

K

[^up](#)

keep on doing something - continue an action [chapter 9](#)

keep on top of - stay in control, manage (particularly, workload) [chapter 21](#)

knock out sb, be knocked out / come to - become unconscious/conscious. [chapter 11](#)

L

[^up](#)

let go (of something) - leave behind, abandon, give up a thought or intention [chapter 17](#)

let in - to give access to somebody [chapter 8](#)

let out - release [chapter 8](#)

lie in - to stay in bed [chapter 9](#)

lock in - to keep in, imprison or trap [chapter 9](#)

locked out - to be unable to get in because of a lock [chapter 30](#)

look after - take care of something or somebody [chapter 3](#)

look around - search, explore - often related to job-hunting [chapter 20](#)

look away - to avert your eyes and avoid looking at something or someone [chapter 13](#)

look back on, look back over - reflect, remember, review [chapter 29](#)

look back over, look back on - reflect, remember, review [chapter 29](#)

look down on sb - to act in a superior way, to perceive someone as inferior [chapter 18](#)

look inside - look into a small space, area or object [chapter 27](#)

look into - research, investigate, gather information [chapter 14](#)

look up - improve [chapter 24](#)

look up to - respect, admire [chapter 31](#)

M

[^up](#)

made up with (something) - to be pleased about something [chapter 13](#)

make out - give the impression or appearance of something [chapter 19](#)

make something up - invent, lie [chapter 15](#)

make up for something; make up to somebody - to compensate [chapter 13](#)

make up to somebody; make up to somebody - to compensate [chapter 13](#)

mix up - to confuse [chapter 14](#)

mop up - to remove and absorb liquid [chapter 6](#)

N

[^up](#)

nip out, pop out - to leave quickly and temporarily [chapter 26](#)

nod off - to fall asleep [chapter 7](#)

P

[^up](#)

paired up - to be put with someone to work as a pair [chapter 16](#)

pass by / pass up - miss, not take advantage of [chapter 22](#)

pass out - faint [chapter 2](#)

pay back - return owed money [chapter 3](#)

pay for (something) - to be punished [chapter 15](#)

pick out - to choose, select [chapter 25](#)

pick up - to collect; [chapter 2](#)

pop out, nip out - to leave quickly and temporarily [chapter 26](#)

press against - to apply pressure to something [chapter 23](#)

pull down - bring to the ground by pulling [chapter 22](#)

pull off - remove by pulling [chapter 22](#)

pull on - to put clothes on by pulling [chapter 23](#)

pull through - come through a difficulty, survive [chapter 23](#)

pull yourself together - to regain composure [chapter 14](#)

put off - postpone doing something [chapter 1](#)

put on - to get dressed, to fake something [chapter 6](#)

pass up / pass by - miss, not take advantage of [chapter 22](#)

put up with - tolerate [chapter 4](#)

R

^up

ring in - to call work by telephone [chapter 20](#)

rub up against - to move your body sideways against someone [chapter 28](#)

run away - leave hurriedly, escape [chapter 11](#)

run into - meet someone without expecting to [chapter 2](#)

run off with - to leave with somebody, to elope [chapter 16](#)

run out of - to have no more of something [chapter 1](#)

run over - hit or squashed by a car [chapter 27](#)

S

^up

scare off - to frighten [chapter 11](#)

screw up - to make a big mistake [chapter 12](#)

send back - to return [chapter 4](#)

set back - something that puts you in a worse situation [chapter 14](#)

set up - trick or trap [chapter 4](#)

settle back into - return to a previous state [chapter 21](#)

settle down - become calmer [chapter 21](#)

settle up - to settle a bill or account, to pay what is owed [chapter 30](#)

sleep on it - leave a decision until the next day [chapter 8](#)

sleep over / stop over - to stay at somebody's place [chapter 19](#)

shoot back - to move backwards quickly [chapter 12](#)

shoot forward - to move forward quickly [chapter 12](#)

shoot up - to get up very quickly [chapter 22](#)

shop around - look for the best price [chapter 18](#)

show off - to boast and display [chapter 1](#)

show up - to make an appearance - sometimes unexpectedly [chapter 12](#)

show somebody up (embarrass) - to make them look stupid in front of others [chapter 10](#)

shut somebody up - to stop them talking or complaining [chapter 9](#)

sit beside/next to/opposite/ diagonally across from - relative seating positions [chapter 19](#)

sit down - to go from a standing to a seated position [chapter 25](#)

slide out - to move out of a space by sliding [chapter 30](#)

snoop around - to look nosily or secretly [chapter 25](#)

snowed under - overwhelmed by work [chapter 21](#)

spend up - to spend all your money [chapter 7](#)

spin out, drag out - to make last a long time [chapter 26](#)

stand up - to move from a seated to a standing position [chapter 25](#)

start off - begin [chapter 11](#)

stay in - stop at home [chapter 7](#)

stay over - to stay at someone's house [chapter 31](#)

stop over/ sleep over - to stay at somebody's place [chapter 19](#)

stretch out - to extend arms to reach something [chapter 28](#)

sum up - summarise, to describe somebody or something [chapter 15](#)

switch on/turn on - to make work [chapter 6](#)

T

[^up](#)

take away, take out - remove from a place [chapter 7](#)

take off - to remove (clothing) [chapter 6](#)

take on - to accept, take responsibility for something [chapter 20](#)

take out, take away - remove from a place [chapter 7](#)

take to - to like, to come to like somebody or something [chapter 26](#)

taken aback - be very surprised [chapter 11](#)

tell off - to reprimand [chapter 13](#)

think back - to try to remember something [chapter 29](#)

think over - reflect on, consider [chapter 31](#)

throw away/out - dispose of [chapter 9](#)

tick over - to maintain at a steady speed [chapter 24](#)

tidy up - to make tidy [chapter 30](#)

tied up - occupied, busy, unavailable [chapter 20](#)

to beat somebody to something - to do it before them or get somewhere before them [chapter 10](#)

tuck in - to put one piece of material or garment inside another [chapter 23](#)

tumble down - to fall down while rotating [chapter 28](#)

turn around - to change direction, a reversal of a situation [chapter 24](#)

turn back - return to a position, change your mind [chapter 19](#)

turn down - refuse, reject [chapter 18](#)

turn in - go to bed [chapter 7](#)

turn on - to sexually arouse [chapter 22](#)

turn on / switch on - to make work [chapter 6](#)

turn up - to appear unexpectedly [chapter 10](#)

turn out - to result in, finally appeared [chapter 24](#)

W

[up](#)

walk around - to walk within an area such as a city, park or museum. [chapter 27](#)

wear off - to stop having an effect [chapter 29](#)

work away - to work in a location away from home [chapter 31](#)

work out - solve, deduce, understand [chapter 16](#)

work out, figure out - solve a problem, resolve a conflict [chapter 5](#)

Mini-test answers

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Chapter 1 [^back to mini-test 1](#)

1. broken down
2. get back
3. show off
4. give in
5. put off
6. run out
7. held up

Chapter 2 [^back to mini-test 2](#)

1. get on
2. got off
3. pick up
4. ran into
5. drop off
6. pass out
7. dress up

Chapter 3 [^back to mini-test 3](#)

1. pay back
2. cheers up
3. look after
4. get on with
5. catch up on

Chapter 4 [^back to mini-test 4](#)

1. go over

2. going out with
3. set up
4. put up with
5. send back
6. fill in

Chapter 5 [*^back to mini-test 5*](#)

1. back up
2. hand out
3. fallen out
4. bring up
5. work out
6. chip in
7. cut back on/cut down on

Chapter 6 [*^back to mini-test 6*](#)

1. put on
2. mop up
3. fill up
4. take off
5. get on
6. switch on

Chapter 7 [*^back to mini-test 7*](#)

1. turn in
2. take away, take out
3. cheer on
4. nod off
5. stay in
6. spent up

Chapter 8 [*^back to mini-test 8*](#)

1. get away with
2. let in
3. sleep on
4. cut off
5. go after
6. broke into

Chapter 9 [^back to mini-test 9](#)

1. throw out/away
2. locked in
3. keep on
4. shut up
5. went off
6. get up, lie in

Chapter 10 [^back to mini-test 10](#)

1. show up
2. come up with
3. find out
4. drop in, drop by
5. turned up
6. beat to

Chapter 11 [^back to mini-test 11](#)

1. scare off
2. cut through
3. taken aback
4. run away
5. knocked out
6. came to

Chapter 12 [*^back to mini-test 12*](#)

1. shot back
2. showed up
3. look after
4. screwed up
5. shot forward
6. clean up

Chapter 13 [*^back to mini-test 13*](#)

1. make up to
2. told off
3. made up with
4. look away
5. fell for
6. go off

Chapter 14 [*^back to mini-test 14*](#)

1. hang back
2. pull together
3. mixed up
4. hang around
5. set back
6. look into

Chapter 15 [*^back to mini-test 15*](#)

1. pay for
2. fed up with
3. sums up
4. called in
5. dress down
6. made up

Chapter 16 [*^back to mini-test 16*](#)

1. coming onto
2. going a/round
3. run off with
4. paired up
5. chickened out
6. work out

Chapter 17 [*^back to mini-test 17*](#)

1. building up
2. bumped into
3. coloured up
4. let go
5. dobs in
6. falling out

Chapter 18 [*^back to mini-test 18*](#)

1. shows up
2. shop around
3. turned down
4. check out
5. ask out
6. looks down on
7. eat out

Chapter 19 [*^back to mini-test 19*](#)

1. go without, do without
2. make out
3. stop over, sleep over
4. go over
5. turn back

6. fork out
7. sat next to

Chapter 20 [*^back to mini-test 20*](#)

1. ask around
2. take on
3. rung in
4. drop out
5. tied up
6. look around

Chapter 21 [*^back to mini-test 21*](#)

1. do with
2. keep on top of
3. settle down
4. settle back into
5. snowed under
6. pile up

Chapter 22 [*^back to mini-test 22*](#)

1. pull off
2. shot up
3. pass by
4. turned on/turn off or turned off/turn on
5. burst in
6. chill out
7. pulled down

Chapter 23 [*^back to mini-test 23*](#)

1. tucked in
2. pull on

3. pull through
4. get back
5. get into
6. bend down
7. get out of
8. press against

Chapter 24 [*^back to mini-test 24*](#)

1. turn around
2. called away
3. bowled over
4. look up
5. ticking over
6. turned out

Chapter 25 [*^back to mini-test 25*](#)

1. sit down
2. hand over
3. argue back
4. went in
5. stand up
6. come in
7. snoop around
8. pick out

Chapter 26 [*^back to mini-test 26*](#)

1. spin out, drag out
2. taken to
3. comes back
4. flying out
5. nipped/popped out
6. feeding up

Chapter 27 [*^back to mini-test 27*](#)

1. called off
2. walked around
3. run over
4. look inside
5. called out
6. climb up

Chapter 28 [*^back to mini-test 28*](#)

1. jump down
2. tumbling down
3. gave way
4. climb down
5. rubbed up against
6. stretch out
7. grip on

Chapter 29 [*^back to mini-test 29*](#)

1. wear off
2. freak out
3. check out
4. looked back on
5. think back
6. calm down

Chapter 30 [*^back to mini-test 30*](#)

1. eat up
2. fit in
3. locked out
4. settle up
5. slide out

6. tidy up

Chapter 31 [*^back to mini-test 31*](#)

1. grew apart
2. think over
3. looked up to
4. stay over
5. working away
6. hold back
7. grew together

The Big Test answers

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Part 1 - Chapters 1 - 3 [^back to Big Test](#)

1. run out of
2. put off
3. get back
4. hold up
5. broken down
6. give in/up
7. showing off
8. dress up
9. pick up
10. drop off
11. get on
12. get off
13. pass out
14. running into
15. cheered up
16. catch up on
17. pay back
18. look after
19. get on

Part 2 - Chapters 4 - 6 [^back to Big Test](#)

1. fill in
2. go out with
3. send back
4. set up
5. go over
6. put up with
7. hand out
8. cut down/cut back

9. chip in
10. bring up
11. back up
12. falling out (over)
13. fallen out with
14. work out
15. figure out
16. switch/turn on
17. take off
18. fill up
19. mop up
20. put on

Part 3 - Chapters 7 - 9 [^back to Big Test](#)

1. go out
2. stay in
3. spent up
4. take away
5. cheer on
6. turn in
7. nodded off
8. break in
9. cut off
10. gets away with
11. go after
12. let in
13. let out
14. sleep on
15. go off
16. getting up
17. lie in
18. throw away/out
19. keep on
20. shut up
21. locked in

Part 4 - Chapters 10 - 12 [^back to Big Test](#)

1. beat to
2. turned up
3. showed up
4. drop in, drop by
5. coming up with
6. find out
7. cut through
8. 69. ended up, started off
9. knocked out
10. came to
11. scared off
12. ran away
13. taken aback
14. clean up
15. shot back
16. shot forward
17. look after
18. show up
19. screwed up

Part 5 - Chapters 13 - 15 [^back to Big Test](#)

1. look away
2. make up for
3. make up
4. going off
5. fell for
6. told off
7. made up
8. set back
9. pull together
10. look into
11. hang back
12. hang around/about

13. mixed up
14. called in
15. dressing down
16. making up
17. pay for
18. fed up
19. sum up

Part 6 - Chapters 16 - 18 [^back to Big Test](#)

1. paired up
2. work out
3. walk around
4. ran off with
5. coming on to
6. chickened out
7. bumped into
8. building up
9. dob in
10. coloured up
11. let go
12. check out
13. eat out
14. turned down
15. ask out
16. showed up
17. shop around

Part 7 - Chapters 19 - 21 [^back to Big Test](#)

1. turn back
2. sit next to
3. sit opposite
4. diagonally across from
5. go through
6. do without

7. made out
8. fork out
9. sleep over
10. look around
11. ringing in
12. tied up
13. taking on
14. asked around
15. dropping out
16. settled down
17. settled back into
18. piling up
19. keep on top of
20. do with
21. snowed under

Part 8 - Chapter 22 - 24 [^back to Big Test](#)

1. chill out
2. turn on
3. pulled down
4. pull off
5. pass up
6. burst in
7. shot up
8. get out of
9. got into
10. pull on
11. tuck in
12. pressed against
13. bend down
14. pull through
15. get back
16. turned out
17. called away
18. turn around

19. ticking over
20. bowled over
21. look up

Part 9 - Chapters 25 - 27 [^back to Big Test](#)

1. picked out
2. hand over
3. come in
4. went in
5. sat down
6. stand up
7. snooping around
8. argue back
9. feeding up
10. taken to
11. nip out, pop out
12. spin out, drag out
13. flying out
14. come back
15. called out
16. look inside
17. run over
18. walked around
19. called off
20. climb up

Part 10 - Chapters 28 - 31 [^back to Big Test Part 10](#)

1. climb down
2. stretch out
3. tumbled down
4. jumped down
5. rubs up against
6. look back on/over
7. think back

8. freaked out
9. calm down
10. wear off
11. checking out
12. fit in
13. slides out
14. locked out
15. tidy up
16. eat up
17. settle up
18. heal up
19. held back
20. look up to
21. grew together
22. grew apart
23. staying over
24. working away
25. think over

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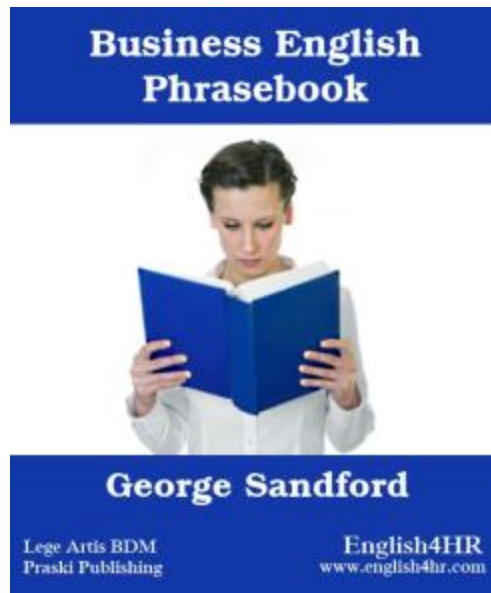
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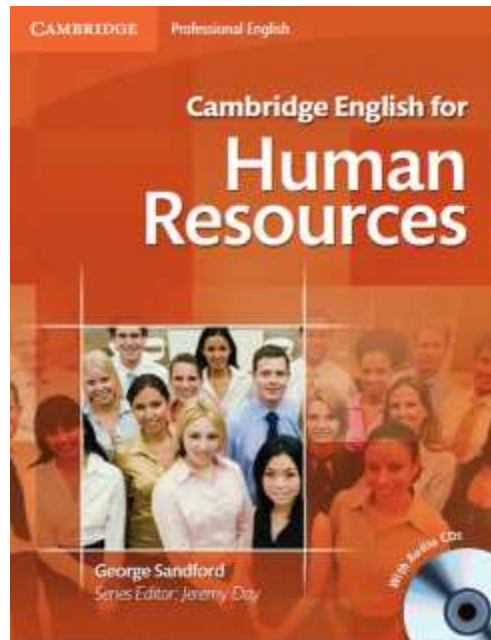
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