



50 Common Phrasal Verbs

FREE RESOURCE

How to Use This Guide

Phrasal verbs are an essential part of natural English. This guide contains 50 of the most commonly used phrasal verbs, grouped by their meaning. Practice using them in sentences to sound more fluent!

Movement & Action

Phrasal Verb	Meaning	Example
get up	rise from bed	"I get up at 7am."
wake up	stop sleeping	"I woke up late."
stand up	rise to your feet	"Please stand up."
sit down	take a seat	"Sit down and relax."
run out (of)	have no more left	"We ran out of milk."
go on	continue	"Please go on with your story."

Communication

Phrasal Verb	Meaning	Example
call back	return a phone call	"I'll call you back."
speak up	talk louder	"Could you speak up?"
talk over	discuss	"Let's talk it over."
write down	note on paper	"Write down your ideas."
fill in	complete information	"Please fill in the form."

Learning & Knowledge

Phrasal Verb	Meaning	Example
look up	find information	"Look up the word in a dictionary."
find out	discover	"I found out the answer."
figure out	understand	"I can't figure out this problem."
catch up	reach the same level	"I need to catch up on my homework."
drop out	quit a course	"He dropped out of university."

Organisation & Planning

Phrasal Verb	Meaning	Example
set up	arrange, establish	"We set up a new system."
sort out	organize, resolve	"Let's sort out the problem."
put off	postpone	"Don't put off your homework."
carry on	continue	"Carry on with your work."
take over	assume control	"Who will take over the project?"

Relationships

Phrasal Verb	Meaning	Example
get along	have a good relationship	"We get along well."
fall out	have a disagreement	"They fell out over a small issue."
make up	reconcile	"They made up after the argument."
look after	take care of	"I look after my younger sister."
grow up	become an adult	"I grew up in the UK."

Practice Exercise

Complete the following sentences with the correct phrasal verb:

1. I need to _____ (find) the answer to this question.
2. Please _____ (write) your name on the form.
3. We _____ (ran out of) milk this morning.
4. Can you _____ (call) me tomorrow?
5. I'm trying to _____ (understand) this math problem.

Answers: 1. find out, 2. write down, 3. ran out of, 4. call back, 5. figure out