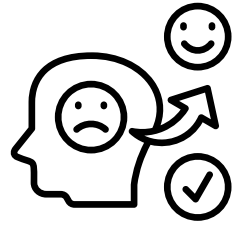
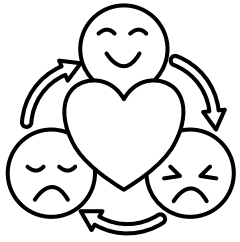


PHRASAL VERBS – EMOTIONS

Match the phrasal verb to the definition.



open up	hold back
break down	blow up
freak out	bottle up
calm down	tear up
choke up	lash out at

DEFINITION	PHRASAL VERB
To lose control of your emotions and start crying.	break down
To keep feelings hidden and suppressed instead of talking about them.	bottle up
To hesitate or restrain oneself from saying or doing something.	hold back
To get tears in your eyes because you are experiencing strong emotion.	tear up
To suddenly attack someone physically or criticize them in an angry way.	lash out at
To lose emotional control in an angry way.	blow up
To become unable to speak because of strong emotion, often tears.	choke up
To share your feelings freely and openly.	open up
To lose emotional control (from shock, excitement, fear etc.).	freak out
To return to a state of calmness or relaxation after feeling intense emotions.	calm down

