

7 Phrasal Verbs to Talk About Everyday Life



About the Worksheet

This vocabulary worksheet will help you get more confident in using seven common phrasal verbs for everyday life. The worksheet includes definitions, common structures, useful examples and plenty of exercises. The phrasal verbs covered in this worksheet are *come down with*, *check up on*, *show up*, *come/go over*, *end up*, *figure out* and *put up with*.



Overview Chart

Keep this chart in a place where you can easily find it, such as on your desk or cell phone, to quickly review these phrasal verbs anytime.

7 PHRASAL VERBS TO TALK ABOUT EVERYDAY LIFE

PHRASAL VERB	MEANING	INSEPARABLE / SEPARABLE?	EXAMPLES
come down with	start to feel a mild illness	inseparable	<i>I think I'm coming down with something.</i>
check up on	investigate, see if someone is okay	inseparable	<i>Thanks for checking up on me.</i>
show up	arrive in a place	inseparable	<i>He keeps showing up late.</i>
come/go over	visit someone's place	inseparable	<i>Do you want to come over tonight?</i>
end up	arrive somewhere, experience a result	inseparable	<i>She always ends up with the wrong guy.</i>
put up with	tolerate, accept a bad situation or behavior	inseparable	<i>I don't know how they put up with him.</i>
figure out	understand, solve, find a way	separable	<i>We need to figure out where to eat tonight.</i>



1. *Come down with*

To **come down with** something is to start to suffer from a mild illness.

You might feel like you're coming down with something if you're about to catch a cold. So if you're feeling tired and achy, you could say, "I think I'm coming down with something," or "I think I'm coming down with a cold."

SYNONYMS

Catch (an illness), get

EXAMPLES

- I think I'm coming down with the flu.
- A few days later, she came down with a fever.

COMMON STRUCTURES

- **Come down with + a cold** → I came down with a bad cold.
- **Come down with + the flu** → They might be coming down with the flu.
- **Come down with + a migraine** → She came down with a migraine last night.

2. *Check up on*

To **check up on** someone is to investigate their work or their well-being.

Your boss might check up on your work to see if it's done properly. Or if you're working on a group project and have a deadline coming up, your partners might want to check up on you to make sure you're on schedule.

But you can also check up on a friend or a family member to see how they're doing. In casual contexts, you can use this phrase when you want to ask a friend if they're feeling



okay. Let's say someone close to you hasn't been feeling well lately. You could say, "Hey! Just wanted to check up on you. Are you feeling any better?"

EXAMPLES

- Thank goodness they kept checking up on me!
- They always checked up on him and made sure he was doing well.
- My boss keeps checking up on me. He doesn't trust me at all.

COMMON STRUCTURES

- **Check up on + someone** → I just thought I would check up on you.

3. Show up

To **show up** somewhere is to be present at a place where someone is waiting for you.

You might show up early or late to a meeting, and your boss will be glad if you show up to work on time every day.

If you're at a popular concert, thousands of people might show up. And if you had a plan to meet someone there but they never made it, you could say, "They never showed up!"

SYNONYMS

Come

EXAMPLES

- Not many people showed up to our anniversary party.
- They showed up late for school.

COMMON STRUCTURES

- **Show up + for** → She showed up late for the meeting.



- **Show up + to** → They always showed up late to class.
- **Show up + in** → You can't show up in jeans. It's a formal event.

4. *Go/come over*

To **come over** or **go over** is to visit someone in their home.

If you're home and waiting for a friend, you might say, "A friend is coming over tonight."

But if you're on your way to your friend's house, you could say, "I'm going over to a friend's place right now."

EXAMPLES

- What time are you coming over?
- Thanks for coming over so quickly.
- I'll go over to her house to watch the season finale.

COMMON STRUCTURES

- **Come/go over + to** → I'm going over to her place right now.
- **Come/go over + tonight** → Why don't you come over tonight?
- **Come/go over + after** → We'll come over after work tomorrow.

5. *End up*

To **end up** somewhere is to arrive in a place or be in a situation after a series of events, especially when you didn't plan it.

You might travel around Europe for some time and end up in Spain. And if you like it so much that you decide to stay there permanently, you could say, "I came to Spain just to visit, but I ended up staying."



To end up with a result can mean to experience it. If you're at a favorite restaurant with some friends, you might end up eating too much. You can also end up stressed if you work too much. And your friend might end up getting upset if you make too many jokes about his new haircut.

SYNONYMS

Wind up

EXAMPLES

- They traveled around the Americas and ended up in Mexico.
- Did you end up going to the movies last Friday?

COMMON STRUCTURES

- **End up + in** → I never thought I'd end up in New York.
- **End up + with** → If you're not careful, you'll end up with a broken leg.
- **End up + -ing** → We ended up going to the beach instead of going to the park.

6. *Figure out*

To **figure something out** is to find a solution for it or to understand it.

If you can't solve a math problem, you might say, "I'll never figure this out!" And if a new friend's behavior is confusing you, you could say, "I can't figure out why she's being so strange."

To figure something out can also mean to find a way to do it. You might finally figure out how to stop your dog from eating everything in sight. And if you're out late and no buses are running, you will need to figure out a way to get home.



SYNONYMS

Work out, understand

EXAMPLES

- I can't figure out how to open this door.
- We're still figuring out what this story means.

COMMON STRUCTURES

- **Figure out + how** → Did you figure out how to get your money back?
- **Figure out + what** → I can't figure out what's wrong with my computer.
- **Figure out + a way** → We have to figure out a way to stop him.

7. *Put up with*

To **put up with** bad behavior or a situation is to tolerate it even though you don't like it.

You might not understand how your friend puts up with her brother. And if someone is irritating because they're not making any sense, you could say, "I can't put up with this nonsense."

SYNONYMS

Stand, bear

EXAMPLES

- She shouldn't have to put up with that behavior.
- You have to put up with him because he's family.

COMMON STRUCTURES

- **Put up with + nonsense** → Why do you put up with this nonsense?



- **Put up with + bullshit** → I don't have the patience to put up with this bullshit.
- **Put up with + behavior** → Putting up with his behavior is not part of the job!



Vocabulary Practice

1. DEFINITIONS

Match the phrasal verbs below to their synonyms or meanings.

come down with	show up	figure out	put up with
come/go over	end up	check up on	

- _____ : arrive in a place where someone is waiting for you
- _____ : tolerate, accept bad behavior or an unpleasant situation
- _____ : start to feel a mild illness
- _____ : arrive somewhere, experience a result
- _____ : visit someone in their house
- _____ : understand, find a solution or a way to do something
- _____ : inspect someone's work, make sure someone is well

CONJUGATION

Infinitive	Simple Past	Present Perfect
come down with	came down with	has/have come down with
check up on	checked up on	has/have checked up on
show up	showed up	has/have showed/shown up
come/go over	came/went over	has/have come/gone/been over
end up	ended up	has/have ended up
figure out	figured out	has/have figured out
put up with	put up with	has/have put up with



Vocabulary Practice

2. FILL IN THE BLANKS

Complete the sentences with one of the phrasal verbs below.

check up on	end up	figure out	show up
come/go over	put up with	come down with	

1. I think I'm _____ a cold.
2. She wasn't feeling well when I saw her last week. I need to _____ her.
3. If you keep _____ to work late, you might get fired.
4. What time are you _____ tonight?
5. How did you _____ at his house?
6. I can't _____ how to open this bottle!
7. She was very rude. I don't know how they _____ her.

3. WHAT'S ANOTHER WAY TO SAY ... ?

Rewrite the sentences using the new words you learned today.

You might have to make some changes to the sentences or add/change a preposition.

1. I can't **tolerate** this anymore.
2. I think that eventually you'll **understand** what you want.
3. If you get involved, **it will result in** making things worse.
4. I told them not to **pass by** tonight. I'm really tired.
5. We **arrived** too late to get a good spot.
6. I'm feeling a lot better. Thanks for **contacting me to see if I'm ok**.
7. I hope I'm not **catching** a cold!



Vocabulary Practice

4. CLOZE

Read the text and complete the sentences with the correct words.

show	come	check	put
come	end	figure	

I remember last summer when I _____ down with a stomach bug.

Since I'm always so careful when I eat out, I couldn't _____ out how I got it. I _____ up pretty sick for a few days, so my parents _____ over a couple of times a day to _____ up on me until I felt better.

What really surprised me was when my best friend _____ up at my door not long after that. She'd flown in from the East Coast to cheer me up. We had a blast during her visit, even though I had to _____ up with her terrible cooking for a week!



Speaking Practice

DISCUSSION

Discuss the following questions.

Try to give as much detail as you can. Elaborate with examples or stories whenever possible.

1. How do you feel when you're **coming down with** something? What do you do when you begin to feel sick? Do you have a remedy to help you feel better? What is it?
2. How often would you **check up on** a friend who's having a hard time? Do you like it when family and friends check up on you when you're going through something, or do you prefer to be left alone?
3. Is punctuality important to you? How often do you **show up** late to:
 - work
 - appointments
 - dinner parties
 - dates
 - the movies
 - events
4. How often do your friends **come over** for a visit? What do you do when they visit?
5. How did you **end up** in your line of work? Is it the type of work you planned on doing?
6. Tell me about a time when you **ended up**:
 - regretting a purchase
 - with a small injury while having fun
 - enjoying your time more than you expected
 - seeing something or someone you were not expecting
 - leaving a place earlier or staying longer than you had planned



7. What is something we **put up with** as a fact of life? What are some things we should never put up with in our relationships? How about at work?
8. Have you **figured out** what career you want to pursue? If not, what are the options you're considering? What advice would you give to someone who's trying to figure it out?
9. Have you ever felt like you were **coming down with** something at an awkward or inconvenient time, such as traveling, visiting family or friends, or at a work event? What did you do? Did it negatively affect your plans?
10. Are you the type to readily **check up on** a friend or family member whenever there's a problem or they need help? Have there been any situations recently where you needed to do this? What did you end up doing?
11. Have you ever had people **show up** at your home unexpectedly? How did you react? Why do you think people do this?
12. During the holidays, do you tend to **go over** to visit more or do people come over to your place? Which do you prefer and why?
13. What strategies do you use when trying to **figure out** a problem? Do you come up with solutions on your own, or do you consult with others?
14. In your relationships, personal or otherwise, what have you had to **put up with** that you didn't want to but did anyway – just to keep the peace?



Writing Practice

PRODUCTION

Using the phrasal verbs you learned today, create one of the following:

1. A paragraph about one of the worst bugs you've ever **come down with**. How old were you? Was it a bad cold, a flu or a stomach bug? How did you get through it? Be sure to use at least five phrasal verbs.
2. A short story about a couple who **ends up** getting lost in a foreign city. How did they get lost? Do they figure out a way back? Try to use at least five new phrasal verbs.

Tips for Better Writing

USE A VARIETY OF SENTENCE STYLES

Avoid using simple sentences. Instead, try to use a variety of sentence styles and lengths:

Type	Definition	Example
Simple	Consists of only one clause.	<i>She likes traveling.</i>
Compound	Combines two independent clauses with <i>and, but, yet, so, etc.</i>	<i>She likes traveling, and she loves exploring new places.</i>
Complex	Combines one main clause and one dependent clause with <i>if, even though, because, unless, etc.</i>	<i>Even though she likes traveling, she doesn't travel often.</i>



Answer Key

1. DEFINITIONS

1. **show up:** arrive in a place where someone is waiting for you
2. **put up with:** tolerate, accept bad behavior or an unpleasant situation
3. **come down with:** start to feel a mild illness
4. **end up:** arrive somewhere, experience a result
5. **come/go over:** visit someone in their house
6. **figure out:** understand, find a solution or a way to do something
7. **check up on:** inspect someone's work, make sure someone is well

2. FILL IN THE BLANKS

1. I think I'm **coming down with** a cold.
2. She wasn't feeling well the last time I saw her. I need to **check up on** her.
3. If you keep **showing up** to work late, you might get fired.
4. What time are you **coming over** tonight?
5. How did you **end up** at his house?
6. I can't **figure out** how to open this bottle!
7. She was very rude. I don't know how they **put up with** her.

3. WHAT'S ANOTHER WAY TO SAY ... ?

1. I can't **put up with** this anymore.
2. I think that eventually you'll **figure out** what you want.
3. If you get involved, **it/you will end up** making things worse.
4. I told them not to **come over** tonight. I'm really tired.
5. **We showed up** too late to get a good spot.
6. I'm feeling a lot better. Thanks for **checking up on me**.
7. I hope I'm not **coming down with** a cold!

4. CLOZE

I remember last summer when I **came** down with a stomach bug. Since I'm always so careful when I eat out, I couldn't **figure** out how I got it. I **ended** up pretty sick for a few days, so my parents **came** over a couple of times a day to **check** up on me until I felt better.



What really surprised me was when my best friend **showed** up at my door not long after that. She'd flown in from the East Coast to cheer me up. We had a blast during her visit, even though I had to **put** up with her terrible cooking for a week!