

Everyday Phrasal Verbs: Sound Natural, Not Textbook

15 verbs natives use without thinking

EPISODE 10 • LEVEL B1-B2

Episode summary

- Phrasal verbs are verbs with a particle — “put off,” “run into,” “look after.” Natives use dozens every day without noticing.
- Learn each as one unit, never word by word. “Look after” means “take care of” — “look” plus “after” will never get you there.
- The separable rule: with it, him, her, or them, the pronoun goes in the middle — “turn it off,” never “turn off it.”
- Some never split: “look after the plants,” “get along with colleagues,” “run into problems.”
- Replace stiff formal verbs: “postpone” becomes “put off,” “tolerate” becomes “put up with,” “cancel” becomes “call off.”
- Collect them from real life: one sixty second story can hold twelve phrasal verbs. Notice them, steal them, use them.

What's inside this PDF

20 key words • 15 daily phrasal verbs • Say It Better upgrades • 3 practice exercises

Key Vocabulary

20 words from this episode — learn them, then use them this week

1. run into

to meet someone or something unexpectedly.

> I ran into an old friend at the market.

2. put off

to postpone, to delay to later.

> Do not put off your English practice.

3. come across

to find or meet by chance.

> I came across a great podcast yesterday.

4. get along

to have a good relationship with someone.

> I get along well with my new colleagues.

5. bring up

to start talking about a topic.

> She brought up the budget in the meeting.

6. look after

to take care of someone or something.

> Can you look after my plants this weekend?

7. separable

a phrasal verb that can split around the object.

> “Turn it off” — separable verbs take the pronoun inside.

8. inseparable

a phrasal verb that never splits.

> “Look after” is inseparable — never “look the plants after.”

9. particle

the small word after the verb: up, off, into, after.

> The particle changes the verb’s meaning completely.

10. postpone

to move something to a later time.

> “Put off” is the warmer way to say “postpone.”

11. drop by

to visit briefly, without planning.

> I will drop by your office this afternoon.

12. hang out

to spend relaxed time with someone.

> We hung out for an hour over coffee.

13. carry on

to continue doing something.

> Let us carry on with the project.

14. call off

to cancel an event.

> The event was called off because of the rain.

15. put up with

to tolerate something unpleasant.

> I put up with the noise from the street.

16. come up with

to think of an idea or plan.

> She came up with a brilliant plan.

17. turn down

to refuse an offer, or to lower volume.

> He turned down the job offer.

18. wind down

to relax at the end of the day.

> I wind down with a book before sleep.

19. get back to

to return to something you paused.

> Then I got back to work.

20. throw away

to put something in the trash.

> I threw away three bags of old things.

The Natural Verb Kit

swap stiff verbs for living ones

put off = postpone

“Do not put off your English practice.” Warmer than “postpone.”

run into = meet unexpectedly

“I ran into an old friend at the market.”

look after = take care of

“Can you look after my plants?” Never split it.

carry on = continue

“Let us carry on with the project.” A team talking, not a memo.

The pronoun rule

“Turn it off” — it, him, her, them go in the middle.

Say It Better — 10 upgrades

☐ “I postponed the meeting.”

☐ “I put off the meeting.”

☐ “The event was cancelled.”

☐ “The event was called off.”

☐ “We must continue the project.”

☐ “Let us carry on with the project.”

☐ “I tolerate the noise.”

☐ “I put up with the noise.”

☐ “She invented a brilliant plan.”

☐ “She came up with a brilliant plan.”

☐ “I will visit your office briefly.”

☐ “I will drop by your office.”

☐ “Turn off it.”

☐ “Turn it off.” — pronoun in the middle, always.

☐ “I encountered my teacher at the store.”

☐ “I ran into my teacher at the store.”

☐ “Please extinguish the light.”

☐ “Please turn off the light.” — simple beats fancy in daily speech.

☐ “She raised the topic of the budget.”

☐ “She brought up the budget.”

Practice Time

3 exercises — do them today, not “someday”

Exercise 1 — Fill in the blank

Word bank: put off • run into • separable • look after • come up with

1. “Do not _____ your English practice” — postpone, the wrong way.
2. I _____ an old friend at the market yesterday.
3. “Turn _____ off” — the pronoun goes in the middle because the verb is _____.
4. “Can you _____ my plants this weekend?” — never split it.
5. In every brainstorming, ideas are _____.

Exercise 2 — Naturalize it

Swap each stiff verb (answers below):

1. “I postponed the meeting.” > Say it better:
2. “The event was cancelled.” > Say it better:
3. “She invented a brilliant plan.” > Say it better:

Exercise 3 — The sixty second story

Tell a sixty second story about your morning and count your phrasal verbs: woke up, put on, got down to work, came across, dropped by, hung out, threw away. Aim for ten. Natives speak in phrasal verbs without thinking — your turn comes with practice.

- Your morning routine.
- Cleaning your room.
- A trip to the market.

Answer key

Ex 1: 1 put off • 2 ran into • 3 it, separable • 4 look after • 5 come up with

Ex 2: 1 “I put off the meeting.” 2 “The event was called off.” 3 “She came up with a brilliant plan.”