

1. Aim At
To point at a specific target
It is important to never aim at a person when at the gun range.
2. Back Down
To surrender your claim or position
Don't back down when he challenges you.
3. Beef Up
To make better or bigger
Let's beef up this resume to help Carter get a job.
4. Blow Off
When the wind moves something from its original place
Make sure the napkins don't blow off the table.
5. Blow Out
To put out a flame
I can't wait to blow out my birthday candles and make a wish.
6. Boil Down To
To determine a specific conclusion or reasoning
I think what it boils down to is her unwillingness to compromise.
7. Break Down
When someone is mentally exhausted or frustrated
All of these events happening at once has caused her to have a break down.
8. Break Through
To create a path through
You're going to have to break through this door to get inside the burning building.
9. Break Up
To stop something from happening
Officer Brown had to break up a fight at the high school.
10. Bring Up
To carry or take something low to a higher place
Can you bring up that table from downstairs?
11. Brush Off
To get rid of with your hand

Let's brush off that dirt on your pants and get going.

12. Brush Up

To review a particular skill or piece of knowledge you haven't used in awhile
Brush up on your dinosaur facts before we go to the museum.

13. Build In/Into

To construct something in a certain place
People often purchase homes with shelving that was built in.

14. Burn Down

When fire is used to destroy something
Why did they burn down the abandoned amusement park?

15. Burn Up

To be destroyed with fire
Burn up this wood in the fireplace to keep warm.

16. Burst Out

To say something suddenly or out of the blue
She burst out the answer before the class could figure it out.

17. Butt In

To insert yourself into a conversation or event
I hate to butt in on your conversation, but did you say something about dragons?

18. Call Back

To call again
Let me call you back after lunch.

19. Call In

To request someone's presence
I really hope they don't call me in to work on my day off.

20. Care For

To be responsible for someone's wellbeing
I will care for my sister's dog while she's away.

21. Carry Away

To act on emotions when doing something
Don't get too carried away decorating for Halloween.

22. Carry On

To continue

I could barely carry on after my husband's passing.

23. Carry Out

To move from one place to another

Let me carry this bag of ice out of here for you.

24. Catch On

To eventually realize something

Someday he'll catch on when his brother tells inappropriate jokes, but he's too young.

25. Catch Up

To get closer to something that became far away

We need to catch up to Larry's car.

26. Chicken Out

To get too scared to do something

We went zip lining, but Grace chickened out before it was her turn.

27. Clear Up

To solve a misunderstanding or issue

Jo thought I was mad, so I had to clear things up with her.

28. Clog Up

To prevent something from coming through

The accident clogged up the intersection.

29. Close Off

To block something

The cones on the road closed off one lane.

30. Come About

To happen or occur

How did this come about?

31. Come Across

The way something is perceived; to move sides

Come across the street to my house.

32. Come Apart
To break into pieces
The glue didn't hold, so her scrapbook started to come apart.
33. Come Down To
To narrow down a situation
It's come down to three contestants left.
34. Come Down With
To become ill or experience symptoms of an illness
Jay is starting to come down with a cold.
35. Come Off
When something is removed; how something is perceived
She can come off a little rude, but she means well.
36. Come Through
To arrive expectedly; to cause a result
I knew you would come through on your way to the city.
37. Come Up With
To think of something
We have to come up with a plan.
38. Con Into
To deceptively convince someone to do something
I got conned into driving everyone tonight>
39. Con Out Of
To convince someone to give you something by lying
Heather conned me out of my last piece of gum.
40. Cross Off
To mark as complete
I can cross washing my car off today's to do list.
41. Cut Back
To reduce
Dolly had to cut back on spending this month to save money for her trip.
42. Cut Down
To lessen something
I watched them cut down that giant tree in our neighborhood.

43. Do Away With

To get rid of something

How about we do away with her pacifier once she starts teething.

44. Do Over

To do again in a better way

Can I get a do over on that date?

45. Do Without

To be fine without

I could do without the yelling please.

46. Doze Off

To fall asleep on accident

Todd dozed off on the couch while watching football.

47. Dress Up

To look good or more formal

Let's dress up in costume for the party.

48. Drop In

To come by unexpectedly

I hope you don't mind that I dropped in while I was in the area.

49. Dry Out

To take away all water or liquid

We set the towels down to dry out.

50. Eat Up

To consume all of

Kenna told her to eat up her vegetables to get stronger.

51. Empty Out

To remove all items from

Empty out your backpack at the end of the year.

52. End Up

The way something finishes

Harold may end up at my place tomorrow.

53. Fall Behind

To progress slower than the rest

I started to fall behind in my classes.

54. Fall Out

To drop down

Make sure nothing fell out of the cart on our walk to the car.

55. Fall Through

To be cancelled; to fail

I hate it when plans fall through.

56. Feel Up To

To feel well enough to participate

Abby doesn't feel up to going out tonight after being sick this week.

57. Fill Out

To complete or finish

I will have you fill out this form before you go.

58. Flip Out

To get uncontrollably angry

After the week she's had, I don't blame her for flipping out when she came home to a mess.

59. Follow Up

To do more investigating

Please follow up with me after taking your medicine for two weeks.

60. Get Along

To be able to do; to interact well with others

He should get along fine.

61. Get Back

To return somewhere

Get back over here.

62. Get Back To

To return an answer or fulfill a request

I will get back to you first thing tomorrow with that.

63. Get Behind

To support; to be slower than others

Breakfast for dinner is something I can get behind.

64. Get By

To survive; to pass

Her dad barely makes enough for their family to get by.

65. Get Over

To stop being upset about; to clear an obstacle

I wasn't sure if he would get over that last hurdle.

66. Get Through

To understand; to finish; to endure

You will get through this semester I promise.

67. Get Together

To meet up for a specific reason; to gather

Let's get together this weekend for lunch.

68. Give In

To accept defeat

His mom was disappointed that he gave in to peer pressure.

69. Give Out

To produce or distribute

They're giving out coupons in the local newspaper.

70. Go About

To act normally; to follow the correct process to get something done

The news anchor advised us to go about our day as normal even with a criminal on the loose.

71. Go After

To follow even if it's difficult

Reba had to go after her dog when it escaped from her backyard.

72. Go Along With

To agree with in order to avoid conflict

Just go along with his plan so he doesn't freak out.

73. Go Beyond

To do more than what is expected of you

I commend your work; you always go beyond what I ask of you.

74. Go Off

To express your anger verbally; to leave without warning; to leave the normal path
Don't go off into the woods alone.

75. Go With

To join; to combine; to match
Those shoes don't go with that dress.

76. Gross Out

To feel disgusted by something
The smell of that trash is grossing me out.

77. Hand Back

To return something after borrowing it
Kyra handed the pencil back to me after her homework was finished.

78. Hang Around

To be in a specific place for a period of time
He hangs around the mall a lot.

79. Hold Against

To refuse forgiving someone
I hope you don't hold this against me, but I don't feel like going to the store with you.

80. Hold Off

To delay or prevent something
Why don't you hold off on mowing the lawn since it rained.

81. Hurry Up

To quickly do something
Hurry up with those burgers over there, we're starving!

82. Keep At

To continue trying
Keep at it, you'll succeed eventually.

83. Keep Down

To minimize noise
Keep it down up there we're trying to sleep.

84. Keep Up

To continue taking care of or doing something
Jenny is struggling to keep up with her garden.

85. Kick Back

To hang out; to relax
Let's kick back at the pool today.

86. Knock Off

To cause something to fall or stop
Knock it off boys, there's no reason to hit your brothers

87. Knock Out

To hit someone hard enough that they are unconscious; to be surprised
That smile could knock a guy out.

88. Lay Off

To cut an employee's job; to stop doing
Lay off the chocolate son you're going to get a headache.

89. Lead Up To

When a series of certain events cause something to happen or occur
All of you hard work has been leading up to this moment.

90. Leave Off

To not include something, whether it be on purpose or an accident
Let's leave the Jones family off the guest list.

91. Leave Out

To purposefully exclude
Grace got left out of the plans for tonight because of the way she acted last time.

92. Let Down

To disappoint; to make lower or longer
Please don't let me down at the event this weekend.

93. Let In

To allow; to invite
After he burnt the chicken, we opened the window to let in some fresh air.

94. Let On

To allude to

Kayla let on that Jeremy doesn't really want to come tonight.

95. Let Up

To ease up

Don't let up on him, he deserves to be punished for wrecking the house.

96. Lighten Up

To make less serious

Oh, lighten up it was only a joke.

97. Line Up

To create a row; to organize

Line up at the end of the field, you boys are running.

98. Lock In

To secure; to save; to keep at a specific level

Let's lock in a date for vacation before our calendars fill up.

99. Lock Up

To shut the doors or windows, to trap

Please lock up before you leave.

100. Look Down On

To believe you are better than someone or something

Don't look down on me just because I'm younger than you.

101. Look Forward To

To anticipate with excitement

I look forward to meeting you soon.

102. Look Into

To investigate further

Police are still looking into the disappearance.

103. Look Out

To stay alert; to do a favor for someone

Thanks for looking out for me, I wouldn't have made it through school without you.

104. Look Over

To examine

Let's look over these papers together.

105.Look Up To

To respect or revere someone
I look up to him as the father I never had.

106.Luck Out

To unexpectedly experience luck
I guess we lucked out this time finding a parking spot near the front.

107.Make Up

To create a story; to do something that is better than what you missed out on
That didn't happen, you're making that up.

108.Mess Up

To be unorganized; to ruin
You messed up my hair.

109.Mix Up

To combine; to confuse; to upgrade or change
Can you mix up the batter for me while I make the frosting?

110.Monkey Around With

To mess around; to be silly
That's enough monkeying around with your brothers.

111.Narrow Down

To reduce your options
Please narrow down the lunch options to two restaurants.

112.Pay Back

To return money that you owe; to reciprocate
I will pay you back when I find my wallet.

113.Pay Up

To give all the money you owe
You are required to pay two months' rent up before moving day.

114.Pay Off

To repay; to give money in exchange for secrecy; to be rewarded for hard work
Hard work pays off.

115.Pick On

To tease or bully
Those kids always pick on my son.

116.Pile Up

To place or be in a pile
That trash is really piling up.

117.Piss Off

To make someone angry
You better take your shoes off inside the house before you piss off your mom.

118.Plan On

To have the intention of doing
I plan on being there around noon.

119.Plug In

To connect to electricity
My phone was about to die so I had to plug it in.

120.Point Out

To bring attention to
You didn't have to point out the pimple on my chin, I know it's there.

121.Print Out

To create a paper copy
Can you print out that flyer?

122.Pull Off

To do successfully
I can't believe they pulled off the surprise.

123.Pull Over

To drive onto the side of the road and stop
The cops had her pull over because she had a taillight out.

124.Pull Through

To recover; to continue through difficulty
Let's just pull through to the next parking spot.

125.Punch In

To record time
I punched in to work at 6 o'clock in the morning every day this week.

126.Put Away

To hide something in a specific place
Put those toys away before someone trips on one of them.

127.Put Back

To return to its original place; to postpone
Put that broom back after you use it.

128.Put In

To place inside; to install; to contribute money
Put those groceries in the refrigerator please.

129.Put Together

To assemble; to plan; to position close together
We can put together her dresser later today.

130.Put Up With

To tolerate something that you don't necessarily like
I put up with a lot in my last relationship.

131.Ring Up

To call on the phone; to add up the total cost at a register
The grocery clerk offered to ring us up on the register she just opened.

132.Rip Off

To be asked to pay too much for something; to remove something from where it
was using force
Just rip off the band aid, it will only hurt for a second,

133.Rip Up

To tear into pieces; to remove something off of a specific surface
We had to rip up the carpet in the house we were fixing up.

134.Rule Out

To eliminate as possible
They ruled him out as a suspect after his alibi checked out.

135.Run Across

To move from one side to another
The fox ran across the road.

136.Run Around

To go from place to place quickly; to play while running
I have been running around town all day.

137.Run Down

To gradually get worse; to explain a plan; to quickly get lower
Let me give you the run down of the night before we leave.

138.Run Into

When two objects accidentally hit each other; to see someone you know unexpectedly; to have unexpected issues; to go inside quickly
Can you run into the store and grab some apples for me please?

139.Run Over

To be injured by a car; to practice all the way through; to continue past the allotted time; to explain again; to have too much liquid inside
Football practice always runs over after a loss.

140.Screw On

To seal a container's lid; to connect parts with a screw
Screw that lid on tight or you'll spill your drink.

141.Screw Up

To make a mess of something
I screwed up the date by talking about myself too much.

142.See About

To look into doing something
Let's see about getting an extra bag of ice for the party.

143.Sell Out

To be rid of all available inventory; to give up your morals when doing something
We better get there early before the tickets sell out.

144.Settle Down

To start living routinely with more stability; to relax
Settle down before you get the dogs riled up.

145.Shake Up

Shaking to mix something; to upset someone
Shake up the orange juice before drinking it.

146.Show Off

To display something in a large way
He came by to show off his new truck.

147.Shut Up

To not talk
My mom shouting at us is a great way to get us to shut up.

148.Sign In

To write your name down with the time and date you arrived; to input a username and password online
We had to sign in at the front office before the doctor would see us.

149.Sign Out

To signify your departure by signing your name and the date; to exit online
Be sure to sign out of your account on the library computer so that no one can access your information.

150.Sit Down

To start sitting; to assist someone in sitting
Please, sit down you've been on your feet all day.

151.Slow Down

To start being slower
Slow down I can't understand what you're saying when you talk that fast.

152.Sneak In/Into

To go inside somewhere without being detected
Sneak into the back pew, we're late and don't want to disturb the service.

153.Sneak Out

Let's sneak out tonight and go to the club.

154.Sort Out

To resolve a misunderstanding; to place things into specific groups
Paul wants to sort out the details before we leave for the trip.

155.Space Out

To gravitate your attention elsewhere; to not focus on what's around you
I'm so tired that I keep spacing out and not hearing what she said to me.

156.Stand Around

To gather in one area instead of doing what you need to
Quit standing around, we've got housework to do!

157.Stand For

To back up or support
The school won't stand for bullying of any kind.

158.Start Off

To begin; to have intentions to do something
Jacob started off the weekend by sleeping in until noon.

159.Start Up

To begin something; to make it work
Start up the car, I will be outside in a second.

160.Stay Out

To leave your home; to not go inside; to remain uninvolved
We wanted to stay out past midnight but got too tired.

161.Stay Up

To be above level ground; to be awake longer than usual
Don't stay up too late, you have school in the morning.

162.Step On

To move quickly; to place your foot
They're coming after us, so step on the gas!

163.Stick Around

To remain in one place for a while
We better stick around for a bit after your grandmother's surgery.

164.Stick Out

To extend outward; to be recognized; to persevere
It's only a few more weeks, just stick it out.

165.Stick Up

To put something where it can be seen more easily; to stand out from the group
Your hair is all brushed and smooth besides one little piece that's sticking up over here.

166.Stick With

To continue; to stay loyal; to endure an uncomfortable situation or person

They always stick us good kids with the troublemakers.

167. Stop Over

To visit for a moment; to stop quickly

Can you stop over at the store for some milk before you get home?

168. Straighten Out

To make straight; to fix an issue; to make someone's attitude or behavior better

Let's straighten her out before the big day.

169. Switch Off

To turn something previously on to be off

Switch off the oven once you're done baking, so it doesn't start a fire.

170. Switch On

To turn something previously off to be on

Switch on those lights, it's way too dark in here.

171. Take Apart

To disassemble or separate

We have to take apart the giant bookshelves to get them inside the building.

172. Take Out

To remove; to withdraw money; to pay for a dinner, bowling, etc., to murder

I had to take out \$300 for the fair this weekend.

173. Take Up On

To accept an invitation or offer

My night just freed up, so I will take you up on those tacos.

174. Talk Down To

To talk to someone as if you are better and/or smarter than them

Frank always talks down to her when he's explaining something.

175. Talk Into

To convince

I won't let you talk me into buying anything else today.

176. Talk Out Of

To convince someone against something

Nothing will talk her out of getting this tattoo.

177. Talk To

To converse with someone

Jackie will talk to him about borrowing the car tomorrow.

178. Tear Down

To destroy physical or mentally

They tore down the old spaghetti factory last year.

179. Tear Off

To remove forcefully

Nikki tore off a piece of chicken.

180. Tell Apart

To differentiate

The Hollow twins are too similar, I can't tell them apart.

181. Tell On

To inform someone of something that happened but was not supposed to
Poppy told on her brother after he broke their mom's vase.

182. Think About

To ponder something before it happens; to have on your mind

Julia can't stop thinking about her date on Friday.

183. Think Ahead

To plan for the future

Luckily, mom thought ahead for the boat trip and brought plenty of snacks and drinks.

184. Think Up

To come up with an idea using your imagination

I could never think up a movie like The Matrix on my own.

185. Throw Away

To get rid of

He threw those old muffins away once they started going bad.

186. Track Down

To seek out and find

It took forever to track down a copy of her new book, but I finally got one

187. Trade In

To exchange an old item for something new

My dad traded in his old truck to the dealership, then bought a nicer one.

188. Trick Into

To persuade using dishonesty

Josh tricked me into coming with him.

189. Try On

To see how something fits on your body before buying it

You better try those shorts on to make sure they fit correctly.

190. Try Out

To demonstrate a specific skill; to test something

I want to try out that new Mexican restaurant in town.

191. Turn Down

To refuse an offer; to decrease something

Please turn down the radio, I am trying to talk on the phone.

192. Turn Off

To stop from being on; to offend or cause someone to lose interest

Someone being lazy is such a turn off, I prefer a hardworking man.

193. Turn On

To stop from being off; to entice or cause attraction; to suddenly become against someone

I never expected the butler to turn on the family after all of his years of service.

194. Turn Over

To flip to the other side; to pass on authority duties; to replace continuously

After 25 years as HOA President, Bob turned over his duties to a younger member of the neighborhood.

195. Turn Up

To increase volume; to be found; to learn through research

That missing vehicle is bound to turn up somewhere.

196. Use Up

To exhaust the resources of something

Did you use up the last of the peanut butter yesterday?

197. Wake Up

To finish sleeping; to become aware

Hannah was supposed to wake up at 6 am, but she slept until noon.

198. Wash Off

To clean using water

After we went hiking in the rain, I had to wash off my boots with the hose.

199. Wash Up

To clean yourself; to be carried ashore by water; to no longer be of any use

You and your brothers need to go wash up before dinner.

200. Watch Out

To be cautious of something happening

Watch out for deer when driving in the country at night.