

# Phrasal Verbs - Lesson Four

## Relationships

*\*Deciphering meaning\**

### Vocabulary to Learn

1. Hold a grudge
2. Bury the hatchet
3. Walk on eggshells
4. Let one's guard down
5. Let someone down
6. Stand up for someone
7. Have someone's back
8. Come off
9. Rub someone the wrong way
10. Cut someone off

#### **Instructions:**

- Each page has its phrasal verb, a photo, and a few example sentences.
- Look at the images, read the examples, and guess your own meanings.

#### **Note:**

Being able to determine the meaning of a new word or phrase based on its context is an important skill. This activity will both improve your vocabulary range and help you to develop the skill of deducing meaning (guessing or understanding the meaning without being told).

- Good luck



#### content:

Page	2-11	phrasal verbs with examples
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Page	13	writing assignment
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# To Hold a Grudge



## Example Sentences:

1. She still holds a grudge against her old boss for not giving her the promotion, and that was three years ago.
2. Life is too short to hold grudges – at some point you have to forgive and move forward.
3. My brother and I had a big argument last year, but neither of us is the type to hold a grudge, so we sorted it out quickly.

## My Definition :

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# To Bury the Hatchet



Example Sentences:

1. The two colleagues hadn't spoken in months, but after a long conversation over coffee, they finally buried the hatchet.
2. My dad called my uncle after ten years of silence – it was time to bury the hatchet and move on.
3. They had been arguing for so long that neither of them could even remember why – so they decided to just bury the hatchet.

My Definition :

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# To Walk on Eggshells



## Example Sentences:

1. Ever since my boss got back from his holiday in a bad mood, everyone in the office has been walking on eggshells.
2. I always walk on eggshells around my grandmother – she gets offended very easily.
3. It's exhausting being in a relationship where you constantly have to walk on eggshells – it shouldn't be that way.

## My Definition :

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## To Let One's Guard Down



### Example Sentences:

1. It took her a long time to let her guard down after her divorce, but eventually she started trusting people again.
2. He never lets his guard down at work — he always stays professional, even at the Christmas party.
3. The moment I let my guard down and told him how I really felt, I immediately regretted it.

### My Definition :

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## To Let Someone Down



Example Sentences:

1. He promised he would be at her graduation, and when he didn't show up, she felt completely let down.
2. I don't want to let my parents down after everything they have sacrificed for me.
3. She let the whole team down by not finishing her part of the project on time.

My Definition :

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## To Stand Up for Someone



Example Sentences:

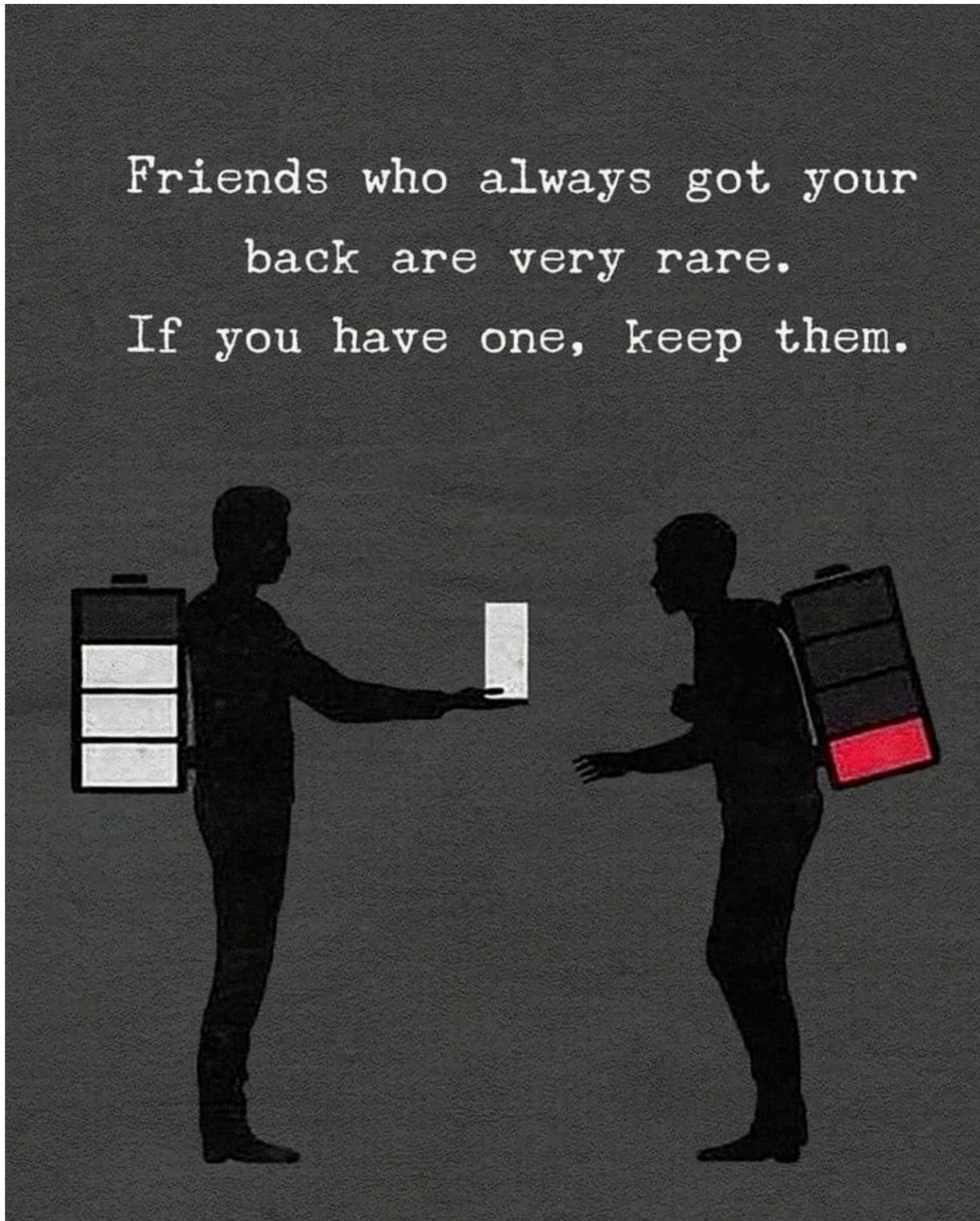
1. When everyone was criticising her idea, he was the only one who stood up for her – she never forgot that.
2. You need to learn to stand up for yourself – not everyone will do it for you.
3. She stood up for her colleague when the manager blamed him for something that wasn't his fault.

My Definition :

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# To Have Someone's Back



## Example Sentences:

1. No matter what happens, I know my best friend has my back — she has never let me down.
2. A good team is one where everyone has each other's back, even when things get difficult.
3. I didn't even need to ask him for help — he just showed up and had my back without saying a word.

## My Definition :

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## To Come Off



### Example Sentences:

1. He was trying to be funny, but it came off as rude and nobody laughed.
2. She was nervous during the interview but somehow came off as very confident — she got the job.
3. I didn't mean to sound critical — I hope that didn't come off the wrong way.

My Definition :

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## To Rub Someone the Wrong Way

It's not that I don't like you....

oh wait, yes, yes it is.



som<sup>ee</sup>cards  
user card

Example Sentences:

1. I'm not sure what it is about him, but he rubs me the wrong way every time we meet.
2. She rubbed her new colleagues the wrong way on her first day by talking over everyone in the meeting.
3. His sense of humour rubs a lot of people the wrong way – he doesn't always read the room well.

My Definition :

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## To Cut Someone Off



Example Sentences:

1. After years of toxic behaviour, she made the difficult decision to cut her friend off completely.
2. He cut off his entire family after the argument over the inheritance – nobody has heard from him since.
3. Sometimes cutting someone off is the healthiest thing you can do, even if it hurts at first.

My Definition :

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## Match the Meanings

Phrase	Meaning
a. To hold a grudge	1. To end all contact with someone.
b. To bury the hatchet	2. To behave very carefully to avoid upsetting someone.
c. To walk on eggshells	3. To defend or support someone.
d. To let one's guard down	4. To make a particular impression on others.
e. To let someone down	5. To continue feeling angry at someone for something they did in the past.
f. To stand up for someone	6. To annoy or irritate someone, often without meaning to.
g. To have someone's back	7. To stop being careful or defensive and allow yourself to be vulnerable.
h. To come off	8. To fail to do what someone was depending on you to do.
i. To rub someone the wrong way	9. To support and protect someone, especially in difficult times.
j. To cut someone off	10. To end a conflict and make peace with someone.

## Answer Key

Phrase	Answer
a. To hold a grudge	5. To continue feeling angry at someone for something they did in the past.
b. To bury the hatchet	10. To end a conflict and make peace with someone.
c. To walk on eggshells	2. To behave very carefully to avoid upsetting someone.
d. To let one's guard down	7. To stop being careful or defensive and allow yourself to be vulnerable.
e. To let someone down	8. To fail to do what someone was depending on you to do.
f. To stand up for someone	3. To defend or support someone.
g. To have someone's back	9. To support and protect someone, especially in difficult times.
h. To come off	4. To make a particular impression on others.
i. To rub someone the wrong way	6. To annoy or irritate someone, often without meaning to.
j. To cut someone off	1. To end all contact with someone.



## Teacher's writing sample

"My best friend Maria and I stopped talking for almost a year. It started with a small argument that got out of hand, and before we knew it, we had both **cut each other off** completely. Looking back, I think we were both too proud to make the first move.

The truth is, Maria had **let me down** badly. She had promised to **have my back** during a really difficult time at work, and when the moment came, she said nothing. I felt completely alone. For months I **held a grudge**, and every time someone mentioned her name, I changed the subject.

The problem was that Maria had always **rubbed my other friends the wrong way**, so nobody encouraged me to patch things up. But deep down I missed her. She was the kind of person who always **stood up for** the people she loved, even when it was uncomfortable — and I knew that one bad moment didn't define who she was.

One day I ran into her at a coffee shop. It was awkward at first — I **walked on eggshells** for the first ten minutes, choosing every word carefully. But then something shifted. I **let my guard down**, told her honestly how I had felt, and she listened without interrupting. By the end of the conversation, we had **buried the hatchet**.

The whole experience taught me that how you **come off** in an argument isn't always who you really are. Sometimes people just need a second chance."