

Phrasal Verbs: Dealing with Problems & Change

Intermediate (B1–B2)



WARM UP

Part 1. Discuss the following questions.

1. Have you ever been **let down** by someone? How did you handle it?
2. Do you find it easy to **bounce back** after a setback?
3. Have you ever had to **face up to** a difficult truth?

READING ACTIVITY

Part 1. Read the following dialogue carefully.

Jordan: This week has been rough. I **ran into** some unexpected problems at work.

Maya: Oh no, what happened?

Jordan: One of the suppliers **let us down** at the last minute. We had to **face up to** the fact that the event wouldn't happen on time.

Maya: That's tough. How are you feeling now?

Jordan: I'm trying to **sort things out** step by step and **work through** the stress.

Maya: That sounds like a healthy approach. I know you'll **bounce back**. You always do.

Jordan: Thanks. I'm **holding on** for now — just taking it one day at a time. I know I'll **get over** it soon.

Part 2. Answer the comprehension questions.

1. What problem did Jordan experience at work?
2. How did the supplier affect the situation?
3. What truth did they have to face?
4. What two things is Jordan doing to cope?
5. What does Maya say about Jordan's ability to recover?

DEFINITION MATCHING

Part 1. Match each phrasal verb to its correct definition. Can you guess any before looking at the options?

Sort out

Work through

Bounce back

Face up to

Let down

Get over

Hold on

Run into

1. _____ to process something emotional or difficult step by step
2. _____ to recover emotionally or return to a normal state
3. _____ to disappoint someone
4. _____ to confront or accept something difficult
5. _____ to resolve or fix something
6. _____ to keep going or survive during difficulty
7. _____ to experience something unexpectedly
8. _____ to move past something emotionally



COLLOCATION MATCHING

Part 1. Match the phrasal verbs with what they often collocate with.

Sort out	Work through	Bounce back	Face up to
Let down	Get over	Hold on	Run into

1. _____ a friend / a colleague
2. _____ an obstacle / an issue / a problem
3. _____ a breakup / illness
4. _____ to hope / until things improve
5. _____ relationship problems / grief / sadness / anger
6. _____ the reality / the truth
7. _____ the details / a problem
8. _____ quickly / stronger than before

SENTENCE TRANSFORMATION

Part 1. Rewrite the following sentences using the target phrasal verbs so that the meaning stays the same.

1. I'm trying to deal with the problem and find a solution.
2. She slowly recovered after losing her job.
3. He didn't want to accept what had happened.
4. I'm slowly processing my feelings about the change.
5. We encountered an unexpected issue last week.
6. He kept going, even when things got really hard.
7. I was disappointed by my friend.
8. It took time, but I stopped feeling hurt by the situation.

SENTENCE GAP-FILL

Part 1. Use the correct form of the phrasal verb in brackets to complete each sentence.

1. They _____ (run into) multiple issues since the team changes began.
2. She _____ (sort out) the problem before it got worse.
3. I _____ (get over) that situation faster than I expected.
4. We _____ (hold on) for months, but it's time for a new approach.
5. He _____ (let down) by his manager after being promised support.
6. If I _____ (face up to) the truth earlier, I could've made better choices.
7. I _____ (bounce back) before, and I know I can do it again.
8. They _____ (work through) the loss gradually, with professional help.

SPEAKING

Part 1. Talk about a personal challenge or unexpected situation you faced. Use at least 5 phrasal verbs from this lesson.

Sort out

Work through

Bounce back

Face up to

Let down

Get over

Hold on

Run into

You can mention:

- What happened
- How you felt
- How you dealt with it
- What you learnt from the experience