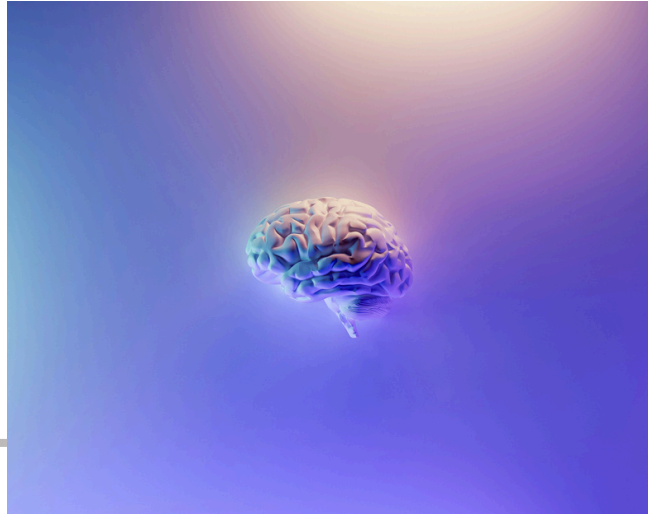


# Phrasal Verbs: Mindset & Perspective

Upper Intermediate (B2–C1)



## WARM UP

**Part 1. Discuss the following questions.**

1. Do you find it easy or difficult to **snap out of** a negative mindset?
2. What's something you used to believe but later **came around** to a different view?
3. Do you ever **dwell on** things you've said or done in the past?
4. How do you process new ideas — do you need time to **think** them **over**?

## READING ACTIVITY

**Part 1. Read the following dialogue carefully.**

**Nora:** I've been trying not to **dwell on** that mistake I made in the meeting.

**Sophie:** Honestly, I wouldn't even worry about it. Just **brush it off**.

**Nora:** It's hard not to. I keep **looking back on** it and overthinking everything.

**Sophie:** I get it. But try to **snap out of** that mindset. Mistakes happen.

**Nora:** You're right. I've also been trying to **take in** the feedback from my manager.

**Sophie:** That's a good approach. **Think it over**, and maybe you'll **come around to** seeing it as useful.

**Nora:** Yeah, I want to **look into** ways to improve instead of beating myself up.

## Part 2. Answer the comprehension questions.

1. What is Nora struggling with?
2. What advice does Sophie give about the mistake?
3. What is Nora trying to take in?
4. What mindset does Sophie suggest changing?
5. What is Nora planning to do moving forward?

## DEFINITION MATCHING

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

Take in

Think over

Look back on

Come around to

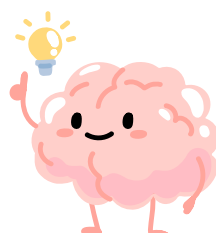
Brush off

Dwell on

Look into

Snap out of

1. \_\_\_\_\_ to absorb or accept new information or experiences
2. \_\_\_\_\_ to focus too much on something negative
3. \_\_\_\_\_ to suddenly stop being in a negative state
4. \_\_\_\_\_ to ignore or dismiss something
5. \_\_\_\_\_ to reflect carefully before making a decision
6. \_\_\_\_\_ to reflect on past events or situations
7. \_\_\_\_\_ to investigate or explore something in more detail
8. \_\_\_\_\_ to gradually change your opinion or accept something



## COLLOCATION MATCHING

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

Take in

Think over

Look back on

Come around to

Brush off

Dwell on

Look into

Snap out of

1. \_\_\_\_\_ a negative mindset / a slump
2. \_\_\_\_\_ criticism / negativity
3. \_\_\_\_\_ feedback / advice / experiences / information
4. \_\_\_\_\_ the past / memories
5. \_\_\_\_\_ options / an opportunity
6. \_\_\_\_\_ a suggestion / someone's point of view
7. \_\_\_\_\_ the past / mistakes / failures
8. \_\_\_\_\_ a decision / an offer

## SENTENCE TRANSFORMATION

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

1. I need time to reflect on this before giving an answer.
2. Try to stop overthinking what happened yesterday.
3. He eventually accepted the new way of doing things.
4. She ignored the negative comment completely.
5. I want to explore this idea more before deciding.
6. You should stop feeling sorry for yourself and move on.
7. I learnt a lot from that experience.
8. I often reflect on my early teaching days.

## SENTENCE GAP-FILL

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

1. You really should \_\_\_\_\_ (snap out of) this mindset — it's been affecting your motivation.
2. I \_\_\_\_\_ (think over) the decision for days, and I still don't feel confident.
3. She \_\_\_\_\_ (brush off) the criticism like it didn't matter, but I think it did affect her.
4. By the time I responded, I \_\_\_\_\_ (take in) the feedback and was ready to improve.
5. If I \_\_\_\_\_ (look back on) my mistakes earlier, I wouldn't have repeated them.
6. I think he \_\_\_\_\_ (come around to) the benefits of mindfulness after practising for a few weeks.
7. We \_\_\_\_\_ (look into) other options before committing to the course.
8. I know I shouldn't, but I \_\_\_\_\_ (dwell on) what I said in that meeting all week.

## SPEAKING

**Part 1. Use at least 5 of the target phrasal verbs to talk about:**

Take in

Think over

Look back on

Come around to

Brush off

Dwell on

Look into

Snap out of

- A mindset or belief you've changed
- How you reflect on past experiences
- How you deal with criticism or mistakes
- What helps you take in new perspectives

