

Phrasal verbs para relaciones y vida social

Vocabulario para conocer personas, expresar lo que piensas, manejar desacuerdos, ofrecer apoyo y conservar vínculos.

20 usos contextuales	5 subtemas	9 conexiones
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Ruta de aprendizaje

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Escanea para abrir la lista web, consultar los otros significados de cada expresión y practicar con el quiz de 12 preguntas.

01 · Conectar con otros

4 expresiones para este momento o función.

meet up

reunirse

- 1 We met up for coffee after work.
- 2 Let us meet up somewhere quiet and talk properly.

get together

reunirse

- 1 The whole family gets together once a month.
- 2 Our former classmates get together every December.

hit it off

congeniar de inmediato

- 1 They hit it off during the first group dinner.
- 2 I hit it off with my new neighbor over a shared interest in cooking.

open up

abrirse emocionalmente

- 1 He opened up after we had spoken for a while.
- 2 She finds it easier to open up during a walk.

Conexión: 2 contextos · 2 sentidos

02 · Hablar con claridad

4 expresiones para este momento o función.

speak up

expresar lo que se piensa

- 1 You should speak up if the joke makes you uncomfortable.
 - 2 He spoke up when the group ignored her point.
- Conexión: 3 contextos · 3 sentidos

bring up

mencionar

- 1 She brought the misunderstanding up calmly.
 - 2 I did not bring the old argument up at dinner.
- Conexión: 7 contextos · 4 sentidos

talk over

conversar para decidir

- 1 Let us talk the plans over before inviting everyone.
- 2 They talked the decision over without rushing each other.

reach out

contactar

- 1 I reached out when I heard he was having a difficult week.
 - 2 Reach out if you want company this weekend.
- Conexión: 6 contextos · 2 sentidos

03 · Desacuerdos

4 expresiones para este momento o función.

fall out

pelearse o distanciarse

- 1 The friends fell out over a broken promise.
- 2 The cousins fell out but continued attending family events.

lash out

reaccionar con enojo

- 1 She lashed out because she felt ignored.
 - 2 He apologized for lashing out during the call.
- Conexión: 2 contextos · 1 sentido

calm down

calmarse

- 1 We both calmed down before continuing the conversation.
 - 2 Give her a moment to calm down before asking another question.
- Conexión: 3 contextos · 2 sentidos

back down

ceder

- 1 Neither person wanted to back down at first.
 - 2 I backed down once I realized I had misunderstood the message.
- Conexión: 2 contextos · 2 sentidos

04 · Apoyo y límites

4 expresiones para este momento o función.

stand up for

defender

- 1 He stood up for his friend when the criticism became unfair.
- 2 She always stands up for people who are left out.

stick up for

salir en defensa de

- 1 Thank you for sticking up for me in that conversation.
- 2 His colleague stuck up for him when the rumor spread.

look out for

cuidar o estar pendiente de

- 1 Good neighbors look out for one another.
 - 2 We look out for each other's pets when someone travels.
- Conexión: 3 contextos · 3 sentidos

let down

decepcionar

- 1 I am sorry I let you down when you needed help.
- 2 She felt that her closest friends had let her down.

05 · Reparar y continuar

4 expresiones para este momento o función.

make up

reconciliarse

- 1 They made up after an honest conversation.
- 2 The brothers made up before the family celebration.

get over

superar

- 1 It took her a while to get over the end of the friendship.
 - 2 He is slowly getting over the disappointment.
- Conexión: 4 contextos · 2 sentidos

move on

seguir adelante

- 1 We apologized and agreed to move on.
- 2 They decided to move on rather than repeat the same argument.

keep in touch

mantener el contacto

- 1 We keep in touch even though we live in different cities.
- 2 We kept in touch through voice notes after graduation.

Práctica transversal

Doce preguntas distribuidas entre todos los subtemas. Responde sin mirar la lista; después compara con las soluciones.

1. ¿Qué expresión significa **reunirse**?
A. hit it off B. open up C. back down D. meet up
2. Explica en español qué significa **speak up** en esta frase:
You should speak up if the joke makes you uncomfortable.
3. Escribe el phrasal verb que significa **pelearse o distanciarse** en desacuerdos.
4. ¿Qué expresión significa **defender**?
A. stand up for B. let down C. look out for D. stick up for
5. Explica en español qué significa **make up** en esta frase:
The brothers made up before the family celebration.
6. Escribe el phrasal verb que significa **reunirse** en conectar con otros.
7. ¿Qué expresión significa **mentonar**?
A. talk over B. bring up C. reach out D. speak up
8. Explica en español qué significa **lash out** en esta frase:
She lashed out because she felt ignored.
9. Escribe el phrasal verb que significa **salir en defensa de** en apoyo y límites.
10. ¿Qué expresión significa **superar**?
A. make up B. move on C. get over D. keep in touch
11. Explica en español qué significa **hit it off** en esta frase:
I hit it off with my new neighbor over a shared interest in cooking.
12. Escribe el phrasal verb que significa **conversar para decidir** en hablar con claridad.

Soluciones: 1. meet up · 2. expresar lo que se piensa · 3. fall out · 4. stand up for · 5. reconciliarse · 6. get together · 7. bring up · 8. reaccionar con enojo · 9. stick up for · 10. get over · 11. congeniar de inmediato · 12. talk over