

3 phrasal verbs for feelings

This is not a word-for-word transcript

Have you ever heard the expression 'it's good to talk'?

Well, here are some reasons why. If you **bottle things up** and don't say how you're feeling, those feelings might get worse.

If they get worse you might **take your feelings out on other people** and make them suffer, even when it's not their fault.

This won't feel great so you might just disappoint yourself or **let yourself down**.

OK, enough bad life advice from me.

I'll just stick to teaching.

So how do we use these phrasal verbs?

They all need an object: **something** or **someone**, and they are all separable.

To bottle something up, to take something out on someone and to let someone down.

Do you ever do any of these things?

Maybe you have some better advice than I did.