Gap-fill
Complete the conversation using the correct form of the phrasal verbs listed below. You can use some of the verbs more than once.

burn out  
run out of  
slow down  
take over

Vicki: Now stop worrying about your job Matt.

Matt: But I really do think this job is (1) ___________________ my life. I’ve got to (2) ___________________.

Vicki: Yes you need to stop working so hard otherwise you’ll be too tired to do anything.

Matt: That’s right - if I don’t (3) ___________________, I’m going to (4) ___________________ ….

Vicki: Exactly - and if you (5) ___________________ through working too hard, you won’t be able to do your job properly anyway!

Vicki: So, pace yourself - work more slowly. Don’t (6) ___________________ steam before you get to the top!

Matt: You’re right, I don’t want to (7) ___________________ steam - I don’t want to use all my energy before I can get promoted again.
KEY

1) taking over
2) slow down
3) slow down
4) burn out
5) burn out
6) run out of
7) run out of
Gap-fill
Complete the conversation using phrasal verbs.

Vicki: Now stop worrying about your job Matt.

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Vicki: Yes you need to stop working so hard otherwise you’ll be too tired to do anything.

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Matt: You’re right, I don’t want to (7) ___________________ steam - I don’t want to use all my energy before I can get promoted again.
KEY
1) taking over
2) slow down
3) slow down
4) burn out
5) burn out
6) run out of
7) run out of
Running out of steam?

Jamie had always loved his job. He was thrilled when he passed the physical tests and did well in the interview. Finally, he had (1) ______________! The fire service had accepted him! Of course, being a fire fighter is not an easy job. Jamie worked long hours and was often woken in the middle of the night to go to an emergency. At weekends, he would go to bed early and sleep late. It was the only way he could keep himself from (2) _______________. His wife was always telling him to (3) _______________ – to have a rest, take a break. She was worried that with all the long hours and night-time callouts he would (4) _______________ steam before he was even 30 years old. But Jamie loved his job passionately and wasn’t prepared to give it up. Even if that meant work would sometimes (5) _______________ his life, it was a sacrifice he was prepared to make.

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**KEY**
Gapped text
Use phrasal verbs to fill the gaps in the text.

Running out of steam?
Jamie had always loved his job. He was thrilled when he passed the physical tests and did well in the interview. Finally, he had (1) _______________! The fire service had accepted him! Of course, being a fire fighter is not an easy job. Jamie worked long hours and was often woken in the middle of the night to go to an emergency. At weekends, he would go to bed early and sleep late. It was the only way he could keep himself from (2) _______________. His wife was always telling him to (3) _______________ – to have a rest, take a break. She was worried that with all the long hours and night-time callouts he would (4) _______________ steam before he was even 30 years old. But Jamie loved his job passionately and wasn’t prepared to give it up. Even if that meant work would sometimes (5) _______________ his life, it was a sacrifice he was prepared to make.
KEY

1. got in
2. burning out
3. slow down
4. run out of
5. take over
Speaking: Find someone who...
First, form questions for each of the points. The first one has been done as an example. Then, mingle and ask your classmates your questions. When you find someone who answers ‘yes’, write his/her name in the space provided. The student with the most names completed is the winner.

Find someone who ...

1. ...would like to get into acting or singing as a career.

   Example: Would you like to get into acting or singing as a career?

2. ...sometimes lets work or study take over his/her life.

3. ...finds exercise or sport helps him/her slow down after work.

4. ...has ever been seriously worried about burning out.

5. ...has run out of steam when in an exam.
**KEY**

Model questions:

1. Would you like to get into acting or singing as a career?
2. Do you sometimes let work or study take over your life?
3. Do you find exercise or sport helps you slow down after work?
4. Have you ever been seriously worried about burning out?
5. Have you ever run out of steam when in an exam?