

## "Keep" Phrasal Verbs: Definitions

**keep (x) around:** to keep something near you

- *I always keep tissues around just in case I have to sneeze.*
  - *Our new employee is really lazy. I don't think we're going to keep him around much longer.*
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**keep at (it):** to continue doing something difficult (similar to 'hang in there' or 'stick with')

- *I know you have a lot of stress in school, but if you can just keep at it for six more months, you'll graduate and you'll never have to take another class again.*
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**keep away (from):** to stay away; to keep someone near something

- *The neighbor yelled at us and told us to keep away from his garden. He even put up a sign in his yard that says "Keep Away!"*
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**keep (x) down:** to eat food and not vomit (usually when you're sick or on medication)

- *I've been sick for the past two weeks. Today was the first day I was able to eat a big meal and keep it down.*
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**keep from:** to stop yourself from doing something

- *I was so angry at Derek last night! It took all of my self-control to keep from hitting him!*
  - *I'm trying to keep from eating too much red meat because my doctor said I have high blood pressure.*
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**keep up with:** to move as fast as another person; to not fall behind  
to stay aware of something (news or sports, for example)

- *John and I were neck and neck for the entire race, but he pulled ahead at the very end and I couldn't keep up with him.*
  - *I used to be a huge baseball fan, but I don't really keep up with it anymore.*
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## **“Keep” Phrasal Verbs: Review**

*Fill in the blanks with the correct words to complete these “keep” phrasal verbs.*

1. Mickey told me the funniest joke I have ever heard yesterday. Every time I think of it, I can't \_\_\_\_\_ laughing.
2. I always \_\_\_\_\_ my cell phone \_\_\_\_\_ just in case I get an important phone call.
3. I used to read the newspaper every day, but I don't really \_\_\_\_\_ with the news anymore because I find it too depressing.
4. Jenny accused Bill of stalking her, so the judge ordered Bill to \_\_\_\_\_ from Jenny.
5. I had food poisoning on Monday. I threw up every time I tried to eat or drink. I couldn't \_\_\_\_\_ anything \_\_\_\_\_ — not even water.
6. I don't like going for bike rides with Dennis. He rides really fast and it's hard to \_\_\_\_\_ with him.
7. Mandy worked two part-time jobs while she was in the university, and she struggled to make ends meet. However, she \_\_\_\_\_ it and eventually graduated with honors.