



**Match the words, phrasal verbs, or phrases with the correct meaning.**

<b>Words or Phrases</b>		<b>Meaning</b>
upbeat	(    )	1. to control the direction of a vehicle
ease	(    )	2. you try to help them when they are in danger or difficulty
steer	(    )	3. to make or become less severe, difficult, unpleasant, painful, etc
sign up	(    )	4. to agree to become involved in an organized activity
lighten up	(    )	5. caring more for what other people need and want rather than for what you yourself need and want
get me down	(    )	6. to make a speech or piece of writing less serious
selfless	(    )	7. full of hope and happiness
come to your aid	(    )	8. when something or someone makes you feel unhappy or depressed