

## MAIRO VERGARA ADVANCED PHRASAL VERBS COURSE

### Sentences for Anki | Lesson 43

#### FRONT

I could not keep myself from spending money in this magnificent shop.

#### BACK

**keep from** = to prevent yourself or someone else from doing something

*This person could not prevent herself from spending money. The shop had so many beautiful products that she was tempted to buy a few items at least.*

#### FRONT

How do you keep yourself from eating sweet things?

#### BACK

**keep from** = to prevent yourself or someone else from doing something

*How do you prevent yourself from giving in to the temptation of sugar? The latest research show sugar may be more addictive than cocaine.*

#### FRONT

She finds she constantly has to keep herself from reprimanding her teenage son. You can only scold someone so many times before he turns deaf!

#### BACK

**keep from** = to prevent yourself or someone else from doing something

*It is important to use the pronoun correctly when you use the phrasal verb "keep from" in sentences. You either use the reflexive pronoun or the object form of the pronoun. If the person has to prevent **him-/herself** from doing something, the reflexive pronoun is the right one to use. If the person has to keep someone else from doing something, the object form of the personal pronoun is used. He keeps **her** from doing something. She keeps **him** from doing something. They keep **us** from doing something.*

#### FRONT

Nothing will keep him from fulfilling his dream.

#### BACK

**keep from** = to prevent yourself or someone else from doing something

*Here is another example of the use of the object form of the pronoun. "Him" is the object form of the pronoun "he". "He" is the subject form.*

#### FRONT

His ex-wife tried to keep him from visiting his children, but he took her to court.

#### BACK

**keep from** = to prevent yourself or someone else from doing something

*The woman wanted to prevent the man from visiting his children, but he took her to court to*

*challenge her obstructive behavior.*

**FRONT**

She had to pinch him surreptitiously to keep him from laughing out loud at the spectacle in front of them. Fortunately, he managed to keep his composure.

**BACK**

**keep from** = to prevent yourself or someone else from doing something

*A spectacle in this sense is an unusual or interesting thing or scene that someone sees or notices. To keep your composure is to keep your pose, not to show your real feelings. So, in the scene above the woman had to pinch her friend to prevent him from losing his pose and laughing out loud at the scene in front of him.*

**FRONT**

The dog could not keep itself from howling along with the man. The rest of us could not keep ourselves from laughing heartily at their duet.

**BACK**

**keep from** = to prevent yourself or someone else from doing something

*The dog wanted to howl along with the man. No-one was going to stop him. The spectators thought the "singing dog" was very funny.*

**FRONT**

She could not keep her boyfriend from leaving after the fight.

**BACK**

**keep from** = to prevent yourself or someone else from doing something

*She tried to prevent her boyfriend from leaving but he was so angry that he did not listen to her.*

**FRONT**

Put the left-over food in the fridge to keep it from going bad.

**BACK**

**keep from** = to prevent yourself or someone else from doing something

*In this case it is not "someone" but "something" that needs to be prevented. This person wants to prevent bacteria from spoiling food.*

**FRONT**

Do not allow anything or anyone to keep you from fulfilling your goals.

**BACK**

**keep from** = to prevent yourself or someone else from doing something

*It is important to set goals and to work hard to realize those goals.*

**FRONT**

Let me write down your order.

**BACK**

**write down** = to record in writing

*Writing down information helps you to remember it. In this scenario the waitress writes down the order to make sure she remembers it correctly.*

**FRONT**

Have you written down my order?

**BACK**

**write down** = to record in writing

*We have spoken about irregular verbs before. "Write" is an irregular verb. Therefore, when you use the phrasal verb "write down", pay attention to the correct use of the past tense and past participle forms. She **wrote** down the order. After she **had written** down the order, she placed the order.*

**FRONT**

The journalist keeps a notebook in her bag so she can write down interesting observations immediately.

**BACK**

**write down** = to record in writing

*She uses the notebook to record things she sees and hears. Writing down these observations helps her to remember the details clearly. Nowadays, of course, people tend to make electronic notes on their phones rather than using pen and paper.*

**FRONT**

He wrote down the recipe.

**BACK**

**write down** = to record in writing

*Leaving out one or two ingredients can really mess up a dish. Therefore it always a good idea to write down recipes in detail.*

**FRONT**

One of the earliest forms of writing is called cuneiform. The Sumerians wrote down information by making angular marks in wet clay, using implements made of reed.

**BACK**

**write down** = to record in writing

*Writing down information not only helps you to remember the information but also allows you to pass the information on to the next generation. That is how cumulative human knowledge is built.*

**FRONT**

Please write down my instructions for feeding the pets while I am gone.

**BACK**

**write down** = to record in writing

*Writing the instructions down is the best way to ensure that the pet minder remembers the instructions.*

**FRONT**

You do not have time to write down everything the teacher says in class. That is why note-taking skills are important.

**BACK**

**write down** = to record in writing

*It takes time to write something down word for word.*

**FRONT**

In July Yahoo wrote down the value of Tumblr by \$482 million. In total, Yahoo has now written down more than half of Tumblr's value since acquiring it at a cost of \$1.1 billion in 2013.

**BACK**

**write down** = reduce the value of

*Yahoo paid \$1.1 billion for Tumblr but when Tumblr did not generate the sales Yahoo had hoped for, the value of Tumblr became less than the price Yahoo had paid for it. So Yahoo reduced the value of Tumblr in its financial statements. They wrote down the value of Tumblr.*

**FRONT**

When the new model TV was released, the company had to write down the value of the old stock.

**BACK**

**write down** = reduce the value of

*Let's say you have a company that sells TVs. You still have five TVs left of a model that has been on the market for two years. Each TV is worth \$1000. After the release of the new model TV no-one wants the old model so you can only sell those TVs at \$700 per TV. Consequently, you have to write down the value of your old stock. The old stock is now worth \$3 500 instead of \$5 000 and your financial statements have to reflect this reduction.*

**FRONT**

The price of coal has fallen so dramatically that the company will have to write down the value of its coal assets significantly in the next quarter.

**BACK**

**write down** = reduce the value of

*The company will have to reduce the value of its coal assets in its financial statements because the coal is no longer worth as much as it was before. A quarter is one of four periods into which a company's financial year is divided for the purpose of financial calculations.*

**FRONT**

If you want to jot down creative ideas, you can't go wrong with this beautiful Delft notebook.

**BACK**

**jot down** = to take brief notes or to write hurriedly

People often come up with creative ideas, which they forget again. Briefly making notes about the creative ideas that you think of will help you to remember those ideas and to do something about them at a later stage.

#### FRONT

While I was preparing my book club talk on Ann Patchett's novel *Bel Canto*, I jotted down the titles of all the operas she referred to in the book.

#### BACK

**jot down** = to take brief notes or to write hurriedly

*So, this person did not write down the titles in detail. She briefly made notes and used abbreviations to capture the titles of the operas.*

#### FRONT

Successful note-taking relies on one's ability to jot down key words and phrases.

#### BACK

**jot down** = to take brief notes or to write hurriedly

*If you want to take good notes, you have to listen for key words and phrases and write them down as briefly as possible.*

#### FRONT

Jot down the registration number of that reckless driver!

#### BACK

**jot down** = to take brief notes or to write hurriedly

*Usually when you encounter a reckless driver, you don't have much time to write down the number you see on the number plates. You have to do so hurriedly before you forget it.*

#### FRONT

When you meet someone new, quickly jot down the person's name so you'll remember it in future.

#### BACK

**jot down** = to take brief notes or to write hurriedly

*People will LOVE you for remembering their names.*

#### FRONT

A small pad in which you jot down notes or jottings is called a jotter.

#### BACK

**jot down** = to take brief notes or to write hurriedly

*Jot is a verb but "jotter" and "jottings" are nouns.*

#### FRONT

The CEO's personal assistant jotted down the message. Then she wrote out the message neatly and put it on his desk.

#### BACK

**jot down** = to take brief notes or to write hurriedly

*First, she wrote the message down briefly and hurriedly. Then she added the detail. She gave the final product to the boss.*

**FRONT**

She jotted down the birthdays of all her friends and family. Then she compiled all the dates in a beautiful birthday calendar.

**BACK**

**jot down** = to take brief notes or to write hurriedly

*She made brief notes and then put those notes together in a more formal, detailed format. She probably does not have Facebook!*

**FRONT**

Before you start writing your exam essay, brainstorm a few ideas and jot them down in the form of a diagram. Then flesh out the ideas when you write the essay.

**BACK**

**jot down** = to take brief notes or to write hurriedly

*In many schools this planning process is compulsory. Jotting down ideas does not slow down your thoughts. Once you have jotted down your ideas, you can spend time developing them and writing out the essay.*

**FRONT**

She jotted down the phone number displayed on the billboard as she was passing it on her way to work.

**BACK**

**jot down** = - to take brief notes or to write hurriedly

*This is not exactly safe. Even when someone writes down something briefly and hurriedly, that person's attention is not focused on the road for a second or two. This could prove fatal.*