

# Take sth out of...

## To take sth out of sth

We use “to take sth out of something” to mean that by doing or using something, we eliminate something (usually unpleasant) that we’d have experienced otherwise.

Examples:

- The internet **takes** all the hassle out of shopping.
- Amazon **took** the pain out of Black Friday deliveries.
- We **took** all the stress out of planning and organizing our wedding by hiring a wedding planner.
- These days, to stop smoking, you can take a medicine which **takes** the pleasure out of it by blocking nicotine receptors in the brain.



## To take (sth / it / a lot) out of someone

We use “to take something out of someone” to mean that something that we do needs a lot of effort and makes us feel physically or emotionally tired.

Examples:

- Taking care of a baby really **takes** it out of you.
- Playing soccer in this heat really **takes** it out of you.
- Breaking up with his boyfriend **took** a lot out of her.  
She doesn't feel up to socializing these days.
- When I lost my best friend to suicide, it really **took** something out of me.