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List of Important Idioms

| Idioms | Meaning |
|----------------------------|---|
| A blessing in disguise | Seems bad, but is actually good |
| A cat has nine lives | Cats seem to get away with dangerous things |
| A cat nap | A short sleep during the day |
| A chip on your shoulder | A tendency to be easily annoyed or angered, |
| | especially over petty issues. |
| A clean slate | A new beginning, with no mistakes or errors. |
| A closed book | To be difficult to know or understand |
| A dark horse | Someone who is not well known but has the potential |
| | to be successful. |
| A dime a dozen | Something that is very common or easy to find. |
| A drop in the bucket | A very small or unimportant amount. |
| A feather in your cap | An achievement or accomplishment that is a source of |
| | pride. |
| A fish out of water | Someone who is in a situation where they are not |
| | comfortable or competent. |
| A flash in the pan | Something that is briefly successful but does not last. |
| A foot in the door | An initial advantage or opportunity that can lead to |
| | something more. |
| A gem of a person | Someone who is valuable or precious. |
| A handful | Someone or something that is difficult to manage or |
| | control. |
| A leopard can't change its | People cannot change their basic nature. |
| spots | |
| A penny saved is a penny | You will save money by being careful about how much |
| earned | you spend |
| A piece of cake | Easy |
| A scaredy cat | Someone who is excessively scared or afraid. |

| A sight for sore eyes | Something or someone that is very welcome or |
|------------------------|---|
| | pleasing to see. |
| A taste of your own | To experience the same thing that you have done to |
| medicine | others. |
| Ace in the hole | A secret advantage or resource that can be used in a |
| | pinch. |
| Ace up your sleeve | A secret advantage or resource that can be used when |
| | needed. |
| Add fuel to the fire | To make a situation worse or more intense. |
| Add insult to injury | To make a bad situation worse by saying or doing |
| | something hurtful or thoughtless. |
| Against all odds | Despite difficulties or challenges. |
| Against the clock | Working as fast as possible to meet a deadline. |
| Ahead of the curve | Ahead of others in terms of knowledge or progress. |
| Air rage | Angry behavior inside an airplane |
| Air your dirty laundry | To publicly reveal or discuss private or embarrassing |
| | information about someone or something. |
| Alive and kicking | Still alive and active. |
| All bark and no bite | Someone who talks a lot but doesn't actually do |
| | anything. |
| All bets are off | The rules or expectations are no longer in place. |
| All ears | Listening attentively. |
| All in a day's work | Something that is routine or expected. |
| All in a tizzy | Confused or agitated. |
| All of a sudden | Suddenly, without warning. |
| All systems go | Everything is ready to start. |
| All thumbs | Clumsy, awkward. |
| An arm and a leg | Something that is very expensive. |
| An eye for an eye | The idea that when someone does something wrong |
| | to you, you should do something wrong to them in |
| | return. |
| . | ı |

| Apple of my eye | Someone who is very dear to you. |
|----------------------------|--|
| As easy as pie | Something that is very easy to do. |
| As fit as a fiddle | To be healthy and physically fit |
| At the drop of a hat | Without hesitation, immediately. |
| Back to square one | starting something over from the beginning |
| Baker's dozen | 13 of something |
| Ball is in your court | It is your turn to take action or make a decision |
| Barking up the wrong tree | Pursuing the wrong course of action |
| Barrel of laugh | Someone who is very funny |
| Beating around the bush | Not discussing what is important/ procrastinating |
| Bend over backwards | Make a lot of effort |
| Bent out of shape | To feel upset or annoyed about something |
| Big task on your hand | Having something important to finish |
| Bite off more than you can | Take on more than you can handle |
| chew | |
| Bite the bullet | To face something difficult or unpleasant |
| Blow one's stack | To lose one's temper and explode in anger |
| Break a leg | Good luck |
| Bring home the bacon | Provide for one's family financially |
| Bull in a China shop | Someone who is clumsy or careless and causes |
| | damage or destruction |
| Burn the midnight oil | Work late into the night |
| Butter someone up | Flatter someone in order to get something from them |
| Buy a lemon | To buy something that doesn't work well (usually |
| | refers to care) |
| Buy a pig in a poke | Purchase something without knowing all the details or |
| | facts |
| By the skin of your teeth | Barely, narrowly |
| Cakewalk | Something that is very easy |
| Calm before the storm | A period of quiet or tranquility before a difficult or |
| | tumultuous event |
| | |

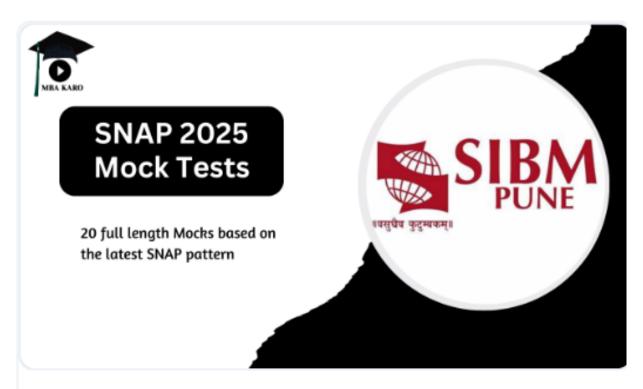
| ā | Offer something valuable to someone who does not appreciate it |
|----------------------------|--|
| | |
| Cat on a hot in roof E | |
| | Be extremely nervous |
| Cat out of the bag F | Reveal a secret |
| Chalk up | Attribute to |
| Change your tune (| Change your opinion about something or someone |
| Chase rainbows F | Pursue something that is unattainable |
| Cheap as dirt | Very inexpensive |
| Chicken out 1 | To back out of something due to fear or lack of |
| | courage |
| Chip on your shoulder A | A tendency to be angry or resentful over something |
| Chuck a wobbly | To act in an emotional way |
| Clean bill of health | A report or certificate that a person or animal is |
| l | healthy |
| Close but no cigar | Close but failed at the end |
| Cold shoulder | To ignore or reject someone |
| Cook the books | To change accounts and figures dishonestly, usually to |
| ğ | get money |
| Cool as a cucumber | Very calm, not nervous |
| Cool cat | Someone who has the respect of their peers in a |
|) | young, casual way |
| Couch potato | Someone who lies around and barely moves |
| Cream of the crop | The best of a group of similar things or people |
| Crocodile tears F | Fake tears or false sadness |
| Cry crocodile tears | To feign sadness or remorse |
| Cry foul 1 | To protest or complain about something being unfair |
| Cry havoc and let slip the | A quote from Shakespeare's play "Julius Caesar," |
| dogs of war | meaning to create chaos and start a war |
| Cry havoc | Create chaos or confusion |
| Cry one's eyes out | Cry a lot and for a long time |

| Cry over spilt milk | Complain about something that cannot be changed |
|---------------------------|---|
| Cry uncle | Give up, admit defeat |
| Cry wolf | To raise a false alarm |
| Cry your eyes out | To be extremely sad |
| Curiosity killed the cat | Being too curious can get you into trouble |
| Curry favor | Try to gain favor or support from someone |
| Cut and dry | Straightforward, no room for debate |
| Cut the mustard | To meet the required standards or expectations |
| Cut to the chase | Get to the point |
| Damp squib | A failure or disappointment. |
| Dark horse | A person who is not well known but has the potential |
| | to be successful. |
| Dead in the water | Not making progress or not able to be completed. |
| Dead to the world | Deeply asleep or unconscious. |
| Devil's advocate | Someone who takes a contrary position or argues |
| | against a belief or proposition just for the sake of an |
| | argument. |
| Diamond in the rough | Someone or something with potential or talent that is |
| | not yet fully developed or recognized. |
| Die is cast | A decision has been made and cannot be changed. |
| Dim the lights | To reduce the brightness of the lights. |
| Dime a dozen | Very common and no special value; easily available |
| Dinner and a show | An event or outing that combines a meal with |
| | entertainment. |
| Dip your toe in the water | To try something new or test the waters before fully |
| | committing to it. |
| Dog days of summer | The hottest, most humid days of summer |
| Don't swear it | Don't worry about it |
| Down in the dumps | Depressed, sad |
| Draw a blank | Be unable to remember something |
| | |

| Drive a hard bargain | To arrange a transaction so that it benefits oneself |
|---------------------------|---|
| Drive someone up the wall | Deeply irritate someone |
| Driving me bananas | Making me feel crazy |
| Each to their own | A way of saying that everyone has different opinions |
| | and preferences and that is okay. |
| Early bird gets the worm | The person who arrives or takes action early has an |
| | advantage. |
| Ears are burning | A feeling that someone is talking about you or that |
| | you are the topic of conversation. |
| Easier said than done | Easy to say, but hard to actually do |
| Easy as pie | Something that is very easy to do. |
| Eat crow | To have to admit that you made a mistake |
| Eat your heart out | To feel jealous or envious of someone or something. |
| Egg on | To encourage or incite someone to do something. |
| Elbow grease | Hard physical work or effort. |
| End of the road | The end or conclusion of something. |
| Even a cat can look at a | I have every right to do this |
| king/queen | |
| Every cloud has a silver | There is a positive aspect to every negative situation. |
| lining | |
| Everyone's cup of tea | Something that is enjoyed by everyone or suitable for |
| | everyone. |
| Face like a wet week end | Look sad and miserable |
| Face the music | To accept the consequences of one's actions. |
| Fair weather friend | A person who is only a friend during good times and |
| | not during difficult times. |
| Falling on deaf ears | Not being listened to or paid attention to. |
| Fat cat | A negative description of a rich and powerful person |
| Feast or famine | A situation that alternates between having too much |
| | of something and having too little of it. |
| Feeling under the weather | Not feeling well or sick. |

| Few and far between | Not frequent or common. |
|----------------------------|--|
| Fiddle while Rome burns | To be indifferent or do something trivial while |
| | something important is happening. |
| Fifth wheel | An unnecessary or extra person in a group. |
| Fight like cat and dog | Continually arguing with each other |
| Fit as a fiddle | In good health. |
| Fly by the seat of your | To act on impulse or without a plan. |
| pants | |
| Get a leg up | To gain an advantage or opportunity. |
| Get cold feet | To become nervous or hesitant about something. |
| Get out of town | I don't believe you |
| Get over it | Forget about the past |
| Get up on the wrong side | Someone that is having a horrible day |
| of the bed | |
| Get your ducks in a row | To get organized or prepared. |
| Get your hands dirty | To do practical or hard work. |
| Give a cold shoulder | To ignore or be unfriendly to someone. |
| Give an inch, take a mile | If someone is allowed to have or do something small, |
| | they will take advantage and want more. |
| Go back to the drawing | To start something again because the previous |
| board | attempt was not successful. |
| Go out on a limb | To take a risk or do something that may be |
| | dangerous. |
| Go under the knife | To have an operation in surgery, often a cosmetic |
| | surgery |
| Gone off track | Forgot about your future goal |
| Good things come to those | Good things will happen to those who are patient and |
| who wait | persistent. |
| Goody two shoes | Someone who tries to be perfect |
| Grab the bull by the horns | To confront a problem or challenge directly. |
| Green thumb | Grow lush without trying |

| Green with envy | Very jealous |
|---------------------------|--|
| Hair of the dog | A drink that is supposed to cure a hangover. |
| Hands are tied | Unable to do anything to help or change a situation. |
| Hands down | For certain the right answer |
| Hang on a second | Wait for a moment |
| Happy as a clam | Very happy or content. |
| Harm's way | In a dangerous or risky situation. |
| Have a bone to pick | To have a disagreement or complaint to discuss with |
| | someone. |
| Have an ace up your | To have a secret advantage or plan. |
| sleeve | |
| Have stumbled upon | To accidentally discover something |
| Have your head in the | To be unrealistic or not paying attention to the |
| clouds | present. |
| Head over heels | Very much in love or infatuated. |
| Heart is set on | To really want or desire something. |
| Hit the hay | Go to bed |
| Hit the road | To leave |
| Hold your horses | Wait/ calm down |
| I have butterflies in my | You're either in love or nervous |
| stomach | MBA KARO |
| I was knocked on my heels | I was surprised |
| Icing on the cake | Something that makes a good situation even better. |
| In a nutshell | In a few words or briefly. |
| In a pickle | In a difficult or awkward situation. |
| In a rut | In a repetitive or boring situation. |
| In hot water | In trouble or in a difficult situation. |
| In the bag | Will definitely happen |
| In the black | To be financially successful or profitable. |
| In the heat of the moment | In the midst of a strong emotion or excitement. |
| In the know | Having insider information or being well informed. |



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| In the same boat | In a similar situation or experiencing the same |
|-----------------------------|---|
| | difficulties. |
| Inside scoop | The details |
| Jumping the gun | To do something too soon or before it is appropriate. |
| Jumping out of your skin | To be very surprised or shocked. |
| Just what the doctor | Exactly what is needed or wanted. |
| ordered | |
| Just between you and me | Said when you want to tell someone something |
| | privately. |
| Just the ticket | Exactly what is needed or wanted. |
| Jekyll and Hyde | A person who has a dual personality, one good and |
| | one evil. |
| Join the club | To be in the same situation as someone else. |
| Jumping through hoops | Doing a lot of hard work or going through a lot of |
| | effort. |
| Jumping on the | Joining in on something that is popular or fashionable. |
| bandwagon | |
| Just a drop in the bucket | A small amount compared to the whole. |
| Landslide victory | A win by a large margin. |
| Last but not least | Used to introduce the final item in a list. |
| Last straw | The final problem or burden that causes someone to |
| | break or give up. |
| Laughing all the way to the | Being very successful or profitable. |
| bank | |
| Laughing on the outside, | Pretending to be happy but feeling sad or distressed. |
| crying on the inside | |
| Leaps and bounds | Making a lot of progress or improvement. |
| Let bygones be bygones | To forget about past conflicts or mistakes and move |
| | on. |
| Let the cat out of the bag | To reveal a secret unintentionally. |

| Let your hair down | To relax and have fun. |
|---------------------------|--|
| Life is just a bowl of | The life is pleasant and uncomplicated |
| cherries | |
| Like a dog with two tails | Extremely happy |
| Mad as a hatter | Mentally ill, psychotic |
| Mad as a hornet | Very angry. |
| Make a beeline for | To go straight to a specific place or person. |
| Make a clean breast of it | To confess or admit to something. |
| Make a mountain out of a | To make a small problem seem much bigger than it is. |
| molehill | |
| Make a splash | To attract a lot of attention or make an impact. |
| Make hay while the sun | To make the most of a good opportunity while it is |
| shines | available. |
| Make the most of | To use something to the fullest advantage. |
| Making ends meet | Having just enough money to pay for basic expenses. |
| Meeting of the minds | Strong instinctive agreement on something |
| Miss the boat | To miss an opportunity or not arrive in time. |
| Mum's the word | To keep something a secret. |
| Nail on the head | To be exactly right or accurate. |
| Name in lights | To be very famous or successful. |
| Nature of the beast | An inherent quality that cannot be changed. |
| Narrow escape | Barely avoiding a problem or danger. |
| Neck and neck | Tied or evenly matched. |
| Neck of the woods | A particular area or location. |
| Needle in a haystack | Something that is difficult to find or locate. |
| Nest egg | A sum of money saved for a specific purpose. |
| New blood | New people or fresh ideas. |
| New kid on the block | A newcomer or someone who is not experienced. |
| New lease on life | A new opportunity or a renewed sense of energy and |
| | purpose. |
| Next to nothing | Almost nothing or a very small amount. |

| Night owl | A person who stays up late and is active at night. |
|------------------------------|---|
| Nine lives | To have a lot of luck or be able to survive difficult |
| | situations. |
| Nip and tuck | Very close or evenly matched. |
| Nip in the bud | To stop something before it becomes a bigger |
| | problem. |
| No brainer | An obvious decision or choice. |
| No holds barred | Unrestricted or uncontrolled. |
| No love lost | To have no affection or respect for someone. |
| No room to swing a cat | Very small, not big enough |
| No skin off my nose | Something that does not affect or concern someone. |
| No stone unturned | To leave no possibility unexplored. |
| Nose to the grindstone | Working hard and consistently. |
| Not all it's cracked up to | Not as good as it is claimed to be. |
| be | |
| Not cut out for | Not suited or qualified for something. |
| Not in the same league | Not as good or competent as someone else. |
| Not miss a beat | To not miss an opportunity or not show any signs of |
| | slowing down. |
| Not my cup of tea | Not something that someone enjoys or is interested |
| | in/BAKAR() |
| Not playing with a full deck | Not being mentally capable or sane. |
| Not the sharpest tool in | Not the most intelligent or perceptive person. |
| the shed | |
| Not up to snuff | Not meeting the required standard or expectations. |
| Not worth the paper it's | Not worth considering or valuable. |
| written on | |
| Nowhere to be found | Not able to be located. |
| No win situation | A situation where there is no possibility of success. |
| Nutty as a fruit cake | Someone who is a bit crazy |
| Oddball | A weirdo or a strange person |

| Off one's rocker | Crazy, nuts, insane |
|---------------------------|---|
| Off the beaten path | In a less traveled or usual place. |
| Off the cuff | Without preparation or thought. |
| Off the hook | No longer responsible or accountable for something. |
| Off the record | Not meant to be shared or repeated. |
| Off the top of your head | Without thinking or hesitation. |
| On cloud nine | Blissfully happy |
| On the ball | Prepared, alert, competent |
| On the fence | Undecided between two choices |
| On the ropes | In a difficult or disadvantaged position. |
| On the same page | In agreement or understanding. |
| On the spot | To be required to do something immediately or to be |
| | placed in an embarrassing or difficult situation. |
| On the verge of | Close to achieving or experiencing something. |
| On thin ice | In a risky or precarious situation. |
| On your high horse | Superior or arrogant position |
| Once bitten twice shy | Said when you are frightened to do something again |
| | because you had an unpleasant experience doing it |
| | the first time |
| Once in a blue moon | Very rarely or almost never. |
| Out of left field | Unexpected or unrelated. |
| Out of sorts | Slightly ill, not feeling well |
| Out of the frying pan and | Moving from one difficult situation to another. |
| into the fire | |
| Over the hill/ Old as the | Someone who is very old |
| hill | |
| Out of pocket | Not available or unable to be reached. |
| Out of the woods | Out of a difficult or dangerous situation. |
| Over the top | Excessive or exaggerated. |
| Oxygen thief | A person who takes up more than their share of |
| | resources or attention. |

| Out of the ordinary | Unusual or unexpected. |
|--------------------------|---|
| Packed to the rafters | Very crowded or full. |
| Paddle one's own canoe | To be able to act independently |
| Paint the town red | To have a wild and fun time. |
| Pass the buck | To avoid responsibility or blame by shifting it to |
| | someone else. |
| Pass with flying colors | To succeed or do very well. |
| Passing fancy | A temporary interest or attraction |
| Peanut gallery | A group of people who criticize or offer unwanted |
| | advice. |
| Peas in the pod | People who are close |
| Penny pincher | A person who is very thrifty or cheap. |
| Perfect storm | Rare and powerful combination of events or factors. |
| Pie in the sky | Something you hope will happen, but is very likely |
| Piggy bank | A container used to save money. |
| Pile it on | To add or do more than necessary. |
| Pillar of the community | A respected and influential member of a community. |
| Play your cards close to | To keep your plans or intentions secret. |
| your chest | |
| Play your cards right | To do something in the most advantageous way. |
| Point with pride | To be proud of something. |
| Poke your nose into | To intrude or interfere in something. |
| Pop the question | To propose marriage. |
| Pull out all the stops | To use all available resources or do everything |
| | possible. |
| Pull the plug | To end or cancel something. |
| Pull the wool over | To deceive or mislead someone. |
| someone's eyes | |
| Pull your weight | To contribute equally to a group effort. |
| Punch above your weight | To perform or succeed beyond what is expected or |
| | typical. |

| Push the envelope | To challenge or test the limits. |
|----------------------------|---|
| Put the cart before the | To do things out of the proper order |
| horse | |
| Put two and two together | To understand or figure out something from the |
| | available information. |
| Put your foot in your | To say something inappropriate or embarrassing. |
| mouth | |
| Put your money where | To prove your commitment or belief through action. |
| your mouth is | |
| Put your nose to the | To work hard and consistently. |
| grindstone | |
| Quick on the draw | Able to react quickly or make decisions quickly. |
| Quit cold turkey | To stop something abruptly and completely. |
| Queer the pitch | To ruin or spoil something. |
| Question mark | A person or thing that is uncertain or unknown. |
| Quid pro quo | A favor or advantage given in return for something. |
| Rain cats and dogs | Rain very heavily |
| Rain check | To postpone or reschedule something for a later time. |
| Raise the bar | To set a higher standard or expectation. |
| Red herring | Something that distracts or misleads from the main |
| | issue. RAKAR() |
| Ride shotgun | To sit in the front passenger seat of a vehicle. |
| Right as rain | In good health or working correctly. |
| Ring a bell | To be familiar or remind someone of something. |
| Rise and shine | To wake up and start the day. |
| Rome wasn't built in a day | A project or task will take time to complete. |
| Rub the wrong way | To annoy or irritate someone. |
| Rule of thumb | A general guideline or principle. |
| Seeing is believing | You need to experience something to truly believe it |
| Sell like hotcakes | To sell quickly or in large quantities |
| Sell oneself short | To underestimate one's own abilities or worth |

| Shake a leg | To hurry up or move quickly |
|------------------------------|--|
| Shape up or ship out | To improve one's performance or face being fired |
| Shoot for the moon | To aim for an ambitious goal |
| Shoot the breeze | To have a casual conversation |
| Show one's true colors | To reveal one's true nature or character |
| Sitting on the fence | To remain neutral or indecisive |
| Skin of one's teeth | By a very narrow margin |
| Smart cookie | A person who is very intelligent |
| Smell a rat | To suspect something is wrong |
| Sowing one's wild oats | To engage in youthful misbehavior or recklessness |
| Spill the beans | To reveal a secret |
| Spinning one's wheels | To make no progress |
| Spit it out | Say what you're trying to say |
| Stand on ceremony | To adhere to formal etiquette or protocol |
| Stick in one's craw | To irritate or annoy someone |
| Stick one's nose in | To intrude or interfere where not wanted |
| Stick to one's guns | To remain firm in one's beliefs or actions |
| Still waters run deep | A person who is quiet and unassuming may have |
| | hidden depths |
| Straight from the horse's | Information received directly from the source |
| mouth | MBA KARO |
| Swing for the fences | To make a bold, all-out effort to achieve something. |
| Sweating bullets | To be extremely nervous or anxious |
| Swimming against the tide | To act in opposition to the majority or the norm |
| Sweeten the pot | To make an offer more attractive or enticing |
| Take for a ride | To cheat or deceive someone |
| Take it easy | Don't hurry, relax, don't get angry |
| Take it with a grain of salt | To not take something too seriously or to view it with |
| | skepticism |
| Take the bull by the horns | To face a problem or challenge head on |
| Take the cake | To be the best or most impressive of its kind |
| L | |

| Take the plunge | To take a risk or make a big commitment |
|------------------------------|--|
| Take the wind out of one's | To dampen or discourage someone's enthusiasm or |
| sails | confidence |
| Talk the talk | To speak confidently or knowledgably about a subject |
| Taste of one's own | To experience something that one has inflicted on |
| medicine | others |
| Tears of a clown | To hide one's true emotions behind a facade of |
| | cheerfulness |
| The ball is in your court | It's now the other person's turn to act or make a |
| | decision |
| The whole nine yards | Everything that is possible or needed |
| The writing is on the wall | An indication of an impending event or outcome |
| Third time's the charm | Success may be achieved after two previous failures |
| Through the grapevine | The informal spreading, gossip, or rumors |
| Throw in the towel | To give up or quit |
| Throw under the bus | To sacrifice or betray someone for one's own benefit |
| Tie the knot | To get married |
| Tip of the iceberg | Only a small portion of something much larger |
| To kill 2 birds with 1 stone | To solve 2 problems at once with 1 action. |
| Toe the line | To conform to a rule or standard |
| Top banana | A boss- A A A C |
| Touch and go | Uncertain or risky |
| Turn over a new leaf | To reform oneself and make a fresh start |
| Under the impression | Believing something, perhaps mistakenly |
| Uncharted territory | A situation or area that is unfamiliar or not well |
| | known. |
| Under the gun | Under pressure or in a difficult situation. |
| Under wraps | Kept secret or hidden. |
| Up for grabs | Available to be taken or won. |
| Up in arms | Angry and protesting. |
| Up the ante | To increase the stakes or level of competition. |

| Up to par | | Meeting the expected or required standards. |
|---------------------------|----|---|
| Uphill battle | | A struggle that is difficult to win. |
| Use your head | | To think before acting. |
| Vanquish the enemy | | To defeat or overcome an opponent. |
| Venture into unknown | | To try something new and uncertain. |
| territory | | |
| Venture off the beaten | | To take a different and less travelled route |
| path | | |
| Vested interest | | A specific stake or involvement in something. |
| Vexed to no end | | Extremely annoyed or frustrated. |
| Vicious cycle | | A pattern of behavior that repeats itself and causes |
| | | more harm than good. |
| Voice of reason | | Someone who is rational and provides good advice. |
| Vying for attention | | Competing for recognition or acknowledgment. |
| Yarn spinning | V | Tell a tall tale or story that is not true. |
| Yearning for | | Having a strong desire for something |
| Yellow-bellied | | Refers to a coward or a person who is afraid to take |
| | | action. |
| You can't have your cake |) | You can't have it all. if you want something you have |
| and eat it too | | to give up something else. |
| You can't make an omele | et | You can't achieve a goal without facing some |
| without breaking eggs | | challenges or sacrifices along the way. |
| You scratch my back, I'll | | A reciprocal agreement to help or benefit each other. |
| scratch yours | | |
| Young at heart | | Having a youthful outlook, regardless of age |
| Your heart sinks | | Feel very unhappy and despondent |
| You're in hot water | | You're in trouble or in a difficult situation |
| You're on thin ice | | You are in a dangerous or risky situation |
| You've met your match | | You've come across someone who is your equal in |
| | | terms of skill, ability, or determination. |