300 Must-Know Idioms for SSC Exams with Meanings & Examples

1) The whole nine yards

Meaning: Everything that is possible or available in a particular situation

Example: They made it the whole nine yards in

planning the wedding.

2) Break the ice

Meaning: To initiate conversation in a social

setting

Example: He told a joke to break the ice at the

party.

3) A blessing in disguise

Meaning: Something that seems bad but turns

out to be good

Example: Losing that job was a blessing in

disguise.

4) Hit the nail on the head

Meaning: To describe exactly what is causing a

situation or problem

Example: You hit the nail on the head with your

analysis.

5) Let the cat out of the bag

Meaning: To reveal a secret

Example: He let the cat out of the bag about

the surprise party.

6) Bite the bullet

Meaning: To endure a painful or unpleasant

situation

Example: I had to bite the bullet and go to the

dentist.

7) Burn the midnight oil

Meaning: To work late into the night

Example: She burned the midnight oil to finish

her project.

8) Kick the bucket

Meaning: To die

Example: The old man finally kicked the

bucket last week.

9) Beat around the bush

Meaning: To avoid talking about the main point **Example:** Stop beating around the bush and

tell me what happened.

10) Once in a blue moon

Meaning: Something that happens very rarely **Example:** We see each other once in a blue

moon.

11) Spill the beans

Meaning: To reveal a secret

Example: He accidentally spilled the beans

about the plan.

12) Under the weather

Meaning: Feeling unwell

Example: She is under the weather today.

13) Barking up the wrong tree

Meaning: Accusing the wrong person or

pursuing the wrong thing

Example: You're barking up the wrong tree by

blaming me.

14) A piece of cake

Meaning: Something very easy to do **Example:** The exam was a piece of cake.

15) Cry over spilled milk

Meaning: To be upset about something that

has already happened

Example: Don't cry over spilled milk; move on.

16) Cut corners

Meaning: To do something poorly to save time

or money

Example: They cut corners and used cheap

materials.

17) Bite off more than you can chew

Meaning: Take on more responsibility than you

can handle

Example: He bit off more than he could chew

by taking two jobs.

18) Add fuel to the fire

Meaning: To make a bad situation worse

Example: His comments added fuel to the fire.

19) A bird in the hand is worth two in the

bush

Meaning: It's better to keep what you have

than to risk it

Example: I won't gamble— a bird in the hand is

worth two in the bush.

20) Call it a day

Meaning: To stop working for the day

Example: Let's call it a day and resume

tomorrow.

21) Hit the sack

Meaning: To go to bed or sleep

Example: I'm really tired, time to hit the sack.

22) Pull someone's leg

Meaning: To joke or tease someone

Example: Don't worry, he's just pulling your

leg.

23) In hot water

Meaning: In trouble

Example: He found himself in hot water after

missing the deadline.

24) On cloud nine

Meaning: Extremely happy

Example: She was on cloud nine after getting

selected.

25) Go the extra mile

Meaning: To make a special effort

Example: She always goes the extra mile for

her students.

26) A storm in a teacup

Meaning: A lot of fuss over something

unimportant

Example: Their argument was just a storm in a

teacup.

27) Actions speak louder than words

Meaning: What someone does is more

important than what they say

Example: He promised to help, but actions

speak louder than words.

28) Cost an arm and a leg

Meaning: Very expensive

Example: That new phone cost him an arm and

a leg.

29) In the blink of an eye

Meaning: Very quickly

Example: It was over in the blink of an eye.

30) Jump on the bandwagon

Meaning: To join others in doing something

trendy

Example: He jumped on the bandwagon and

started investing in stocks.

31) Keep an eye on

Meaning: To watch carefully

Example: Please keep an eye on my bag.

32) The ball is in your court

Meaning: It's your decision or responsibility

Example: I've done my part, now the ball is in

your court.

33) Break a leg

Meaning: Good luck

Example: Break a leg before your performance

tonight!

34) By the skin of your teeth

Meaning: Just barely

Example: He passed the exam by the skin of

his teeth.

35) Hit the books

Meaning: To study hard

Example: You need to hit the books before

your final exam.

36) Kill two birds with one stone

Meaning: Achieve two things at once

Example: By visiting my uncle, I killed two birds with one stone— I also delivered the parcel.

37) Make ends meet

Meaning: To survive financially

Example: It's hard to make ends meet on a low

salary.

38) Miss the boat

Meaning: Miss an opportunity

Example: He missed the boat by not applying

earlier.

39) Off the record

Meaning: Unofficial

Example: Off the record, the company is

planning to lay off staff.

40) On the same page

Meaning: In agreement

Example: We need to be on the same page

before starting the project.

41) Out of the blue

Meaning: Unexpectedly

Example: He called me out of the blue.

42) Piece of the pie

Meaning: A share of something valuable

Example: Everyone wants a piece of the pie in

this profitable deal.

43) Read between the lines

Meaning: Understand the hidden meaning

Example: Reading between the lines, I think

she's not happy.

44) Rome wasn't built in a day

Meaning: Important work takes time

Example: Be patient— Rome wasn't built in a

day.

45) Take it with a grain of salt

Meaning: Don't take it too seriously

Example: Take his advice with a grain of salt.

46) The tip of the iceberg

Meaning: A small part of a big problem

Example: This issue is just the tip of the

iceberg.

47) Up in the air

Meaning: Uncertain

Example: Our plans are still up in the air.

48) When pigs fly

Meaning: Something that will never happen

Example: He'll apologize when pigs fly.

49) Cross that bridge when you come to it

Meaning: Deal with a problem when it happens

Example: Don't worry now—we'll cross that

bridge when we come to it.

50) Every cloud has a silver lining

Meaning: There's something good in every bad

situation

Example: Don't worry— every cloud has a

silver lining.

51) Face the music

Meaning: Accept the consequences

Example: He must face the music for his

mistakes.

52) Have a chip on your shoulder

Meaning: Hold a grudge or be angry

Example: He always has a chip on his shoulder

about his past.

53) In the same boat

Meaning: In the same difficult situation

Example: We're all in the same boat during

this crisis.

54) Keep your fingers crossed

Meaning: Hope for good luck

Example: I'm keeping my fingers crossed for

the result.

55) Let sleeping dogs lie

Meaning: Avoid restarting an old argument

Example: Don't mention that issue—let

sleeping dogs lie.

56) Make a mountain out of a molehill

Meaning: Exaggerate a small problem

Example: You're making a mountain out of a

molehill.

57) Not playing with a full deck

Meaning: Mentally unstable or lacking

intelligence

Example: He acts like he's not playing with a

full deck.

58) Put all your eggs in one basket

Meaning: Rely on one plan or idea **Example:** Don't put all your eggs in one

basket-diversify.

59) The best of both worlds

Meaning: Enjoy two different benefits at once **Example:** She has the best of both worlds— a

good job and time for family.

60) Through thick and thin

Meaning: In good times and bad

Example: They've stayed friends through thick

and thin.

61) Turn a blind eye

Meaning: Ignore something wrong

Example: The teacher turned a blind eye to the

cheating.

62) A leopard can't change its spots

Meaning: People don't change their nature **Example:** He's always dishonest— a leopard

can't change its spots.

63) Don't put the cart before the horse

Meaning: Do things in the wrong order **Example:** Don't apply before reading the instructions— don't put the cart before the

horse.

64) Go down in flames

Meaning: Fail spectacularly

Example: His business idea went down in

flames.

65) In the nick of time

Meaning: Just in time

Example: He reached the station in the nick of

time.

66) Jump the gun

Meaning: Act too soon

Example: Don't jump the gun— wait for the

announcement.

67) Leave no stone unturned

Meaning: Try everything possible

Example: We left no stone unturned in our

search.

68) Make a long story short

Meaning: Tell something briefly

Example: To make a long story short, he got

the job.

69) Not your cup of tea

Meaning: Not something you like

Example: Horror movies are not my cup of tea.

70) Off the hook

Meaning: Freed from responsibility

Example: He's off the hook because of lack of

evidence.

71) On thin ice

Meaning: In a risky situation

Example: You're on thin ice with the boss.

72) Pull out all the stops

Meaning: Do everything possible

Example: They pulled out all the stops for the

celebration.

73) Put your money where your mouth is

Meaning: Support your words with action Example: If you really support us, put your

money where your mouth is.

74) Raining cats and dogs

Meaning: Raining heavily

Example: It's raining cats and dogs outside!

75) See eye to eye

Meaning: Agree

Example: We don't see eye to eye on this

matter.

76) Steal someone's thunder

Meaning: Take attention away from someone

else

Example: He stole her thunder by announcing

the news first.

77) Take the bull by the horns

Meaning: Face a challenge directly

Example: She took the bull by the horns and

started studying harder.

78) The last straw

Meaning: The final problem in a series

Example: His rude comment was the last

straw.

79) Throw in the towel

Meaning: Give up

Example: He threw in the towel after several

failed attempts.

80) To add insult to injury

Meaning: Make a bad situation worse **Example:** He was late and, to add insult to

injury, he forgot the files.

81) To be in a pickle

Meaning: In a difficult situation

Example: I'm in a pickle— I forgot my wallet.

82) Water under the bridge

Meaning: Past issues no longer important **Example:** We had our differences, but it's all

water under the bridge now.

83) A hot potato

Meaning: A controversial or difficult issue **Example:** The topic of caste is a hot potato in

politics.

84) Back to the drawing board

Meaning: Start again from scratch

Example: The design failed, so it's back to the

drawing board.

85) Don't count your chickens before they

hatch

Meaning: Don't assume success before it

happens

Example: Wait for the final result— don't count

your chickens yet.

86) In black and white

Meaning: In written form

Example: I want the contract in black and

white.

87) Let bygones be bygones

Meaning: Forget past disagreements

Example: Let's let bygones be bygones and be

friends again.

88) Put a sock in it

Meaning: Be quiet

Example: Put a sock in it! I'm trying to focus.

89) Smell a rat

Meaning: Suspect something is wrong **Example:** I smell a rat in this sudden

resignation.

90) Take someone for granted

Meaning: Undervalue someone

Example: Don't take your friends for granted.

91) The writing on the wall

Meaning: Signs of something bad

Example: The writing was on the wall when

sales dropped.

92) To have cold feet

Meaning: Get nervous before an event

Example: He got cold feet before the wedding.

93) To keep something at bay

Meaning: To prevent something from

happening

Example: She exercised daily to keep illness at

bav.

94) To rock the boat

Meaning: Cause trouble

Example: Don't rock the boat—we're already

in a tough spot.

95) To sweep under the rug

Meaning: Hide something

Example: They swept the issue under the rug

instead of solving it.

96) To take a rain check

Meaning: Postpone a plan

Example: I'll take a rain check on dinner today.

97) To throw cold water on something

Meaning: Discourage or criticize

Example: He threw cold water on her ideas.

98) To walk on air

Meaning: Feel very happy

Example: She was walking on air after hearing

the good news.

99) To burn one's fingers

Meaning: Suffer from a bad experience **Example:** He burned his fingers in the stock

market.

100) To have the upper hand

Meaning: Be in control or advantage **Example:** She had the upper hand in

negotiations.

101) A dime a dozen

Meaning: Very common or inexpensive

Example: Fake watches are a dime a dozen in

this market.

102) Cut the mustard

Meaning: To meet expectations or standards **Example:** The new recruit didn't cut the

mustard in the training session.

103) Draw the line

Meaning: Set a limit

Example: I draw the line at lying to customers.

104) Fish out of water

Meaning: Uncomfortable in a new environment **Example:** He felt like a fish out of water at the

fashion show.

105) Give the benefit of the doubt

Meaning: Believe someone without proof **Example:** Let's give her the benefit of the

doubt for now.

106) Go overboard

Meaning: Do something excessively

Example: He went overboard decorating the

room for the party.

107) Have a sweet tooth

Meaning: Love sugary foods

Example: I can't resist desserts— I have a

sweet tooth.

108) In a nutshell

Meaning: In summary

Example: In a nutshell, we need more time to

finish the task.

109) Know the ropes

Meaning: Be familiar with the procedures

Example: It took me a week to know the ropes

at the new job.

110) Let your hair down

Meaning: Relax and enjoy

Example: After the exams, we all let our hair

down.

111) On pins and needles

Meaning: Nervously waiting

Example: I was on pins and needles waiting for

the result.

112) Paint the town red

Meaning: Go out and enjoy oneself

Example: The team painted the town red after

their victory.

113) Put your foot down

Meaning: Be firm about something

Example: She put her foot down and refused to

accept any more delays.

114) Rub salt in the wound

Meaning: Make someone feel worse

Example: His comments only rubbed salt in

the wound.

115) Skeleton in the closet

Meaning: A hidden and embarrassing secret **Example:** Every politician has a skeleton in the

closet.

116) Sink or swim

Meaning: Succeed or fail without help **Example:** The company threw him into

management—sink or swim.

117) Smell the coffee

Meaning: Realize the reality

Example: You need to smell the coffee and

start studying seriously.

118) Sweep someone off their feet

Meaning: Impress someone greatly

Example: She swept him off his feet with her

kindness.

119) Take the cake

Meaning: Be the most outstanding (negatively)

Example: His laziness takes the cake.

120) The elephant in the room

Meaning: An obvious issue no one wants to

discuss

Example: His resignation was the elephant in

the room.

121) Through the grapevine

Meaning: By informal means

Example: I heard through the grapevine that

he's quitting.

122) Too many irons in the fire

Meaning: Too many tasks at once

Example: He failed because he had too many

irons in the fire.

123) Under your nose

Meaning: Obvious but unnoticed

Example: The solution was right under your

nose.

124) Walk a tightrope

Meaning: Be in a difficult or risky situation **Example:** She walked a tightrope between

family and career.

125) Wet blanket

Meaning: Someone who spoils the fun **Example:** Don't be a wet blanket— join the

party!

126) Zip your lip

Meaning: Stay silent

Example: Zip your lip about the surprise.

127) Bite your tongue

Meaning: Stop yourself from saying something

Example: I had to bite my tongue to avoid

arguing.

128) Come to grips with

Meaning: Accept or deal with a problem

Example: She's finally coming to grips with her

loss.

129) Drag your feet

Meaning: Delay doing something

Example: Don't drag your feet— we're already

late.

130) Feather in your cap

Meaning: An achievement to be proud of **Example:** Winning the scholarship was a

feather in his cap.

131) Get cold feet

Meaning: Get nervous

Example: He got cold feet just before the

interview.

132) Hang in there

Meaning: Don't give up

Example: Hang in there— success is near.

133) Keep your shirt on

Meaning: Stay calm

Example: Keep your shirt on! The train will

arrive soon.

134) Leave someone in the lurch

Meaning: Abandon someone in difficulty **Example:** He left me in the lurch when I

needed him most.

135) Make your blood boil

Meaning: Make you very angry

Example: Corruption makes my blood boil.

136) Not the sharpest tool in the shed

Meaning: Not very intelligent

Example: He's kind, but not the sharpest tool

in the shed.

137) Off the cuff

Meaning: Without preparation

Example: She gave an impressive off-the-cuff

speech.

138) Pass the buck

Meaning: Shift responsibility

Example: Don't pass the buck— admit your

mistake.

139) Put all your cards on the table

Meaning: Be open about your thoughts

Example: It's time to put all our cards on the

table.

140) Read someone like a book

Meaning: Understand someone easily **Example:** I can read him like a book.

141) Skeleton staff

Meaning: Minimum number of employees **Example:** Only a skeleton staff works on

Sundays.

142) Take it on the chin

Meaning: Accept a setback bravely

Example: He took the criticism on the chin.

143) Up the ante

Meaning: Increase the stakes

Example: They upped the ante by raising the

prize money.

144) Vanish into thin air

Meaning: Disappear completely

Example: The thief vanished into thin air.

145) Walk in someone's shoes

Meaning: Understand someone's situation **Example:** Try walking in her shoes before

judging.

146) X marks the spot

Meaning: Exact location

Example: The treasure is buried where X marks

the spot.

147) You can't teach an old dog new tricks

Meaning: It's hard to change old habits **Example:** My grandfather won't use

smartphones— you can't teach an old dog new

tricks.

148) Zip through

Meaning: Do something quickly

Example: He zipped through the test in no

time.

149) Bend over backwards

Meaning: Make great efforts

Example: She bent over backwards to help

him.

150) Cast iron stomach

Meaning: Can eat anything without discomfort **Example:** He must have a cast iron stomach to

eat that spicy food.

151) Down to the wire

Meaning: Until the last moment

Example: The match went down to the wire.

152) Eye of the storm

Meaning: Center of a difficult situation

Example: The politician was in the eye of the

storm.

153) Feel the pinch

Meaning: Experience financial difficulty **Example:** Many families felt the pinch after

inflation rose.

154) Go hand in hand

Meaning: Be closely related

Example: Hard work and success go hand in

hand.

155) Hit below the belt

Meaning: Be unfair

Example: That personal comment was hitting

below the belt.

156) In full swing

Meaning: At peak activity

Example: The festival is now in full swing.

157) Jump down someone's throat

Meaning: React angrily

Example: Don't jump down my throat for a

small mistake.

158) Know something inside out

Meaning: Know very well

Example: He knows programming inside out.

159) Lay it on thick

Meaning: Exaggerate praise or criticism

Example: He laid it on thick about her cooking.

160) Make waves

Meaning: Cause trouble or attention

Example: His bold speech made waves in the

media.

161) Neck of the woods

Meaning: Neighborhood

Example: He's from my neck of the woods.

162) Out of sorts

Meaning: Slightly ill or upset

Example: She's feeling out of sorts today.

163) Play second fiddle

Meaning: Be in a subordinate position **Example:** He was tired of playing second

fiddle.

164) Quick on the draw

Meaning: Fast to act or respond

Example: She's quick on the draw in meetings.

165) Ring a bell

Meaning: Sound familiar

Example: That name rings a bell.

166) Step on someone's toes

Meaning: Offend someone

Example: He stepped on some toes with his

direct comments.

167) Take the wind out of someone's sails

Meaning: Discourage or deflate

Example: His rude reply took the wind out of

her sails.

168) Under the table

Meaning: Secretly or illegally

Example: He was paid under the table.

169) Vote with your feet

Meaning: Show dissatisfaction by leaving **Example:** The audience voted with their feet

and left early.

170) Water down

Meaning: Weaken something

Example: They watered down the proposal to

make it acceptable.

171) Bark is worse than your bite

Meaning: Someone sounds more aggressive

than they are

Example: Don't worry, his bark is worse than

his bite.

172) Call a spade a spade

Meaning: Speak honestly and directly

Example: She's not afraid to call a spade a

spade.

173) Devil's advocate

Meaning: One who argues against something

for the sake of debate

Example: Let me play devil's advocate for a

moment.

174) Eat humble pie

Meaning: Admit a mistake and apologize **Example:** After the argument, he had to eat

humble pie.

175) Face like thunder

Meaning: Very angry expression

Example: He came in with a face like thunder

after the meeting.

176) Get your act together

Meaning: Organize yourself to be more

effective

Example: You need to get your act together if

you want to pass.

177) Have bigger fish to fry

Meaning: Have more important things to do **Example:** I can't worry about that now—I have

bigger fish to fry.

178) In the driver's seat

Meaning: In control of a situation

Example: After the promotion, she's now in the

driver's seat.

179) Jump through hoops

Meaning: Go through many obstacles

Example: He jumped through hoops to get the

visa approved.

180) Keep something under wraps

Meaning: Keep something secret

Example: The launch was kept under wraps

until today.

181) Let the dust settle

Meaning: Wait for a situation to become calm **Example:** Let the dust settle before taking

action.

182) Make no bones about it

Meaning: Be straightforward and honest **Example:** He made no bones about his

dissatisfaction.

183) Not hold water

Meaning: Not be logical or believable **Example:** His excuse doesn't hold water.

184) Off the rails

Meaning: Out of control

Example: His behavior went off the rails after

the suspension.

185) Put a damper on

Meaning: Discourage or dull the mood

Example: The rain put a damper on our picnic.

186) Raise eyebrows

Meaning: Cause surprise or shock

Example: Her sudden resignation raised

eyebrows.

187) Sell like hotcakes

Meaning: Sell quickly and in large amounts **Example:** The new phones are selling like

hotcakes.

188) Take the plunge

Meaning: Do something risky or bold **Example:** He finally took the plunge and

started his business.

189) Under lock and key

Meaning: Stored securely

Example: The documents are kept under lock

and key.

190) Vent your spleen

Meaning: Express anger

Example: He vented his spleen during the

meeting.

191) Weather the storm

Meaning: Survive a difficult time

Example: The company managed to weather

the storm during the crisis.

192) You scratch my back, I'll scratch yours

Meaning: Mutual assistance

Example: It's politics—you scratch my back,

I'll scratch yours.

193) Zero in on

Meaning: Focus closely

Example: The police zeroed in on the suspect

quickly.

194) A penny for your thoughts

Meaning: Asking someone to share their

thoughts

Example: You've been quiet— a penny for your

thoughts?

195) Beat a dead horse

Meaning: Waste time on something that's over

Example: Stop arguing, you're beating a dead

horse.

196) Come out of the woodwork

Meaning: Appear unexpectedly or from hiding

Example: Old friends came out of the

woodwork after he won.

197) Don't bite the hand that feeds you

Meaning: Don't harm someone who helps you

Example: Be grateful— don't bite the hand that

feeds you.

198) Easier said than done

Meaning: Not as easy as it seems

Example: Quitting bad habits is easier said

than done.

199) Fall flat

Meaning: Fail to have the desired effect

Example: His joke fell flat in front of the crowd.

200) Get the ball rolling

Meaning: Start something

Example: Let's get the ball rolling on the new

project.

201) Act your age

Meaning: Behave in a manner appropriate for

your age

Example: Stop being silly and act your age.

202) At the drop of a hat

Meaning: Immediately; without hesitation

Example: He's ready to travel at the drop of a

hat.

203) Back to square one

Meaning: Return to the beginning

Example: We're back to square one after the

deal failed.

204) Blow your own trumpet

Meaning: Praise yourself

Example: He's always blowing his own

trumpet about his achievements.

205) Catch someone red-handed

Meaning: Catch someone in the act of

wrongdoing

Example: The thief was caught red-handed by

the police.

206) Dig your heels in

Meaning: Refuse to change your opinion

Example: She dug her heels in and refused to

apologize.

207) Every dog has its day

Meaning: Everyone gets a chance eventually

Example: Don't worry, every dog has its day.

208) Fall through the cracks

Meaning: Be overlooked or neglected

Example: Some students fall through the

cracks in big classrooms.

209) Get down to brass tacks

Meaning: Get to the point

Example: Let's get down to brass tacks and

discuss the budget.

210) Have an axe to grind

Meaning: Have a personal motive or bias

Example: He has an axe to grind with the

manager.

211) In over your head

Meaning: In a situation too difficult to handle

Example: I think he's in over his head with this

project.

212) Jump the bandwagon

Meaning: Follow a popular trend

Example: Many brands are jumping the

bandwagon on eco-friendly products.

213) Keep the ball rolling

Meaning: Maintain progress

Example: We need to keep the ball rolling with

daily meetings.

214) Look before you leap

Meaning: Consider consequences before

acting

Example: Always look before you leap in

business decisions.

215) Make your mark

Meaning: Achieve a lasting impact

Example: He made his mark in the tech

industry.

216) Not all there

Meaning: Mentally lacking or absent-minded

Example: I don't think he's all there today—he

seems confused.

217) On the fence

Meaning: Undecided

Example: She's still on the fence about

accepting the offer.

218) Pass with flying colors

Meaning: Pass with high success

Example: She passed the SSC exam with flying

colors.

219) Quick fix

Meaning: A temporary or easy solution

Example: The quick fix didn't solve the real

problem.

220) Read the riot act

Meaning: Warn someone firmly

Example: The coach read the riot act after the

poor performance.

221) Shoot yourself in the foot

Meaning: Harm your own interests

Example: He shot himself in the foot by lying in

the interview.

222) Take the floor

Meaning: Begin speaking in a formal setting

Example: The speaker took the floor and

introduced the topic.

223) Under the gun

Meaning: Under pressure

Example: We're under the gun to submit the

project by tonight.

224) Voice of reason

Meaning: Someone who guides others sensibly **Example:** She acted as the voice of reason in

the heated argument.

225) Watch your back

Meaning: Be careful of danger or betrayal **Example:** In politics, you always have to watch

your back.

226) X-ray eyes

Meaning: Ability to see through things

(figuratively)

Example: Teachers seem to have X-ray eyes

during exams.

227) You can't have your cake and eat it too

Meaning: You can't enjoy two conflicting things **Example:** You can't be lazy and expect to succeed—you can't have your cake and eat it

too.

228) Zero tolerance

Meaning: No allowance for mistakes or

violations

Example: The company has a zero-tolerance

policy for cheating.

229) Add insult to injury

Meaning: Make a bad situation worse

Example: Losing the game was bad, but being

mocked added insult to injury.

230) Backseat driver

Meaning: Someone who gives unwanted

advice

Example: Stop being a backseat driver and let

me handle this.

231) Call the shots

Meaning: Be in charge

Example: She calls the shots in the marketing

team.

232) Don't cry wolf

Meaning: Don't raise false alarms

Example: No one believes him anymore

because he always cries wolf.

233) Eager beaver

Meaning: Very enthusiastic person

Example: He's an eager beaver in every class

project.

234) From pillar to post

Meaning: From one place to another in

confusion

Example: She ran from pillar to post to get the

approval.

235) Get wind of

Meaning: Hear about something unofficially

Example: I got wind of the promotion before it

was announced.

236) Hand in glove

Meaning: In close cooperation

Example: The departments worked hand in

glove on the project.

237) If the shoe fits, wear it

Meaning: Accept the criticism if it applies

Example: I didn't name anyone, but if the shoe

fits, wear it.

238) Jump the queue

Meaning: Go ahead of others unfairly

Example: He jumped the queue and angered

everyone.

239) Keep a low profile

Meaning: Avoid attention

Example: She kept a low profile after the

scandal.

240) Laughing stock

Meaning: A person who is ridiculed

Example: His silly video made him a laughing

stock online.

241) Mum's the word

Meaning: Keep it a secret

Example: The project details are confidential—

mum's the word.

242) Neck and neck

Meaning: Very close in a race or competition

Example: The candidates are neck and neck in

the polls.

243) Out of the woods

Meaning: Out of danger

Example: He's recovering but not out of the

woods yet.

244) Pull strings

Meaning: Use influence

Example: He pulled some strings to get the

job.

245) Quick on the uptake

Meaning: Understands quickly

Example: She's quick on the uptake in math

class.

246) Rock the boat

Meaning: Cause trouble or disturbance **Example:** Don't rock the boat during this

peaceful time.

247) Spill your guts

Meaning: Confess everything

Example: He spilled his guts during the

interrogation.

248) The coast is clear

Meaning: No danger or obstruction **Example:** Let's run—the coast is clear!

249) Up your sleeve

Meaning: Hidden plan or idea

Example: He always has something up his

sleeve.

250) Variety is the spice of life

Meaning: Different experiences make life

interesting

Example: I travel often—variety is the spice of

life.

251) Win hands down

Meaning: Win easily

Example: She won the quiz hands down.

252) Your guess is as good as mine

Meaning: I don't know either

Example: When will they arrive? Your guess is

as good as mine.

253) A bolt from the blue

Meaning: A sudden and unexpected event

Example: His resignation was a bolt from the

blue.

254) Break the bank

Meaning: Cost a lot of money

Example: That phone will break the bank.

255) Cold shoulder

Meaning: Intentionally ignore someone

Example: She gave him the cold shoulder after

the fight.

256) Don't judge a book by its cover

Meaning: Don't judge based on appearance **Example:** He looks rough, but don't judge a

book by its cover.

257) Easier said than done

Meaning: Not easy to do despite sounding

easy

Example: Quitting sugar is easier said than

done.

258) Fall on deaf ears Meaning: Be ignored

Example: His warnings fell on deaf ears.

259) Get a taste of your own medicine

Meaning: Experience the same bad treatment **Example:** He got a taste of his own medicine

when he was ignored.

260) Have a ball

Meaning: Enjoy a lot

Example: They had a ball at the farewell party.

261) It takes two to tango

Meaning: Both people are responsible

Example: Don't blame only him—it takes two

to tango.

262) Jump the lights

Meaning: Drive through red lights

Example: He was fined for jumping the lights.

263) Keep your head above water

Meaning: Survive in difficult conditions

Example: They're barely keeping their heads

above water financially.

264) Let the chips fall where they may

Meaning: Accept consequences

Example: I'll speak the truth—let the chips fall

where they may.

265) Make ends meet

Meaning: Cover daily expenses

Example: They struggle to make ends meet on

one income.

266) No stone unturned

Meaning: Try everything

Example: We left no stone unturned in our

search.

267) On tenterhooks

Meaning: Anxious or nervous

Example: I'm on tenterhooks waiting for the

results.

268) Pay through the nose

Meaning: Pay a high price

Example: I paid through the nose for that hotel

room.

269) Quiet as a mouse

Meaning: Very quiet

Example: The child was quiet as a mouse

during the ceremony.

270) Ruffle feathers

Meaning: Annoy people

Example: His remarks ruffled a few feathers.

271) Set the record straight

Meaning: Clarify the truth

Example: She set the record straight about the

rumors.

272) The writing is on the wall

Meaning: Warning signs are visible

Example: The writing was on the wall before

the company shut down.

273) Under the radar

Meaning: Without attracting attention

Example: The startup stayed under the radar

for months.

274) Vote of confidence

Meaning: Expression of trust

Example: The director gave the team a vote of

confidence.

275) Work like a charm

Meaning: Be very effective

Example: The medicine worked like a charm.

276) X-factor

Meaning: Special or unique quality

Example: Her confidence is her X-factor.

277) You name it

Meaning: Everything you can think of

Example: He sells fruits, vegetables, snacks—

you name it.

278) Zip past

Meaning: Move very quickly

Example: The train zipped past the station.

279) All ears

Meaning: Fully listening

Example: I'm all ears—tell me your plan.

280) Break new ground

Meaning: Do something innovative

Example: Their research breaks new ground in

medicine.

281) Come clean

Meaning: Confess

Example: He finally came clean about the

incident.

282) Dressed to kill

Meaning: Wearing very stylish clothes

Example: She was dressed to kill at the party.

283) Eyes in the back of your head

Meaning: Very observant

Example: Teachers seem to have eyes in the

back of their heads.

284) Fall head over heels

Meaning: Deeply in love

Example: He fell head over heels for her.

285) Get in someone's hair

Meaning: Annoy someone

Example: The kids were getting in their

mother's hair.

286) Hit the jackpot

Meaning: Have great success

Example: He hit the jackpot with his first novel.

287) In the loop

Meaning: Informed about something

Example: Please keep me in the loop about the

project.

288) Jump out of your skin

Meaning: Be extremely startled

Example: I jumped out of my skin when I saw

the snake.

289) Keep your eyes peeled

Meaning: Be alert

Example: Keep your eyes peeled for the

announcement.

290) Let off steam

Meaning: Release stress

Example: He plays football to let off steam.

291) Make a beeline

Meaning: Go directly

Example: She made a beeline for the dessert

table.

292) Not see eye to eye

Meaning: Disagree

Example: They don't see eye to eye on politics.

293) Out of the blue

Meaning: Unexpectedly

Example: He called me out of the blue after

years.

294) Put two and two together

Meaning: Draw a conclusion

Example: I put two and two together and

realized he lied.

295) Quicker than lightning

Meaning: Very fast

Example: She completed the quiz quicker than

lightning.

296) Raise the bar

Meaning: Set a higher standard

Example: His success raised the bar for all of

us.

297) Spill the tea

Meaning: Share gossip

Example: Come on, spill the tea!

298) The sky's the limit

Meaning: No limits

Example: With hard work, the sky's the limit.

299) Up to speed

Meaning: Fully informed

Example: Let me get you up to speed on the

issue.

300) Your heart's in the right place

Meaning: You mean well

Example: He made a mistake, but his heart's

in the right place.