



ENGLISH IDIOMS & SAYINGS

1. **Jonesing:** Craving or yearning for something intensely. /'dʒoʊnzɪŋ/
 - a. Example: I'm jonesing for a piece of chocolate cake right now.
2. **Pig out:** Eat excessively or indulge in food. /pɪɡ aʊt/
 - a. Example: After a long week, I decided to pig out and order a large pizza all to myself.
3. **Binge:** Engage in excessive or uncontrolled indulgence in an activity. /bɪndʒ/
 - a. Example: Last week, I binged all four seasons of my favorite show.
4. **Pass the buck:** To shift the responsibility or blame to someone else. /pæs ðə bʌk/
 - a. Example: Whenever there's a problem, he always tries to pass the buck and avoid taking responsibility.
5. **Pushover:** Someone who is easily persuaded, or taken advantage of. /'pʊʃəvər/
 - a. Example: She can get him to do anything, he's such a pushover.
6. **Keep me posted:** Keep me updated or informed about progress or developments. /kip mi poʊstəd/
 - a. Example: I really want to know how the project is progressing. Keep me posted.
7. **Who do you think you are?:** Challenging someone's authority or questioning their behavior. /hu du ju θɪŋk ju ər/
 - a. Example: "He barged into the meeting and started giving orders. I confronted him, saying, 'Who do you think you are?'"
8. **Keep up:** I can't maintain the same pace or level. /aɪ kænt ki:p ʌp/
 - a. Example: "The dance routine was too fast, and I couldn't keep up. I definitely need more practice."
9. **Come on:** A) Urging someone to hurry, or B) Expressing disbelief. /kʌm ɒn/
 - a. Example: "Come on, we're going to be late for the movie! Come on..there's no way she said that."
10. **Squeaky clean:** Completely clean or free from any wrongdoing or moral blemish. /'skwiki klin/
 - a. Example: "He has a spotless record; his reputation is squeaky clean."
11. **Bestie:** Slang term for a close or best friend. /'besti/
 - a. Example sentence: "Me and my bestie are grabbing a drink tonight"
12. **Show-off:** Someone who seeks attention or tries to impress others- negative connotation. /ʃoʊ ɒf/
 - a. Example: "He always brags about his accomplishments. He can be such a show-off."
13. **Full of it:** Someone who talks or boasts excessively without substance. /fʊl ʌv ɪt/
 - a. Example: "Don't listen to him; he's just full of it. He never follows through on his promises."
14. **A big deal:** Something significant or important. /ə bɪɡ di:l/
 - a. Example: "Getting accepted into a prestigious university is a big deal. Congratulations!"
15. **Train wreck:** A person or situation that is a complete disaster or failure. /treɪn rɛk/
 - a. Example: "She stumbled over every word and couldn't answer any of the questions. Her presentation was a train wreck."
16. **A-Game:** Performing at one's highest level or best ability. /'el geɪm/
 - a. Example: "The executives will be at the meeting tomorrow, so bring your A-Game."
17. **Rip-off:** Something overpriced or of poor quality, intended to deceive or cheat. /rɪp ɒf/
 - a. Example: "I paid \$100 for this shirt, and it fell apart after one wash. It was a total rip-off."
18. **Loose cannon:** Someone who is unpredictable and likely to cause problems. /lus 'kænən/
 - a. Example: "Be careful around him; he's a loose cannon. You never know what he's going to do next."
19. **Wicked:** Excellent, cool, or impressive. /'wɪkəd/
 - a. Example: "That concert last night was wicked! The band put on an amazing show."
20. **You bet:** Definitely or certainly. /ju bet/
 - a. Example: "Are you coming to the party? You bet! I wouldn't miss it for the world."
21. **You're telling me!:** Expression indicating agreement or affirmation. /jər 'telɪŋ mi/



- a. Example: "This puzzle is hard! You're telling me! I've been working on it non-stop."
- 22. **Chick flick:** A movie that primarily appeals to women or focuses on romantic relationships. /tʃɪk flɪk/
 - a. Example: "I'm in the mood for a romantic comedy. Let's watch a chick flick tonight."
- 23. **Hit the spot:** Satisfy a need or desire perfectly. /hɪt ðə spɒt/
 - a. Example: "That hot bowl of soup really hit the spot on this cold winter day."
- 24. **Heads up:** A warning or alert to be prepared for something. /hedz ʌp/
 - a. Example: "Heads up, there's a big pothole on the road ahead. Watch out!"
- 25. **My bad:** Apology for one's mistake or wrongdoing. /maɪ bæd/
 - a. Example: "I forgot to pick up the groceries. My bad! I'll go back to the store right away."
- 26. **Play it by ear:** Decide or act spontaneously or without a plan. /pleɪ ɪt baɪ ɪr/
 - a. Example: "I don't want to follow a schedule for the road trip. Let's just play it by ear and see where we end up."
- 27. **Top notch:** high quality or excellent. /tɒp nɒtʃ/
 - a. Example: "The service at that restaurant is always top notch. They really go above and beyond."
- 28. **Zero tolerance:** Strict policy that allows no exceptions. /'ziərəʊ 'tɒlərəns/
 - a. Example: "Our company has zero tolerance for harassment. Any form of inappropriate behavior will not be accepted."
- 29. **Take it easy:** Relax or calm down; don't worry or exert too much effort. /teɪk ɪt 'izi/
 - a. Example: "You've been working too hard. Take it easy this weekend and enjoy some downtime."
- 30. **Smoke and mirrors:** Refers to a deceptive or misleading tactic used to confuse or distract someone.
 - a. Example: "The company's flashy presentation was just smoke and mirrors to hide its financial problems."
- 31. **Fell on deaf ears:** Words, ideas, or pleas were ignored or not given any attention or consideration.
 - a. Example: "His warnings about the deadline fell on deaf ears, because in the end the team wasn't prepared."
- 32. **Tough nut to crack:** A problem or challenge that is difficult to solve or a person who is hard to understand or influence.
 - a. Example: "She is a tough nut to crack. I couldn't get any of the secrets of her recipes"
- 33. **Mind-bending:** Something that is extremely mentally challenging or complex, often to the point of causing confusion or disbelief.
 - a. Example: "The movie had such a mind-bending ending that we talked about it for hours."
- 34. **Hard to swallow:** Something that is difficult to accept, believe, or come to terms with.
 - a. Example: "Losing the championship by one point was hard to swallow."
- 35. **Play with it:** Experimenting with something to gain familiarity, experience, or understanding.
 - a. Example: "It took us a while to figure out how the system worked. We had to play with the software for a while first."
- 36. **Stick around:** Staying in a particular place or remaining in a situation for longer time.
 - a. Example: "Stick around after the meeting because I have an important announcement."
- 37. **Pay the piper:** Implies accepting the consequences or responsibilities for one's actions.
 - a. Example: "He spent all his savings on vacations, now he has to pay the piper. He won't be making any big purchases for a while."
- 38. **Get out of here:** Expresses disbelief or astonishment at something surprising, extraordinary, or unexpected.
 - a. Example: "You won free tickets to Hawaii? Get out of here!"
- 39. **Right away:** Immediate action or promptness, done without delay.
 - a. Example: "I'll send you the report right away."
- 40. **By the way:** Introduces an additional or tangential piece of information inserted into a conversation as an afterthought.
 - a. Example: "By the way, your package arrived this morning."



41. **All of a sudden:** Something that happens unexpectedly, quickly, and without warning. A sudden change or occurrence.
 - a. **Example:** "All of a sudden the lights went out during the storm."
42. **Fall to pieces:** Emotional or mental breakdown, often accompanied by a loss of composure, control, or stability.
 - a. **Example:** "She tried to stay strong, but she fell to pieces after hearing the bad news."
43. **Get back to your roots:** Reconnecting with origins or traditions to regain a sense of identity or authenticity.
 - a. **Example:** "After years in the city, he moved back to his home town to get back to his roots."
44. **Watch out:** A warning to be cautious, alert, or vigilant, indicating potential danger or a need to be aware of one's surroundings.
 - a. **Example:** "Watch out! There's a car coming."
45. **Out of this world:** Extraordinary, exceptional, or beyond what is typically experienced or encountered, implying greatness or excellence.
 - a. **Example:** "The chocolate cake was out of this world."
46. **Shot in the dark:** An attempt or guess that is made without much knowledge or certainty, relying on luck or chance.
 - a. **Example:** "I guessed at the answer. It was just a shot in the dark."
47. **Shoot the breeze:** Engaging in casual, lighthearted conversation or small talk without any specific purpose or agenda.
 - a. **Example:** "We sat on the porch and shot the breeze for an hour."
48. **End of my rope:** A state of exhaustion, frustration, or reaching the limit of one's patience or resources.
 - a. **Example:** "I'm at the end of my rope trying to fix this computer."
49. **A revolving door:** A rapid turnover of people or things, implying instability or transience.
 - a. **Example:** "Employees keep quitting. The company has become a revolving door."
50. **Devil's advocate:** Someone who takes an opposing position, often to stimulate critical thinking or debate.
 - a. **Example:** "I'll play devil's advocate and argue the opposite side so we can consider every possibility."