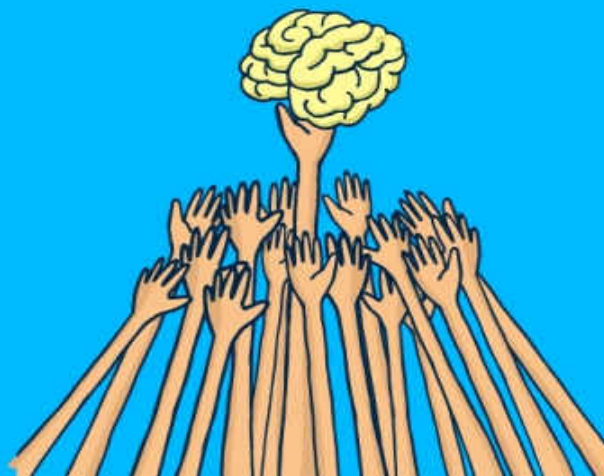




**VOCABULARY BUILDER**  
**COMMON ENGLISH**  
**IDINOMS**

**2 IN 1 SET**

MEANING OF REGULARLY USED ENGLISH & AMERICAN IDIOMS,  
SAYINGS, EXPRESSIONS & PHRASES, USED IN CONTEXT



# **Vocabulary Builder Common English Idioms**

**Meaning of Regularly Used Sayings,  
Expressions & Phrases, Used in  
Context For Effective communication**

**2 in 1 bundle**

# GROW LINGO

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"Rub It In: Teasing someone to make them feel even worse after a defeat.

Context: Alright, you beat me. But there's no need to rub it in."

*"Walk on Eggshells: Being very careful when you are dealing with a very tense situation/person.*

*Context: After our argument last night, I feel like I'm walking on eggshells around her today."*

*"See Something Out of the Corner of Your Eye: Use peripheral vision*

*Context: I saw movement out of the corner of my eye and was able to pick out the person hiding."*

*"Speak of the Devil (and He Shall Appear): when you have been talking about someone and they immediately walk in..*

*Context: Speak of the devil, here he is!"*  
*"Sweet Dreams!: I hope you get great sleep tonight.*

*Context: Goodnight, sweet dreams."*  
*"Wild Goose Chase: going to search for something which seems to yield no results.*

*Context: He led us on a wild goose chase, we didn;t even find any evidence."*  
*"Sneak Peek: Getting to see someone early before it is completed or made public to the world.*

*Context: Can I get a sneak peek of your new song before it's released?"*  
*"Second Wind: Regaining your energy.*

*Context: I found my second wind near the end of the basketball."*  
*"Scare the Living Daylights Out of Someone: To be terrified by someone.*

*Context: Christ, you scared the living daylights out of me! Don't creep up on me again."*

*"Touch One's Heart: Affect someone emotionally, be touching.*

*Context: Your letter of gratitude touched my heart."*  
*"Throw Someone Under the Bus: Revealing something that someone did that wasn't meant to be known.*

*Context: Why did you have to throw him under the bus! He wasn't ready to tell people about his sexuality yet."*

*"The tables have turned: Reverse a situation, you now have the upper hand in a situation where you previously had the lower hand. (This works vice versa).*

*Context: Oh, would you look at how the tables have turned! It looks like you'll be the one apologising to me, not the other way around."*

*"Up in the Air: Nothing has yet been concluded.*

*The final date of the interview is still up in the air at the moment."*

*"Take a Deep Dive (Into): To go depth with your exploration.*

*Context: I'm going to take a deep dive into the topic of racial prejudice in Europe through the 90s."*

*"Rear Its Ugly Head: A problem that comes out unexpectedly.*

*Context: CAncer reared its ugly head."*

*"We'll Cross That Bridge: When the problem has arrived and can't be ignored anymore then we will think of a solution.*

*Context: "What about if it rains on the day?" "We'll cross that bridge when we come to it."*

*"Run in the Family: A particular trait/behavior that seems to be common in a family.*

*Context: Impatience seems to run in the family."*

*"Third Time's a Charm/Third Time Lucky: Even if you've failed the last two times you still have one more go, and that is likely to come out with a positive result.*

*Context: I failed my driving test twice. But hey ho, third time lucky..."*

*"Trash Talk: Insults directed at one's opponent in a sporting event or contest.*

*Context: They're giving each other trash talk in the pre match interviews."*

*"Tongue-in-Cheek: Said ironically; not meant to be taken seriously.*

*Context: I only meant it tongue in cheek, don't take it too seriously."*

*"Take The Mickey (Piss) (Out Of Someone): To have banter with someone but making fun of them.*

*Context: Hey, stop taking the mickey out of me!"*

*"Up in Arms: Angry, protesting (usually said of a group).*

*Context: The fans are up in arms about the way the chairman has conducted business."*

*"Test the Waters: Try something out in a preliminary way.*

*Context: Before going all in, we need to test the waters first."*

*"Where There's a Will, There's a Way: If you have a strong desire to accomplish something, you will achieve it even in the face of considerable odds.*

*Context: I don't know how I'm going to make it, but when there's a will, there's a way."*

*"Up for Grabs: It's free for anyone to take.*

*Context: At this point in the game, first prize is still up for grabs."*

*"Turn Something on Its Head: Reverse something, cause something to be done in a new way.*

*Context: The new variant of the disease has turned the country's healing efforts on its head."*

*"Take a Hike: Go away you're not wanted.*

*Context: Take a hike, this is an invite only club."*

*"To be Smitten With Someone: To like and fancy someone*

*Context: He's absolutely smitten with his new girlfriend."*

*"Rookie Mistake: An error made by someone who is inexperienced.*

*Context: Sticking your finger in the dog's mouth was a rookie mistake."*

*"Short Fuse: Someone that can easily get angry and reacts abruptly quickly.*

*Context: he's got a short fuse so don't tease him too much."*

*"Window Shop: To look at merchandise in a store without intending to buy it.*

*Context: I haven't got much money, but we can go window shopping."*

*"Tough Cookie: Someone who has a strong spirit, with a lot of determination and is able to persevere in hard situations.*

*Context: He'll be fine with his injury, he's a tough cookie."*

*"Under the Weather: not feeling very well.*

*Context: She won't be at work today, she's been under the weather."*

*"Tie the Knot: Get married.*

*Context: My best friend tied the knot yesterday."*

*"Your Guess Is as Good as Mine: I don't know; I have no idea.*

*Context: "What ever happened to Carly Rae Jepsen?" "Your guess is as good as mine.""*

*Take It or Leave It (command): Stuck with choices, there are only two options available to you to make a decision on.*

*"Stand One's Ground: To stop tolerating being mistreated and pushed round and taken advantage of.*

*Context: Dominic tried to take advantage of his younger sister, but she stood her ground."*

*"The Time is Ripe: If you say that the time is ripe, you mean that it is a suitable point for a particular activity.*

*Context: The time is ripe for me to ask her out to dinner."*

*"To Bear Fruit: To develop in a profitable or positive way.*

*Context: After lots of hard work, our efforts are bearing fruit."*

*"When In Doubt, Leave It Out: When unsure about something, omit it.*

*Context: "I'm not sure if this idiom actually exists?" "If in doubt, leave it out.""*

*"Stand On One's Own Two Feet: To be independent, being able to take care of oneself without the need of anyone else.*



*Context: I hear you crying but that's on you. You can make it through, why don't you stand on your two legs?"*

*"Take the Edge Off (of Something): To do something that will calm your nerves.*

*Context: Have a beer before the date, it'll take the edge off."*

*"Seize the Day: To make the most out of your day.*

*Context: Seize the day, wake up early and get your important tasks done before lunchtime!"*

*"Wake Up on the Wrong Side of the Bed: Woke up being moody or grumpy.*

*Context: You're being so rude, did you wake up on the wrong side of the bed this morning?"*

*"Roll With the Punches: Deal with problems by being flexible.*

*Context: The machine ran out of batteries while on stage but we rolled with the punches and improvised the rest of the scene."*

*"Sleep Like a Baby: To experience a very deep and restful sleep; to sleep soundly.*

*Context: I was so tired, I slept like a baby."*

*"Under Someone's Spell: Fascinated, entranced by someone and not being able to see them clearly.*

*Context: Jack doesn't take notice of Henry's manipulative ways, he's too under his spell."*

*"Tip of the Iceberg: A small, visible part of a much larger problem.*

*Context: The shortened version of the story you shared during the 2 minute interview was only the tip of the iceberg."*

*"Young at Heart: Having a youthful outlook, regardless of age.*

*Context: I'm not surprised grandad terry wanted to go bowling, he's young at heart."*

*"Under (Below) the Radar: To not be noticed.*

*Context: If you don't tell the chatterbox of the group, it's easy for your dark secret to stay under the radar."*

*"Think Big: Consider ambitious plans; avoid becoming overly concerned with details.*

*Context: Stop worrying about the little bumps in the road, think biG!"*  
*"Slippery Slope: A series of undesirable effects that, one warns, could result from a certain action.*

*Context: Using addictive drugs is a slippery slope."*  
*"Wandering Eye: Never being satisfied with what you have, always looking for something else.*

*Context: I'm happy with Katie, but I just can't stop my wandering eye."*  
*"Set the Bar (Too) High: Having a high expectation for something.*

*Context: You've set the bar too high, you can't expect such a high quality of work on the student's first day at school."*  
*"Throw in the Towel: To surrender or end something.*

*Context: You guys carry on playing, but i'm going to throw in the towel."*  
*"Set in Stone: Stuck in a definite state.*

*Context: The date is not set in stone, we will see when everyone else is free."*  
*"To Get Cold Feet: To experience reluctance or to change your mind after making a commitment.*

*Context: After we agreed to get married, I got cold feet."*  
*"What Do You Make of (Him)?: What are your thoughts on him after you initial impression.*

*Context: I liked the new trainee today, but what do you make of him?"*  
*"What Goes Around Comes Around: Every action you take will eventually come back round your way.*

*Context: You can treat him poorly, but what goes around comes around."*  
*"Taste of Your Own Medicine: The same unpleasant experience or treatment that one has given to others.*

*Context: Someone was rude to you? You've been rude to me, so I'm glad you got a taste of your own medicine."*  
*"Take It on The Chin: Don't cry about it, be strong.*

*Context: everyone receives constructive criticism sometimes. You need to take it on the chin and use it as motivation to improve."*  
*"Shoot Oneself In The Foot: Do something that damages oneself or one's own cause.*

*Context: You've shot yourself in the foot by not bringing your wallet to the casino."*

*"Wash Your Hands of (Something): Decline to take further responsibility; refuse to be involved with something anymore.*

*Context: I wash my hands of any part in your silly scheme."*  
*"Whipped : Being under the control of your partner.*

*Context: We never see Robbie anymore. He's so whipped."*  
*"Toot Your Own Horn: To brag or talk heavily about your own achievement when others have not even mentioned it.*

*Context: Stop bragging, no one likes a trumpet that toots their own horn."*  
*"Think Outside the Box: Being creative with the way you approach and solve a problem/issue*

*Context: Your normal tactics won't work on this problem child. You're going to have to think outside the box to get him to behave."*  
*"Race Against Time: In a hurry to get a piece of work done in time.*

*Context: I'm in a race against time to find the cure before innocent people die."*

*"U Turn: A complete change of opinion, direction, etc.*

*Context: He's done a U turn on his decision to move away."*

*"To Have Butterflies In Your Stomach: To be nervous.*

*Context: I have butterflies in my stomach when I'm around her."*

*Take a Rain Check: Decline an invitation but suggest that you'll accept it at a later time.*

*"Sitting Duck: Something or someone easily attacked or criticized.*

*Context: The elderly are sitting ducks. Let's rob them."*

*"Take Something with a Pinch (grain) of Salt: Don't think what people say too seriously.*

*Context: He said he used to play for England, but I'd take what he said with a pinch of salt."*

*"Soak Up the Sun: enjoy the sunshine.*

*Context: I'm soaking up the sun today."*

*"The odds are stacked against you: You are in an Unfavorable situation where success is unlikely.*

*Context: The odds are stacked against you, it'll take a lot of hard work to even match him, let alone beat him."*

*"Show One's True Colors: someone's who reveals their true intentions.*

*Context: After all that lying, he's shown his true colours."*

*"Start with a Clean Slate: Having a fresh start and forgetting about the past attempts to do something.*

*Context: Although we had a rough time yesterday, today we start with a clean slate."*

*"Take the High Road: Being the more moral person in an argument and diffusing the argument even though you are right.*

*Context: If you say so. I'm going to take the high road and leave it."*

*"To be the Apple of Someone's Eye: To be loved and treasured by someone*

*Context: You're the apple of my eye, i can't live without you."*

*"Sweeten the Deal: Making a deal more attractive by adding a diresable offer to the mix.*

*Context: I'll sweeten the deal; how about a bonus paycheck too?"*

*"Turn a Blind Eye: To choose to ignore something.*

*Context: Seeing as I don't have the time to deal with another drug possession case, I'm going to turn a blind eye."*

*"Steal Someone's Thunder: To outshine and out perform someone who was previously seen/has the reputation as the best at something.*

*Context: Don't steal my thunder, that was my joke!"*

*"That's a Stretch: someone exaggerated a fact or a story, or someone coming to a concussion that's presumptuous.*

*Context: He said he fought them all off by himself? HmMMM, I don't know about that, that's a stretch."*

*"Sold On (Something): Convinced of something.*

*Context: I'm sold on the idea, let's make it happen!"*

*"See Eye to Eye: To finally agree on something.*

*Context: I'm glad we can see eye to eye on this important topic."*

*"Your Number Is Up: You are going to die (or suffer some bad misfortune or setback).*

*Context: Your number is up. You're going to jail for the rest of your life."*

*"You Know the Drill: You are already familiar with the procedure.*

*Context: Alright, same task as we do every monday guys, you know the drill."*

*"To Pop (one's) Cherry: To lose your virginity.*

*Context: I popped her cherry."*  
*"You Can Say That Again!: I agree totally!*

*Context: "This food is exquisite." "Mmmm. You can say that again.""*  
*"Teach an Old Dog New Tricks: trying to change a person's perspective on a subject that they have long held a strong opinion on.*

*Context: The veteran salesman isn't going to listen to your story about how you've increased sales through using social media. You can't teach an old dog new tricks."*

*"To Each His Own: People have different preferences.*

*Context: I wouldn't smoke cigarettes myself, but each to their own."*  
*"Up to Scratch: Meeting a basic standard of competence or quality.*

*Context: Your first draft was unfortunately not up to scratch."*

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