To be caught off guard = to be not ready and shocked

To lament = to complain

To dispense with = do without

To be there for each other = to help and care

To be smitten (by technology) = to be captured

To sort out = figure out

Picky eater

Throw up = vomit

Insecure = lowself-esteem неуверенный в себе

On the prowl = looking for victims

Long hibernation

Animal spirits = instincts

Attack target = smth to aim at

Predator = one who hunts another

Go to their place

To be in touch

Be on first-name basis = быть на ты

Receiving … treatment

Punted from one specialist to the next

Take guts = решаться

Good value for money

I am mad on (at) you

Smart ass

The farther you get the worse you feel

Be on a pill

Be sick and tired of = be fed up with

Pase the danger

Address this point

Happen overnight = очень быстро

Stay same = оставаться в своем уме

Spare that fate = разделить судьбу

Freak out = ужасать

Benefit from

Take advantage of

He doesn’t put his weight = not good enough

Nose their way around = carefully looking around

Can’t resist = не могу отказать

Turn up – появляться

Throw parties

All hell broke loose = разверзнулся настоящий ад

Can afford

Invite us over

Give the skinny = давать резюме

Beg your pardon = прошу прощения

Acting militant

Put smn thru smth

Won’t be down with = not ok with

Been a breadwinner

He is tight with money

To question my integrity = ставить под сомнение мою квалификацию

Threat people = вести себя по отношению к людям

Back off

You’ll not deny me that pleasure

Kick-ass specialist = know-it-all

Confront the girl

Have my worst fears confirmed

To occupy my days

Put in that kind of an effort

Chew on = обдумать, размышлять

Rush things = торопить события

God forbid our friends should ever pity you

Had a hell of day = rough day

Our love life needed a little zing

Drowning in the routine of your existence

Dispel the stigma

Dowdy clothes = скучная одежда

Upstage our daughter

Not in the slightest = absolutely not

Ply me with alcohol

Spill secrets = spill the beans = проболтаться

Kick smn to the kerb = прижать к стенке

Relish the poetic justice

Here is my 2 cents = вот мои 5 копеек

Seedy/lousy hotel = дурной/вшивый отель

Lurking in the dark = таиться в темноте

To be chums = дружить

Running erraunds = бегать по делам

Give me a hard time about

Get him off your back

Pal around = водить дружбу

Flouting my knowledge

Casual fling

Took the wind out of my soul

Turn in – лечь спать

I’m in = I’m game

Drown in applause

Trade for – обменять

What do you do for a living? = make for a living

Do smth on a whim = spontaneously

I’ll be back in a jiff = in a sec

Take your time!

Probation period = испытательный срок

Conduct tawdry affair – иметь грязную интрижку

Give odd looks – многозначительные взгляды

Tears of joy – слезы счастья

Offer unsolicited opinions – непрошенное мнение

Free-spirited

Awfully petty – ужасно мелочно

Way to cut loose – оторваться

Stuns me – оглушило меня

Be such a squire – быть консерватором

To offend you – обидеть тебя

Situation is cut and dried

Kick in – начать

Sorting through some issues

Get wrinkled – мяться

Blast from the past – взрыв из прошлого

Leave up me with smn expectations

He is food for … = he will bring/have …

To be broke = быть на мели

Opt out – устраниться

It has been on the books for months

Shoot smn a text

Make a final tweak

Don’t be daft – не будь легкомысленным

Dig all you like – смейся сколько хочешь

We work our fingers to the bone

Knock’em dead – покажи им

Meet the eye – привлекать внимание

Sober up – протрезветь

Here comes smth

Hit a fatigue wall – дойти до крайней точки усталости

Stand by me = be with me

Break a sweat over – утруждаться

Come up with an idea

Stumbled into perfect arrangement

That doesn’t mean we can’t get the ball rolling

Hold your horses

You’re tying my hands

My back was up against the wall on this

Fringe benefits – дополнительные бонусы

Be cool with smth

What are you up to? – what are you doing?

To be bound to = certainly sure about

Desperate about – отчаянно нуждаться

Brag around – хвастаться, кичиться (вежл boast)

Allocate resources – выделить ресурсы на проект/задачу

Get on with a job – продолжать задачу, иметь прогресс по задаче

Lift the lockdown

dump someone – бросить человека

put me through-соединить (по телефону)

Come clean – сказать начистоту

Long face – грустный вид

Cover for you

Be stupid about

Limp away in defeat -медленно двигаться к победе

Hark at you – слушать с недоверием

Sit around pouting – сидеть надутым

Tag along – тащиться, увязываться

To account for my sins – отвечать за свои грехи

Act classy – вести себя изящно

Sever ties - порвать узы

Knock yourself out – развлекайся

I’m out of opinions

Get on board with the idea –

Hold you to – припоминать, что ты должен держать слово

Handle smth covertly = secretly

Suit yourself – соберись

Fall for it – вестись на что-то

Let you down – подвести

We are even – мы квиты

Learn about – узнать

Reduce carbon footprint

Environmentally conscious

Work flexitime

Gain new skills

Crucial factor

Run into problems

Stay within budget

Keep track of spending

Allocate resources