

In hot water 陷入困境；惹上麻烦  
Spring chicken 年轻人  
Bite off more than one can chew 不自量力  
Big cheese 团体中最重要的，领导者  
Couch potato 经常看电视的人  
Food for thought 引人深思的事情  
Have / Left with egg on one's face 丢脸  
Have a bone to pick with someone 对...有意见  
In a nutshell 简而言之，概括的说  
Like two peas in a pod (外观) 非常相像  
Put all one's eggs in one basket 孤注一掷  
Take with a grain of salt 对...半信半疑

Do one a world of good 对一个人有巨大的正面影响  
One's number is up 死到临头  
New lease of life 帮助脱离困境  
Alive and kicking 生龙活虎  
Bundle of nerves 焦躁的人；紧张不安的人  
Dead as a doorknob 完全死了  
Fit as a fiddle 非常健康  
Meet one's maker 死亡（幽默的方式）  
Not a ... bone in one's body 绝对没有...（性格）  
Teething problems 初期问题（预料之中的）  
Hold on to one's hat 做好心理准备  
Seeing is believing 眼见为实

Get one's knickers in a twist 迷惑；发慌；恼火  
A penny for your thoughts 你在想什么呢（通常是一个人沉默着思考了很久）  
Hate one's guts 非常讨厌一个人，恨死一个人  
Over one's dead body 不允许一些事发生  
A chip on one's shoulder 耿耿于怀，怀恨在心  
Add fuel to the fire 火上浇油  
Drive a hard bargain 极力讨价还价  
Make a mountain out of a molehill 小题大做  
Rub it in 伤口撒盐  
Split hairs 太在意鸡毛蒜皮的小事  
Stab someone in the back 背后捅刀子  
Swim against the tide 逆着潮流而行

Out of one's league 高不可攀，高不可及  
Give something one's best shot 尽力而为  
Throw in the towel 认输（拳击惯用语）  
Give someone a run for their money 不让一个人轻易取胜；让一个人竭尽全力才获胜  
The ball is in one's court 轮到一个人作出反应或采取行动  
Get / Have the upper hand 占了上风；有利位置  
Level playing field 公平竞争的环境  
Make the cut 晋级，入围  
Neck and neck 旗鼓相当，不相上下（赛马惯用语）  
Race against time 与实践赛跑  
Settle the score 秋后算账  
Get (something) out of one's hair 使某事停止烦人

Light at the end of the tunnel 曙光（指局势出现好转或艰巨任务即将完成的迹象）  
Slip through one's fingers （一个人或机会）被错过  
The end of the line （过程或活动的）尽头；穷途末路  
Keep one's chin up 坚强振作，保持干劲  
Back to square one 从头开始，重新开始  
Bring someone to their knees 摧毁；打败  
Come up roses 虽卷入…仍保持名誉；证明清白  
Count one's blessings 往好处想；知足  
Dead in the water 沉沦，一蹶不振  
Hang in there 坚持住，挺住  
Go downhill 走下坡路，每况愈下  
With flying colours 成绩优异地；出色地

Scare the living daylights out of one 吓得一个人魂飞魄散  
Make one's skin crawl （因为令人不快或恐惧）使人起鸡皮疙瘩  
Frightened of one's own shadow 过度忧虑；杞人忧天  
Have ants in one's pants 焦躁不安；跃跃欲试  
Heart skips a beat （兴奋或紧张）心跳停了一拍，心里一阵紧张  
Nerves of steel 极有胆量  
On the edge of one's seat （戏剧，表演）非常引人入胜  
Quaking in one's boots 吓到两脚发抖  
Stop dead in one's tracks 突然地制止(一个人或某事)  
White as a sheet （一个人的脸色）苍白的，面无血色的  
Written all over one's face （情绪）写在一个人脸上  
The pot calling the kettle black 五十步笑百步