

1. I'm a ____

我是一名____

I'm a basketball player(我是一名篮球运动员)

I'm a teacher(我是一名老师)

I'm an athlete(我是一名运动员)

I'm a doctor and I work in a hospital (我是一名医生，我在医院工作)

I'm a chef and I enjoy cooking (我是一名厨师，我很享受做饭)

2. I'm good at ____

我擅长____

I'm good at soccer (我擅长足球)

I'm good at playing video games (我擅长玩电子游戏)

I'm good at math (我擅长数学)

I'm good at cooking Chinese food (我擅长做中餐)

I'm good at teaching people spoken English (我擅长教大家英语口语)

3. I'm getting ____

我要____

I'm getting food (我要去买吃的)

I'm getting lunch (我要去吃午餐)

I'm getting a job (我要去找一份工作)

I'm getting a drink (我要去拿一杯酒)

I'm getting coffee (我要去买咖啡)

I'm getting a beef jerky (我要去拿一个牛肉干)

4. I want to(wanna)_____

我想要_____

I want to go home (我想要回家)

I want to ask (我想要问)

I want to know (我想要知道)

5. I need to_____

我需要_____

I need to drink some water(我需要喝点水)

I need to study (我需要学习)

I need to work (我需要工作)

6. I'm gonna (going to) _____

我将要_____

I'm gonna keep trying(我将要一直尝试)

I'm gonna go home(我将要回家)

I'm gonna take a break from work (我将要从工作中休息一下)

I'm gonna start learning English (我将要开始学英语)

I'm gonna meet my friends tonight (我将要见我的朋友们 在今晚)

7. I'm not used to _____

我不习惯_____

I'm not used to this weather(我不习惯这个天气)

I'm not used to being loved (我不习惯被爱)

I'm not used to you (我不习惯你)

I'm not used to living with you (我不习惯和你住在一起)

I'm not used to this (我不习惯这个)

I'm not used to the cold weather here(我不习惯这里的冷天气)

I'm not used to speaking in public (我不习惯在公共场合说话)

I'm not used to the new technology (我不习惯这个新的科技)

I'm not used to driving on the left side of the road (我不习惯在路的左边开车)

8. I'm not sure if he _____

我不确定他是否_____

I'm not sure if he'll come (我不确定他是否会来)

I'm not sure if he understood what I was saying (我不确定他是否理解我在说什么)

I'm not sure if this is a good idea (我不确定这是否是个好主意)

I'm not sure if he is telling the truth about his resume (我不确定他是否在说真话 关于他的简历)

I'm not sure if he is the right person for our company (我不确定他是否是合适的人选 对于我们的公司)

I'm not sure if I _____

我不确定我是否_____

I'm not sure if I will regret this (我不确定我是否会后悔这件事)

I'm not sure if I am qualified for this new position (我不确定我是否符合这个新岗位的要求)

I'm not sure if I am making the right decision (我不确定我是否在做对的决定)

I'm not sure if I have the skills to complete this project (我不确定我是否有足够的技能来完成这个项目)

I'm not sure if they _____

我不确定他们是否_____

I'm not sure if they received my email (我不确定他们是否接受到了我的电子邮件)

I'm not sure if they will come to the meeting (我不确定他们是否会来会议)

I'm not sure if they understand the decision (我不确定他们是否理解这个决定)

I'm not sure if they will be able to finish the project on time (我不确定他们是否能按时完成项目)

9. I'm looking forward to _____ (接名词或者动名词 "ing")

我很期待_____

I'm looking forward to your party (我很期待你的聚会)

I'm looking forward to this (我很期待这个)

I'm looking forward to my vacation next month (我很期待下个月的度假)

I'm looking forward to learning a new language (我很期待学一个新的语言)

I'm looking forward to this weekend, as I have some fun plans with friends (我很期待这个周末, 我有跟朋友们很好玩的计划)

I'm looking forward to visiting a new country this summer (我很期待参观一个新的国家, 在这个夏天)

10. I'm working on _____

我正在做_____

I'm working on my homework (我正在做我的家庭作业)

I'm working on my website (我正在做我的网站)

I'm working on this project (我正在做这个项目)

I'm working on a side hustle to earn extra income (我正在做一个副业 想挣一些额外的钱)

I'm working on this app (我正在做这个手机软件)

I'm working on a research paper (我正在做一个研究论文)

11. I'm thinking about _____

我在考虑_____

I'm thinking about giving up (我在考虑放弃)

I'm thinking about our marriage (我在考虑我们的婚姻)

I'm thinking about taking a vacation (我在考虑度一个假)

I'm thinking about starting a business (我在考虑创建一个生意)

I'm thinking about going back to school (我在考虑回去学校)

I'm thinking about getting a new haircut/hairstyle (我在考虑换一个新发型)

I'm thinking about moving to a new city (我在考虑搬去一个新的城市)

I'm thinking about seeing her (我在考虑见她)

I'm thinking about learning French (我在考虑学法语)

I'm thinking about buying a new car (我在考虑买一辆新车)

I'm thinking about writing a book (我在考虑写一本书)

12. I'm dying to _____

我非常想_____

I'm dying to see you (我非常想见你)

I'm dying to give up (我非常想放弃)

I'm dying to try Japanese food (我非常想尝试日本菜)

I'm dying to improve my English (我非常想提高我的英语)

I'm dying to buy a new car (我非常想买辆新车)

I'm dying to go travel (我非常想去旅行)

I'm dying to see/watch Jay Chou's concert (我非常想去看周杰伦的演唱会)

I'm dying to try skydiving (我非常想尝试跳伞)

I'm dying to visit Paris (我非常想参观巴黎)

I'm dying to watch this movie (我非常想去看这部电影)

举一反三：

He's dying to _____

他非常想_____

She's dying to _____

她非常想_____

They're dying to _____

他们非常想_____

Jeff is dying to _____

Jeff 非常想_____

Jessica is dying to _____

Jessica 非常想_____

13. I'm afraid I _____

我恐怕是_____

I'm afraid I can't accept it (我恐怕是不能接受它)

I'm afraid I lost my phone (我恐怕是弄丢了你的手机)

I'm afraid I can't finish this project on time (我恐怕是没法按时完成这个项目)

I'm afraid I can't lend you the money (我恐怕是没法借给你钱)

I'm afraid I can't give you an answer (我恐怕是没法给你一个答案)

I'm afraid I have to cancel our plan (我恐怕是必须得取消掉我们的计划)

I'm afraid I can't show up to the meeting (我恐怕是没法出席会议)

I'm afraid I can't lend you my car (我恐怕是不能把车借给你)

I'm afraid I don't have the skills that you're looking for (我恐怕是没有你正在寻找的技能)

14. I have to _____

我必须_____

I have to go to school (我必须去上学)

I have to ask you (我必须问你)

I have to study for my exam (我必须为考试学习)

15. I have been _____

我一直都在_____

I have been asking you (我一直都在问你)

I have been wondering (我一直都在疑惑)

I have been watching this TV show (我一直都在看这部电视剧)

I have been saving money (我一直都在存钱)

I have been working out (我一直都在健身)

I have been living in this country (我一直都在这个国家生活)

I have been trying to improve my English (我一直都在试着提高我的英语)

16. I used to _____

我以前_____

I used to like him (我以前喜欢他)

I used to study here (我以前在这里学习)

I used to play basketball everyday (我以前每天打篮球)

17. I would like to _____

我想要_____

I would like to see him (我想要见他)

I would like to eat here (我想要在这里吃饭)

I would like to travel to Japan (我想要去日本旅游)

I would like to learn how to play guitar (我想要学弹吉他)

I would like to read more books (我想要看更多的书)

18. I'm about to _____

我正要去_____

I'm about to take a walk (我正要去散步)

I'm about to go eat (我正要去吃东西)

I'm about to work out (我正要去健身)

I'm about to take a shower (我正要去洗澡)

I'm about to watch a movie (我正要去看电影)

I'm about to ask him (我正要去问他)

I'm about to go to the mall (我正要去商场)

I'm about to go to the grocery store (我正要去超市)

19. I didn't mean to ____

我不是故意要____

I didn't mean to hurt you (我不是故意要伤害你)

I didn't mean to ask (我不是故意要问)

I didn't mean to bother you (我不是故意要打扰你的)

I didn't mean to say that. (我不是故意说那个的)

I didn't mean to offend you (我不是故意要冒犯你的)

I didn't mean to be late (我不是故意要迟到的)

I didn't mean to forget about your birthday (我不是故意要忘记你的生日的)

I didn't mean to ignore you (我不是故意要忽视你的)

I didn't mean to hurt your feelings (我不是故意要伤害你的感受的)

20. I don't have time to ____

我没有时间____

I don't have time to cook (我没有时间做饭)

I don't have time to do my homework (我没有时间写我的作业)

I don't have time to read this book (我没有时间看这本书)

I don't have time to work out (我没有时间健身)

I don't have time to take a vacation (我没有时间去度假)

21. I don't know how to ____

我不知道如何____

I don't know how to cook (我不知道如何做饭)

I don't know how to study (我不知道如何学习)

I don't know how to ask you (我不知道如何问你)

I don't know how to speak English (我不知道如何说英语)

22. I feel like __ing ____

我想____

I feel like going fishing (我想去钓鱼)

I feel like giving up (我想放弃)

I feel like crying right now (我现在想哭)

I feel like watching a movie tonight (我想看电影 今晚)

I feel like eating something spicy tonight (我想吃点辣的 今晚)

I feel like playing video games (我想玩电子游戏)

I feel like taking a nap (我想睡午觉)

I feel like listening to some rap music (我想听一些说唱音乐)

23. I want you to ____

我想要你____

I want you to understand (我想要你明白)

I want you to come home with me (我想要你跟我回家)

I want you to be happy(我想要你开心)

I want you to feel comfortable and safe (我想要你感到舒服和安全)

I want you to know how much I love you (我想要你知道我有多爱你)

I want you to be honest with me (我想要你跟我实话实说)

I want you to know I trust you (我想要你知道 我相信你)

I want you to feel loved (我想要你感到被爱)

24. I should've (should have) _____

我本该_____

I should've asked (我本该问的)

I should've known (我本该知道的)

I should've listened to her (我本该听她的)

I should've studied more for that test (我本该多学习一点 为了这个考试)

I should've saved more money (我本该存更多钱的)

I should've told you (我本该告诉你的)

I should've read the instructions (我本该看指南的)

I should've said no (我本该说 no 的)

25. I can't wait to _____

我等不及_____了

I can't wait to go home (我等不及回家了)

I can't wait to work (我等不及工作了)

I can't wait to tell her (我等不及告诉她了)

I can't wait to see my family (我等不及见我的家人了)

I can't wait to watch this movie (我等不及看这部电影了)

I can't wait to finish this project (我等不及完成这个项目了)

I can't wait to move to a new city (我等不及搬去一个新的城市了)

I can't wait to graduate from high school (我等不及高中毕业了)

I can't wait to buy a new car (我等不及买辆新车了)

I can't wait to spend the weekend with my girlfriend (我等不及跟我女朋友一起过周末了)

I can't wait to meet Jay Chou (我等不及见周杰伦了)

I can't wait to try this food (我等不及尝这个食物了)

I can't wait to learn boxing (我等不及学拳击了)

26. I have no idea ____

我完全不知道____

I have no idea (我完全不知道)

I had no idea (我完全不知道*过去式)

I have no idea he's here (我完全不知道他在这里)

I have no idea how to play guitar (我完全不知道怎么弹吉他)

I have no idea what to say (我完全不知道说什么)

I have no idea what's wrong (我完全不知道什么出错了)

I have no idea where to go (我完全不知道去哪里)

I have no idea how to answer (我完全不知道怎么回答)

I have no idea where to start (我完全不知道从哪里开始)

I have no idea what to tell them (我安全不知道跟他们说什么)

27. I wonder if ____

我想知道____

I wonder if he can jump higher than me (我想知道他能不能跳的比我高)

I wonder if you knew (我想知道你之前知不知道)

I wonder if it will rain today (我想知道今天会不会下雨)

I wonder if I will find my true love (我想知道我会不会找到我的真爱)

I wonder if I should take that job offer (我想知道我该不该拿这个工作 offer)

I wonder if he agrees with my decision (我想知道他赞不赞成我的决定)

I wonder if my parents will like my new girlfriend (我想知道我父母会不会喜欢我的新女友)

I wonder if my ex still thinks about me sometimes (我想知道我的前任还会不会偶尔想起我)

I wonder if they know my secret (我想知道他们知不知道我的秘密)

28. I've been ____ing

我一直在_____

I've been waiting for you (我一直在等你)

I've been trying (我一直在试)

I've been wondering (我一直在好奇)

I've been saving money for university (我一直在存钱 为了上大学)

I've been working on this project (我一直在做这个项目)

I've been watching the same TV show (我一直在看同一部电视剧)

I've been learning how to make pizza (我一直在学怎么做披萨)

I've been meditating everyday for 20 minutes (我一直在每天冥想 20 分钟)

I've been listening to Jay Chou's music lately(我一直在听周杰伦的歌，最近)

I've been trying to quit smoking (我一直在尝试去戒烟)

29. I've been ____ing for ____

我____已经____了

I've been learning English for ten years (我学英语已经 10 年了)

I've been watching Alan's videos for 3 years (我看 Alan 的视频已经 3 年了)

I've been playing piano for 5 years (我弹钢琴已经 5 年了)

I've been loving you for 20 years (我爱你已经 20 年了)

I've been studying Japanese for 2 years(我学日语已经 2 年了)

I've been working for this company for 6 months (我为这个公司工作已经 6 个月了)

I've been practicing yoga every day for 6 months (我每天练习瑜伽已经 6 个月了)

I've been writing this novel for 5 years (我写这本小说已经 5 年了)

I've been traveling the world for a year (我环游世界已经 1 年了)

I've been a driver for 2 years(我做司机已经 2 年了)

I've been a content creator for 5 years (我做视频博主已经 5 年了)

I've been an alcoholic for 3 years (我酗酒已经 3 年了)

I've been a teacher for 6 months(我做老师已经 6 个月了)

30. I've been meaning to _____

我一直想_____来着

I've been meaning to learn English with Alan (我一直想跟 Alan 学英语来着)

I've been meaning to ask you (我一直想问你来着)

I've been meaning to watch this movie (我一直想看这部电影来着)

I've been meaning to call my grandparents (我一直想打给我的爷爷奶奶来着)

I've been meaning to apologize to Jeff (我一直想给 Jeff 道歉来着)

I've been meaning to go to this school (我一直想去这所学校来着)

I've been meaning to read more books (我一直想看更多的书来着)

I've been meaning to start a business(我一直想创业来着)

I've been meaning to spend more time with my parents (我一直想多陪陪父母来着)

31. I've decided to _____

我决定要_____了

I've decided to study harder (我决定要学习的更努力了)

I've decided to quit (我决定要放弃了)

I've decided to adopt a dog (我决定要收养一条狗了)

I've decided to quit my job (我决定要辞职了)

I've decided to learn how to swim (我决定要学游泳了)

I've decided to quit smoking (我决定要戒烟了)

I've decided to learn a new language (我决定要学一门新语言了)

32. I've heard that _____

我听说 _____

I've heard that he made 3 million dollars last year (我听说他去年挣了 3 百万美元)

I've heard that this movie is really good (我听说这部电影非常好看)

I've heard that Jeff is getting married (我听说 Jeff 要结婚了)

I've heard that yoga can reduce stress (我听说瑜伽可以减轻压力)

I've heard that drinking green tea is good for your body (我听说喝绿茶对你身体好)

I've heard that the movie "titanic" is amazing (我听说“泰坦尼克号”这部电影非常棒)

I've heard that listening to jazz music makes you calmer (我听说听爵士音乐能让你更冷静)

I've heard that drinking more water can improve your skin health(我听说多喝水能帮助提升你的肌肤健康)

33. I've had enough of _____

我已经受够了 _____

I've had enough of American food (我已经受够了美国菜)

I've had enough of you (我已经受够了你)

I've had enough of this (我已经受够了这个)

I've had enough of Jeff (我已经受够了 Jeff)

I've had enough of my English teacher (我已经受够了我的英语老师)

I've had enough of loud people (我已经受够了很吵的人们)

I've had enough of rap music (我已经受够了说唱音乐)

I've had enough of this traffic (我已经受够了这个交通量)

I've had enough! (我已经受够了!)

34. I'd (I would) like you to_____

我希望能_____

I'd like you to know (我希望能知道)

I'd like you to answer my questions (我希望能回答我的问题)

I'd like you to be here (我希望能在这里)

I'd like you to help me with my homework (我希望能帮我，关于我的家庭作业)

I'd like you to give me some advice (我希望能给我一些建议)

I'd like you to say sorry (我希望能道歉)

I'd like you to consider this offer (我希望能考虑这个 offer)

I'd like you finish your homework before watching TV (我希望能先写完作业 在看电视前)

I'd like you to give me your honest opinion (我希望能给我你真实的意见)

I'd like you to have more patience (我希望能多一些耐心)

I'd like you to pay attention (我希望能专心)

I'd like you to be more open-minded (我希望能更思想开明一点)

I'd like you to work for me (我希望能为我工作)

I'd like you to follow the rules (我希望能遵守规则)

I'd like you to tell me the truth (我希望能告诉我真相)

35. I'd be grateful if you can/could_____

如果你能_____, 我会感激不尽

I'd be grateful if you can drive me to the airport (如果你能送我去机场, 我会感激不尽)

I'd be grateful if you can stop asking (如果你能别问了, 我会感激不尽)

I'd be grateful if you can help me move (如果你能帮我搬家, 我会感激不尽)

I'd be grateful if you can teach me English (如果你能教我英语, 我会感激不尽)

I'd be grateful if you can give me a job (如果你能给我一份工作, 我会感激不尽)

I'd be grateful if you can help me fix this car (如果你能帮我修这辆车, 我会感激不尽)

I'd be grateful if you can give me some feedback (如果你能给我一些反馈, 我会感激不尽)

I'd be grateful if you could lend me some money (如果你能借给我一些钱, 我会感激不尽)

I'd be grateful if you could recommend me a good movie (如果你能给我推荐一部好电影, 我会感激不尽)

36. Can I _____?

我能_____吗?

Can I call you? (我能打电话给你吗?)

Can I ask? (我能问吗?)

Can I borrow your pen? (我能借你的笔 吗?)

Can I help you? (我能帮你吗?)

Can I use your computer? (我能用你的电脑吗?)

Can I have a glass of water? (我能要一杯水吗?)

37. Could I _____? (更加礼貌版)

我能_____吗?

Could I ask? (我能问吗?)

Could I go home? (我能回家吗?)

Could I get your number? (我能要你的号码吗?)

Could I schedule an appointment? (我能预约一个 appointment 吗?)

38. Let me _____

让我_____

Let me help you (让我帮你)

Let me in (让我进来)

Let me know if you need help (让我知道 如果你需要帮助)

Let me take care of you (让我照顾你)

Let me show you the way (让我来给你引路)

Let me know if you have any questions (让我知道 如果你有任何疑问的话)

Let me buy you a coffee (让我给你买杯咖啡)

Let me give you a gift (让我给你一个礼物)

Let me check if there are any seats left (让我检查下还有没有剩余座位)

39. Are you ____?

你____吗?

Are you American? (你美国人吗?)

Are you crazy? (你疯了吗?)

Are you Jack? (你是 Jack 吗?)

Are you ready? (你准备好了吗?)

Are you interested? (你感兴趣吗?)

Are you happy? (你开心吗?)

40. Are you trying to ____?

你是在尝试____吗?

Are you trying to call him? (你是在尝试打给他吗?)

Are you trying to win? (你是在尝试赢吗?)

Are you trying to lose weight? (你是在尝试减肥吗?)

Are you trying to learn a new language? (你是在尝试学一个新语言吗?)

Are you trying to fix that car? (你是在尝试修那辆车吗?)

Are you trying to save money? (你是在尝试存钱吗?)

Are you trying to quit smoking? (你是在尝试戒烟吗?)

Are you trying to avoid him? (你是在尝试回避他吗?)

Are you trying to overcome your fear? (你是在尝试克服你的恐惧吗?)

41. Do you _____?

你_____吗?

Do you understand? (你懂了吗?)

Do you know? (你知道吗?)

Do you agree? (你同意吗?)

Do you hear me? (你听到我了吗?)

Do you have any pets? (你有宠物吗?)

Do you have any plans for the weekend? (你有计划吗? 这周末)

Do you enjoy watching TV? (你享受看电视吗?)

Do you have any siblings? (你有任何亲兄弟姐妹吗?)

Do you have a plan? (你有个计划吗?)

Do you know how to speak English? (你知道怎么说英语吗?)

Do you like to travel? (你喜欢旅行吗?)

42. Do you mind if I _____?

你介意我_____吗?

Do you mind if I come in? (你介意我进来吗?)

Do you mind if I ask? (你介意我问吗?)

Do you mind if I borrow your phone? (你介意我借你手机吗?)

Do you mind if I take a picture with you? (你介意我和你照张相吗?)

Do you mind if I bring a friend to the party? (你介意我带个朋友来 party 吗?)

Do you mind if I join you? (你介意我加入你吗?)

Do you mind if I ask you a personal question? (你介意我问你一个私人的问题吗?)

Do you mind if I go home? (你介意我回家吗?)

Do you mind if I borrow your car for the weekend? (你介意借你车用一周末吗?)

Do you mind if I turn down the volume? (你介意我关小声一点吗?)

43. Do you feel like ____ing?

你想_____吗?

Do you feel like going outside? (你想出去外面吗?)

Do you feel like eating? (你想吃饭吗?)

Do you feel like crying? (你想哭吗?)

Do you feel like watching a movie? (你想看部电影吗?)

Do you feel like going to the gym? (你想去健身房吗?)

Do you feel like ordering pizza for dinner? (你想点披萨作为晚餐吗?)

Do you feel like going home? (你想回家吗?)

Do you feel like listening to jazz music? (你想听爵士音乐吗?)

Do you feel like trying a new flavor? (你想尝试一个新口味吗?)

Do you feel like taking a nap (你想睡个午觉吗?)

Do you feel like trying a new hairstyle/haircut? (你想换一个新发型吗?)

44. Did you use to ____?

你以前是不是_____?

Did you use to work here? (你以前是不是在这里上班?)

Did you use to play basketball? (你以前是不是打篮球?)

Did you use to have a BMW? (你以前是不是有辆宝马?)

Did you use to work at KFC? (你以前是不是在肯德基工作?)

Did you use to go to an international high school? (你以前是不是上一个国际高中)

Did you use to cry a lot? (你以前是不是经常哭?)

Did you use to be more outgoing? (你以前是不是更外向?)

Did you use to cut your own hair? (你以前是不是给自己剪头发?)

Did you use to walk to school? (你以前是不是走去学校?)

Did you use to work out a lot? (你以前是不是经常健身?)

Did you use to have a six pack? (你以前是不是有六块腹肌?)

45. Have you ever _____?

你有没有_____?

Have you ever been to China? (你有没有去过中国?)

Have you ever wondered? (你有没有好奇过?)

Have you ever met her? (你见过她吗?)

Have you ever traveled to a different country? (你有没有去过其他国家旅游过?)

Have you ever been to a concert? (你有没有去过一个演唱会?)

Have you ever met a famous person? (你有没有见过名人?)

Have you ever bought a course on douyin? (你有没有在抖音上买过课?)

Have you ever swum in an ocean? (你有没有在海里游过泳?)

Have you ever tried Japanese food? (你有没有试过日本菜?)

Have you ever watched a horror movie? (你有没有看过恐怖片?)

Have you ever watched a Korean show? (你有没有看过韩剧?)

46. You could've (could have) _____

你本可以_____的

You could've told me earlier (你本可以早一点告诉我的)

You could've saved her (你本可以救她的)

You could've left (你本可以离开的)

You could've called me when you needed help (你本可以打给我的 当你需要帮助的时候)

You could've saved more money (你本可以存更多钱的)

You could've learned how to swim (你本可以学会游泳的)

You could've made more money (你本可以赚更多钱的)

You could've made a different choice (你本可以做一个不一样的选择的)

You could've apologized (你本可以道歉的)

You could've avoided my mom (你本可以避开我妈的)

You could've studied more before the test (你本可以考试前学更多的)

47. You have to _____ in order to _____

为了_____你必须_____

You have to work hard in order to succeed (为了成功 你必须努力工作)

You have to eat less in order to lose weight (为了减肥 你必须少吃点)

You have to study hard in order to pass your exam (为了通过考试 你必须努力学习)

You have to save money in order to buy a house (为了买房 你必须存钱)

You have to be patient in order to achieve your goals (为了完成你的目标 你必须耐心)

You have to practice more in order to improve your skill (为了提升你的技术 你必须训练的更多)

You have to learn from your mistakes in order to grow (为了成长 你必须从你的错误中学习)

You have to believe in yourself in order to be happy (为了快乐 你必须相信自己)

48. You're supposed to _____

你是应该_____的

You're supposed to wait for me (你是应该等我的)

You're supposed to trust me (你是应该相信我的)

You're supposed to help (你是应该帮忙的)

You're supposed to be here (你是应该在这里的)

You're supposed to follow the rules (你是应该遵守规则的)

You're supposed to say, "thank you" (你是应该说“谢谢”的)

You're supposed to turn off your phone (你是应该关掉手机的)

You're supposed to wear a mask (你是应该戴口罩的)

You're supposed to follow me (你是应该跟着我的)

You're supposed to take your shoes off (你是应该脱鞋的)

You're supposed to wash your hands (你是应该洗手的)

49. You'd (You had) better/ You better _____

你最好_____

You'd better help (你最好帮忙)

You'd better listen(你最好听着)

You'd better hurry (你最好快一点)

You better wear a jacket (你最好穿件夹克)

You better apologize to me (你最好给我道个歉)

You better save some money (你最好存点钱)

You better study hard (你最好努力点学习)

You better check the expiration date(你最好检查一下过期日期)

You better get some rest (你最好休息一下)

You better be careful (你最好小心一点)

50. If I were you, I would _____

如果我是你的话 我会_____

If I were you, I would go to college (如果我是你的话 我会去上大学)

If I were you, I would take a break (如果我是你的话 我会休息一下)

If I were you, I would save some money (如果我是你的话 我会存一些钱)

If I were you, I would marry her (如果我是你的话 我会娶她)

If I were you, I would apologize to her (如果我是你的话 我会跟她道歉)

If I were you, I would take my time (如果我是你的话，我会不着急 慢慢来)

If I were you, I would learn English (如果我是你的话，我会学英语)

If I were you, I would forgive them (如果我是你的话 我会原谅他们)

If I were you, I would spend more time with my parents (如果我是你的话 我会多花时间陪陪父母)

If I were you, I would read more books (如果我是你的话 我会多看书)

51. As ____ as possible

越_____越好

As soon as possible (ASAP) (越快越好)

As quiet as possible (越安静越好)

As much as possible (越多越好 *不可数) As much food as possible

As many as possible (越多越好 *可数) As many people as possible

As early as possible (越早越好)

As cheap as possible (越便宜越好)

As often as possible (越频繁越好)

As loud as possible (越大声越好)

As long as possible (越长越好)

As tall as possible (越高越好)

As rich as possible (越富越好)

52. Let's not _____

我们不要_____

Let's not talk about it (我们不要聊它)

Let's not forget (我们不要忘记)

Let's not give up (我们不要放弃)

Let's not be late to the meeting (我们开会不要迟到)

Let's not ignore them (我们不要忽视他们)

Let's not compare ourselves to others (我们不要和别人做比较)

Let's not make promises we can't keep (我们不要做出无法完成的承诺)

Let's not argue about this (我们不要为这个争论)

Let's not be too worried (我们不要太担心了)

53. He is as ____ as ____

他和____一样____

He's as rich as me (他和我一样富)

He's as tall as me (他和我一样高)

He's as cold as ice (他和冰一样冷)

She's as quiet as a mouse during meetings (她和老鼠一样安静 在开会的时候)

He's as brave as a lion (他和狮子一样勇敢)

He's as tall as a giraffe (他和长颈鹿一样高)

He's as busy as a bee (他和蜜蜂一样忙)

He's as fast as Usain Bolt (他和博尔特一样快)

54. He's so ____ that ____

他太____ 以至于____

He's so tall that he can't get in the car (他太高了 以至于上不了车)

He's so rich that he can buy whatever he wants (他太富了 以至于想买什么就买什么)

He's so smart that he doesn't need to study to pass the test (他太聪明了 以至于他不需要学习就能通过考试)

He's so honest that he always tells the truth (他太诚实了 以至于他一直说实话)

He's so good-looking that every girl wants to be with him (他太帅了 以至于所有女生都想和他在一起)

He's so famous that everybody knows who he is (他太出名了, 以至于所有人都知道他是谁)

He's so quiet that nobody heard what he said (他太安静了 以至于没有人听到他说了什么)

He's so bored that he would count from 1 to 100,000 (他太无聊了 以至于他会从 1 数到 10 万)

55. Don't ever _____

千万不要_____

Don't ever call me again (千万不要再打电话给我了)

Don't ever say that (千万不要说这个)

Don't ever give up on your dreams (千万不要放弃你的梦想)

Don't ever stop learning (千万不要停止学习)

Don't ever ignore your mom(千万不要忽视你的母亲)

Don't ever forget to be humble (千万不要忘记要谦虚)

Don't ever stop believing in yourself (千万不要停止相信你自己)

Don't ever let him tell you what to do (千万不要让他告诉你该怎么做)

Don't ever be afraid to ask for help (千万不要害怕寻求帮助)

Don't ever surrender (千万不要投降)

Don't ever stop trying (千万不要停止尝试)

56. How long does it take to _____?

_____要花多长时间?

How long does it take to walk to school? (走去学校要花多长时间?)

How long does it take to finish your homework? (写完你的作业要花多长时间?)

How long does it take to drive to the beach? (开去海滩要花多长时间?)

How long does it take to finish the test? (完成考试要花多长时间?)

How long does it take to recover from a cold? (从感冒恢复要花多长时间?)

How long does it take to learn English? (学英语要花多长时间?)

How long does it take to build a house? (造一所房子要多长时间?)

How long does it take to make a song? (做一首歌要花多长时间?)

How long does it take to learn a new language? (学一个新的语言要花多长时间?)

How long does it take to write a book? (写一本书要花多长时间?)

How long does it take to become a doctor? (成为一名医生要花多长时间?)

57. It's too bad that _____

_____真是太可惜了

It's too bad that he didn't go (他没去真是太可惜了)

It's too bad that she left (她走了真是太可惜了)

It's too bad that the concert was cancelled (演唱会被取消真是太可惜了)

It's too bad that I lost my phone (我手机丢了真是太可惜了)

It's too bad that you didn't show up to my birthday party (你没能来我的生日派对真是太可惜了)

It's too bad that you got fired (你被炒鱿鱼真是太可惜了)

It's too bad that the museum was closed (博物馆关门了真是太可惜了)

It's too bad that she doesn't speak English (她不会说英语真是太可惜了)

58. It's very kind of you to _____

你_____真是太好心了

It's very kind of you to pick me up (你来接我真是太好心了)

It's very kind of you to take care of me (你照顾我真是太好心了)

It's very kind of you to take care of my pets (你照顾我的宠物真是太好心了)

It's very kind of you to help me move (你帮我搬家真是太好心了)

It's very kind of you to share your knowledge (你分享你的知识真是太好心了)

It's very kind of you to bring me food (你给我带食物真是太好心了)

It's very kind of you to invite me to your party (你邀请我去你的 party 真是太好心了)

It's very kind of you to invite her (你邀请她真是太好心了)

59. It's up to _____, _____

_____, 由_____说了算

It's up to my dad where I go to school (我去哪上学由我爸说了算)

It's up to them what's next (下一步由他们说了算)

It's up to my mom where we eat (我们去哪吃饭由我妈说了算)

It's up to the teacher how much homework we need to do (我们得做多少作业 由老师说了算)

It's up to our parents how much allowance we have (我们有多少零花钱 由我们父母说了算)

It's up to the buyer how much he's willing to pay (愿意出多少钱 由买家说了算)

It's up to the manager who works tomorrow (明天谁上班 由经理说了算)

It's up to me if I will go home (我会不会回家 由我说了算)

It's up to the students to choose their major (他们选什么专业 由学生说了算)

60. It's your turn _____

轮到你_____了

It's your turn to drive (轮到你开车了)

It's your turn to try (轮到你试了)

It's your turn to take out the trash (轮到你扔垃圾了)

It's your turn to do the dishes (轮到你洗碗了)

It's your turn to walk the dog (轮到你遛狗了)

It's your turn to answer the question (轮到你回答问题了)

It's your turn to choose the movie (轮到你选电影了)

It's your turn to make the decision (轮到你做决定了)

It's your turn to host the party (轮到你主办 party 了)

It's your turn to cook(轮到你做饭了)

61. It takes _____ to _____

_____要_____

It takes 2 hours to drive home (开回家要 2 小时)

It takes 10 seconds to drink this (喝完这个要 10 秒钟)

It takes 10,000 hours to master the skill (真正掌握技能, 要 1 万个小时)

It takes 2 people to move this chair (搬这个椅子要 2 个人)

It takes time to heal (恢复要时间)

It takes courage to fight a bear (和熊打架要勇气)

It takes 2 days to move (搬家要 2 天)

It takes passion to not give up (不放弃要热情)

It takes time to grow (成长要时间)

62. It's time to _____

到时间_____了

It's time to eat (到时间吃饭了)

It's time to begin (到时间开始了)

It's time to wake up (到时间起床了)

It's time to pay (到时间付钱了)

It's time to turn off the phone (到时间关手机了)

It's time to go home (到时间回家了)

It's time to work out (到时间健身了)

It's time to drive (到时间开车了)

It's time to make this decision (到时间做这个决定了)

It's time to celebrate your birthday(到时间庆祝你的生日了)

63. Should I _____?

我应该_____吗?

Should I go home? (我应该回家吗?)

Should I ask? (我应该问吗?)

Should I go work out? (我应该去健身吗?)

Should I buy a new car? (我应该买辆新车吗?)

Should I tell her? (我应该告诉她吗?)

64. Speaking of _____

谈到_____

Speaking of TV shows, what's your favorite? (谈到电视剧, 你最喜欢哪一部?)

Speaking of Jeff, do you still remember him? (谈到 Jeff, 你还记得他吗?)

Speaking of food, have you tried the new restaurant?
(谈到食物, 你去试了那个新餐厅
吗?)

Speaking of music, who is your favorite singer? (谈到音乐, 你最喜欢的歌手是谁?)

Speaking of books, do you have any recommendations? (谈到书, 你有推荐的吗?)

Speaking of movies, have you seen the latest spider man?
(谈到电影, 你看了最新的蜘蛛侠
吗?)

Speaking of weather, do you think it's gonna rain today?
(谈到天气, 你觉得今天会下雨
吗?)

65. There's no way he _____

他不可能_____

There's no way he'll say yes (他不可能同意)

There's no way he can win (他不可能能赢)

There's no way he won the lottery (他不可能赢了彩票)

There's no way he has enough money (他不可能有足够的钱)

There's no way he is going to tell the truth (他不可能说真话的)

There's no way he went to college (他不可能上过大学)

There's no way she will listen to you (她不可能听你说的)

There's no way I will eat this, this is too spicy (我不可能吃这个的, 这个太辣了)

There's no way I can finish the homework (我不可能完成作业)

There's no way they'll follow you (他们不可能跟着你的)

There's no way they will give up (他们不可能放弃的)

66. There's no need to _____

没有必要_____

There's no need to ask (没有必要去问)

There's no need to be angry (没有必要生气)

There's no need to apologize (没有必要道歉)

There's no need to buy me a gift (没有必要给我买礼物)

There's no need to drive, we can walk (没有必要开车 我们可以走路)

There's no need to let them know (没有必要让他们知道)

There's no need to worry (没有必要担心)

There's no need to argue (没有必要争吵)

There's no need to be perfect (没有必要完美)

There's no need to compare (没有必要比较)

67. Why don't we _____?

我们要不_____?

Why don't we go home? (我们要不回家?)

Why don't we be nice to each other? (我们要不对对方好点?)

Why don't we watch a movie tonight? (我们要不看部电影 今晚?)

Why don't we try something new? (我们要不试试新的东西?)

Why don't we listen to Jeff? (我们要不听 Jeff 的?)

Why don't we host a party? (我们要不主办一个 party?)

Why don't we visit your dad? (我们要不去拜访你爸?)

68. We'd (we had) better _____ / He'd better _____

我们最好_____/ 他最好

We'd better leave as soon as possible (我们最好越早走越好)

He'd better listen to me (他最好听我的)

She'd better go home (她最好回家)

69. Might as well _____

其实可以_____(也无妨)

We might as well walk to school (我们其实可以走去学校)

We might as well give up (我们其实可以放弃)

You might as well go home (你其实可以回家)

Since I have so much money, I might as well buy a BMW (既然我都有这么多钱了, 我其实可以买辆宝马)

You might as well listen to her (你其实可以听她的)

It's raining outside, we might as well stay home (外面在下雨, 我们其实可以待在家里)

I don't have work today, I might as well go watch a movie (我今天没有工作, 我其实可以去看部电影)

I'm really hungry right now, I might as well order pizza (我现在特别饿, 我其实可以点披萨)

I'm so bored, I might as well study (我很无聊, 我其实可以学习)

70. What if ____?

如果____会怎么样?

What if we stop going to work? (如果我们不去上班了会怎么样?)

What if the world ends tomorrow? (如果明天世界末日会怎么样?)

What if she says no? (如果她拒绝会怎么样?)

What if he's not telling you the truth? (如果他现在没告诉你实话会怎么样?)

What if we could live forever? (如果我们能一直活着会怎么样?)

What if we can time travel? (如果我们能时间旅行会怎么样?)

71. What's this ____ about?

这____是关于什么的?

What's this book about? (这本书是关于什么的?)

What's this movie about? (这部电影是关于什么的?)

What's this meeting about? (这个会议是关于什么的?)

What's this conversation about? (这个对话是关于什么的?)

What's this course about? (这个课程是关于什么的?)

What's this game about? (这个游戏是关于什么的?)

What's this project about? (这个项目是关于什么的?)

What's this article about? (这个文章是关于什么的?)

What's this TV show about? (这个电视剧是关于什么的?)

What's this email about? (这个电子邮件是关于什么的?)

What's this website about? (这个网站是关于什么的?)

What's this policy about? (这个政策是关于什么的?)

72. Why not _____?

为什么不_____呢?

Why not pay for your girlfriend? (为什么不为你女朋友付钱呢?)

Why not get married? (为什么不结婚呢?)

Why not ask her? (为什么不问她呢?)

It's a beautiful day, why not go outside? (是个美丽的一天, 为什么不出门呢?)

Why not go to college? (为什么不去上大学呢?)

Why not start a business? (为什么不创业呢?)

73. Let alone _____

更别说_____

I can't even speak English, let alone teach English (我都不会说英语, 更别说教英语了)

I don't know her birthday, let alone her zodiac sign (我不知道她的生日, 更别说她的星座了)

I can't even write an email, let alone a novel (我都不会写一封电子邮件, 更别说写一本小说了)

I can't even do 1 push-up, let alone 10 (我甚至都不能做一个俯卧撑, 更别说 10 个)

I can't afford food, let alone a new car (我都承担不起食物了, 更别说一辆新车)

2023 年 5 月加更：

74. I can tell _____

我能看的出_____

I can tell he's rich (我能看的出他有钱)

I can tell he's dumb(我能看的出他很蠢)

I can tell he's poor (我能看的出他很穷)

I can tell he's smart (我能看的出他很聪明)

I can tell you're nervous(我能看的出你很紧张)

I can tell you're worried (我能看的出你很担忧)

I can tell you're tired (我能看的出你很累)

I can tell you're bored (我能看的出你很无聊)

I can tell you're good at ping-pong (我能看的出你很会打乒乓球)

I can tell you're hiding something (我能看的出你在隐藏什么)

I can tell you're happy (我能看的出你很开心)

I can tell you're excited (我能看的出你很兴奋)

I can tell you're a boxer (我能看的出你是个拳击手)

I can tell you're comfortable (我能看的出你很舒服)

I can tell you don't trust me(我能看的出你不相信我)

75. I'm into _____

我喜欢/热衷于_____

I'm into science (我喜欢科学)

I'm into math (我喜欢数学)

I'm into rap music (我喜欢说唱音乐)

I'm into yoga (我喜欢瑜伽)

I'm into you (我喜欢你)

I'm into her (我喜欢她)

I'm into Rachel (我喜欢 Rachel)

I'm into cooking (我喜欢做饭)

I'm into hiking (我喜欢登山)

I'm into running (我喜欢跑步)

I'm into learning English (我喜欢学英语)

I'm into reading (我喜欢阅读)

I'm into watching Korean shows (我喜欢看韩剧)

I'm into boxing (我喜欢拳击)

76. How did you get into _____?

你是怎么喜欢上_____的?

How did you get into basketball? (你是怎么喜欢上篮球的?)

How did you get into coding? (你是怎么喜欢上写码的?)

How did you get into drawing? (你是怎么喜欢上画画的?)

How did you get into teaching? (你是怎么喜欢上教人的?)

How did you get into writing music? (你是怎么喜欢上写歌的?)

How did you get into traveling? (你是怎么喜欢上旅行的?)

77. When it comes to _____

在_____这方面

When it comes to food, I prefer Chinese food(在食物这方面, 我更喜欢中餐)

When it comes to sports, my favorite is basketball (在运动这方面, 我最喜欢的是篮球)

When it comes to math, I have talent (在数学这方面 我有天赋)

When it comes to cars, I prefer gas cars(在汽车这方面, 我更喜欢油车)

When it comes to teaching English, Alan is really good (在教英语这方面, Alan 特别厉害)

When it comes to losing weight, the quickest way is to eat less (在减肥这方面, 最快的方法就是少吃)

When it comes to shopping, I prefer online (在购物这方面, 我更喜欢在网上购物)

78. To the point where _____

到了_____的程度

This weather is so hot to the point where it's hard to breathe (这个天气太热了, 到了很难呼吸的程度)

I'm so excited to the point where I can't eat (我太兴奋了 到了无法吃饭的程度。)

I saved up so much money to the point where I can buy a house in Shanghai (我存了很多钱 到了可以在上海买房的程度了)

I'm so tired to the point where I don't want to get out of bed(我太累了, 到了起不来床的程度。)

I'm so busy to the point where I don't have time to eat(到了没时间吃饭的程度)

I'm so lazy to the point where I don't want to do my homework(我太懒了, 到了不愿意写作业的程度)

I'm so rich to the point where I can buy whatever I want (我太富了, 到了我可以想买什么就买什么的程度)

79. I've been meaning to _____

我一直想_____来着

I've been meaning to ask you(我一直想问你来着)

I've been meaning to learn English with Alan(我一直想跟 Alan 学英语来着)

I've been meaning to watch this movie(我一直想看这部电影来着)

I've been meaning to tell you(我一直想告诉你来着)

I've been meaning to call my parents (我一直想打给父母来着)

I've been meaning to spend more time with my parents (我一直想多陪陪父母来着)

I've been meaning to go to Japan (我一直想去日本来着)

I've been meaning to buy a new car (我一直想买辆新车来着)

I've been meaning to write a book (我一直想写本书来着)

80. As long as ____

只要____就行

I'll go as long as it's free (我会去 只要是免费的就行)

As long as he's a good person (只要他是个好人就行) only if

As long as you love me (只要你爱我就行)

I'll go as long as you pay (我会去, 只要你付钱就行)

You'll pass the exam as long as you study hard (你会通过考试的, 只要你努力学习就行)

You can drive my car as long as you have a license (你可以开我的车 只要有驾照就行)

I'll go as long as it's free (我会去, 只要是免费的就行)

As long as we stay here (只要我们留在这里就行)

As long as you respect me (只要你尊重我就行)

As long as you're honest with me (只要你对我诚实就行)

81. What's up with ____?

____是咋回事?

What's up with Jeff? (Jeff 是咋回事?)

What's up with your girlfriend? (你女朋友是咋回事?)

What's up with this new restaurant? (这家新餐厅是咋回事?)

What's up with you acting like a kid? (你表现的像个小孩是咋回事?)

What's up with you? (你是咋回事?)

What's up with our teacher? (我们老师是咋回事?)

What's up with you and Rachel? (你跟 Rachel 是咋回事?)

What's up with this weather? (这个天气是咋回事?)

What's up with your boss? (你的老板是咋回事?)

What's up with your friend? (你的朋友是咋回事?)

What's up with the housing market? (房市是咋回事?)

82. I have to resist the urge to _____

我必须克制住_____的冲动

I have to resist the urge to eat (我必须克制住吃饭的冲动)

I have to resist the urge to spend (我必须克制住花钱的冲动)

I have to resist the urge to ask (我必须克制住问的冲动)

I have to resist the urge to fight (我必须克制住打架的冲动)

I have to resist the urge to use my phone (我必须克制住用我手机的冲动)

I have to resist the urge to take a nap (我必须克制住睡午觉的冲动)

83. I've been _____ for _____

我_____已经_____了

I've been a teacher for 10 years (我做老师已经 10 年了)

I've been teaching for 10 years (我教书已经 10 年了)

I've been playing piano for 3 years(我弹钢琴已经 3 年了)

I've been driving this car for 5 years (我开这辆车已经 5 年了)

I've been single for 18 years (我单身已经 18 年了)

I've been working here for 30 years(我在这里工作已经 30 年了)

I've been a content creator for 5 years(我做博主已经 5 年了)

I've been married for 20 years (我已经结婚 20 年了)

84. Nothing to do with _____

跟_____没有任何关系

This accident has nothing to do with my friend (这个事故跟我朋友没有任何关系)

My success has nothing to do with you (我的成功跟你没有任何关系)

My success has nothing to do with luck(我的成功跟运气没有任何关系)

My choice has nothing to do with money (我的选择跟钱没有任何关系)

This has nothing to do with sex (这个跟性别没有任何关系)

This has nothing to do with race (这个跟种族没有任何关系)

This has nothing to do with her (这个跟她没有任何关系)

This has nothing to do with my dad (这个跟我爸没有任何关系)

This has nothing to do with my grandpa (这个跟我外公/爷爷没有任何关系)

85. ____proof

防_____

Waterproof (防水)

Bulletproof (防弹)

Windproof (防风)

Fireproof (防火)

Heatproof (防高温)

Soundproof (防音（隔音）)

Childproof (防小孩使用)

Foolproof (防蠢人)

Timeproof (防时间（不受时间影响）)

Sunproof (防阳光（防晒）)

86. Go-to ____

第一选择_____

Who's your go-to teacher? (你第一选择的老师是谁?)

What's your go-to drink? (你第一选择的酒是什么?)

What's your go-to restaurant? (你第一选择的餐厅是什么?)

This is my go-to song (这是我第一选择的歌)

When your computer is broken, who is your go-to person? (当你电脑坏了, 你第一选择的人是谁)

When I'm thirsty, coke is my go-to (当我口渴了, 可乐是我的第一选择)

87. I was like ____

我当时的反应是____

When Jeff told me he won the lottery, I was like “that’s crazy” (当 Jeff 告诉我他赢了彩票，我当时的反应是：“这太疯狂了”)

When my dad showed me his new car, I was like “wow, that’s a nice car” (当我爸给我看了他的新车，我当时的反应是：“哇 这车真不错”)

When my teacher told me to turn in the homework, I was like “what homework?”

(当我的老师告诉我要交作业时，我当时的反应是：“什么作业？”)

举一反三 我们可以说：

He was like ____

他当时的反应是____

My dad was like ____

我爸当时的反应是____

My mom was like ____

我妈当时的反应是____

They were like ____

他们当时的反应是____

When I told my friends I’m getting married, they were like “congratulations”

(当我告诉我的朋友们 我要结婚了，他们当时的反应是“恭喜”)

88. Get to ____

影响到____

Don’t let it get to you (别让它影响到你)

I know he’s annoying, but you shouldn’t let him get to you (我知道他很烦 但你不该让他影响到你)

The heat was beginning to get to me, so I went inside. (这个温度开始影响到我了，所以我进去了)

Being alone can get to you and make you feel lonely. (一个人待着容易影响到你 让你感到孤独)

When you're sick, it can really get to you and make you feel weak (当你生病了, 它很容易影响到你 让你感到虚弱)

Get to him (影响到他)

The sight of blood really gets to him, that's why he can't be a doctor (看到血会非常影响到他, 这就是为什么他做不了医生)

His father's passing really got to him and made him sad (他父亲的去世严重影响到了他, 让他感到很难过)

Get to me (影响到我)

Sad music gets to me and makes me cry (悲伤音乐会影响到我 然后让我哭)

Sometimes the pressure gets to me and make me anxious (有时候压力会影响到我 让我焦虑)

The sound of traffic really gets to me (交通吵杂的声音真的会影响到我)

Get to them (影响到他们)

The accident really got to them (这个事件真的影响到了她们)

The thought of public speaking really gets to them (让他们公共演讲 真的会影响到他们 (让他们紧张))

89. I'd rather ____ than ____

我宁愿 ____ 也不想 ____

I'd rather practice piano than guitar(我宁愿练钢琴也不练吉他)

I'd rather stay at home than go to a party(我宁愿呆在家也不想去一个派对)

I'd rather take the stairs than wait for the elevator (我宁愿走楼梯 也不想等电梯)

I'd rather walk than drive (我宁愿走路也不想开车)

I'd rather be early than be late (我宁愿早到也不想迟到)

I'd rather invest than spend all my money (我宁愿投资 也不想把钱全花完)

I'd rather read books than watch TV (我宁愿看书也不想看电视)

He'd rather die than marry me (他宁愿去死也不想和我结婚)

I'd rather sleep than talk to you(我宁愿睡觉也不想和你讲话)

I'd rather starve to death than eat your food (我宁愿饿死也不会吃你一口饭)

I'd rather live in a small town than in a big city (我宁愿在一个小镇生活也不想在大城市生活)

90. I come to realize that _____

我逐渐意识到 _____

I come to realize that time is money (我逐渐意识到时间就是金钱)

I come to realize that we need to stay positive (我逐渐意识到我们的保持积极)

I come to realize that small actions have big impacts (我逐渐意识到小行为有大影响)

I come to realize that life is precious (我逐渐意识到生命很珍贵)

I come to realize that English is an important skill (我逐渐意识到英语是一个非常重要的技能)

I come to realize that money doesn't buy happiness (我逐渐意识到金钱买不了开心)

I come to realize that change is inevitable (我逐渐意识到改变是不可避免的)

I come to realize that self-discipline is key (我逐渐意识到自律是关键)

I come to realize that we need to take care of our environment (我逐渐意识到我们得照顾好我们的环境)

I come to realize that it is not easy to be a teacher (我逐渐意识到做老师不容易)

I come to realize that it is important to give back to the society (我逐渐意识到回馈社会是非常重要的)

I come to realize that success is not measured by money (我逐渐意识到成功不是靠金钱定义的)

91. 常见问题: What do you do for a living? (你以什么为生?)

合适回答:

I _____ for a living

我以_____为生

I teach for a living (我以教学为生)

I cook for a living (我以做饭为生)

I wash cars for a living (我以洗车为生)

I write books for a living (我以写书为生)

I make videos for a living (我以做视频为生)
I build houses for a living (我以造房子为生)
I fix cars for a living (我以修车为生)
I teach English for a living (我以教英语为生)
I play games for a living (我以打游戏为生)
I play basketball for a living (我以打篮球为生)
I take pictures for a living (我以拍照片为生)
I draw for a living (我以画画为生)

92. I've been planning to ____

我一直在计划_____

I've been planning to start a business (我一直在计划创业)
I've been planning to visit Paris (我一直在计划参观巴黎)
I've been planning to write a novel (我一直在计划写本小说)
I've been planning to become a doctor (我一直在计划成为一个医生)
I've been planning to read more books (我一直在计划读更多的书)
I've been planning to switch career (我一直在计划转行)
I've been planning to learn a new language (我一直在计划学一个新的语言)
I've been planning to study abroad (我一直在计划留学)
I've been planning to visit Italy (我一直在计划参观意大利)
I've been planning to adopt a pet (我一直在计划领养一个宠物)
I've been planning to start a channel (我一直在计划创一个频道)
I've been planning to learn how to swim (我一直在计划学游泳)

93. So ____ that ____

太_____以至于_____

I'm so busy that I don't have time to eat (我太忙以至于我没时间吃饭)
I'm so happy that I can't stop smiling (我太开心以至于我止不住的微笑)
I'm so hungry that I'll eat anything (我太饿以至于我会什么都吃)

The car is so expensive that I can't afford it (这个车太贵以至于我负担不起)

The joke is so funny that I can't stop laughing (这个笑话太好笑了太以至于我止不住的笑)

The picture is so clear that I can see every details (这个照片太清晰以至于我能看清所有细节)

The chair is so heavy that I can't move it by myself (这个椅子太重太以至于我一个人搬不动)

This place is so loud that I can't hear you (这个地方吵太以至于我听不见你)

She's so pretty that I can't stop looking at her (她太漂亮以至于我止不住的盯着她看)

I'm so tired that I just want to go to sleep (我太累了以至于我就想去睡觉)

This house is so quiet that I can hear his footstep (这个房子太安静以至于我能听见他的脚步声)

94. It's not that ____, it's that ____

并不是____, 而是____

It's not that I don't like you, it's that I like her more (并不是我不喜欢你, 而是我更喜欢她)

It's not that I don't trust you, it's that I don't have the money (并不是我不相信你, 而是我没这个钱)

It's not that I don't want to go out, it's that I'm too tired (并不是我不愿意出去嗨, 而是我太累了)

It's not that I don't like cars, it's that I can't afford it (并不是我不喜欢车, 而是我负担不起)

It's not that I'm not interested in this job, it's that the salary isn't high enough (并不是我对这份工作不感兴趣, 而是工资不够高)

It's not that I don't like chocolate, it's that I'm trying to lose weight (并不是我不喜欢巧克力, 而是我在试着减肥)

It's not that I don't want to spend time with you, it's that I have to go to work (并不是我不愿意陪你, 而是我必须得去工作)

It's not that I don't want to help, it's that I can't (并不是我不愿意帮, 而是我没法帮)

It's not that this is too expensive, it's that we don't need this (并不是这个太贵了, 而是我们不需要这个)

It's not that I don't want to play PUBG, it's that my computer is broken (并不是我不想玩PUBG, 而是我的电脑坏了)

95. It goes without saying that ____

毋庸置疑的是 _____

It goes without saying that we need to respect women (毋庸置疑的是我们需要尊重女生)

It goes without saying that we need to take care of the Earth (毋庸置疑的是我们需要照顾好地球)

It goes without saying that playing video games is a waste of time (毋庸置疑的是玩电脑游戏是浪费时间)

It goes without saying that communication is key (毋庸置疑的是交流是关键)

It goes without saying that time is money (毋庸置疑的是时间就是金钱)

It goes without saying that smoking is bad for you (毋庸置疑的是抽烟对你不好)

It goes without saying that drinking is bad for you (毋庸置疑的是喝酒对你不好)

It goes without saying that family is everything (毋庸置疑的是家庭是一切)

It goes without saying that self-discipline is very important (毋庸置疑的是自律是非常重要的)

It goes without saying that reading is a good habit (毋庸置疑的是读书是一个好习惯)

It goes without saying that practice makes perfect (毋庸置疑的是熟能生巧)

96. It's been a while since I ____

我已经很久没有_____了

It's been a while since I saw you (我已经很久没有见过你了)

It's been a while since I called you (我已经很久没有打给你了)

It's been a while since I played video games (我已经很久没有玩电子游戏了)

It's been a while since I read a book (我已经很久没有看过一本书了)

It's been a while since I went to a museum (我已经很久没有去过博物馆了)

It's been a while since I spent time with my parents (我已经很久没有陪父母了)

It's been a while since I practiced yoga (我已经很久没有练瑜伽了)

It's been a while since I took a shower (我已经很久没有洗澡了)

It's been a while since I went to the gym (我已经很久没有去过健身房了)

It's been a while since I wrote a diary (我已经很久没有写过日记了)

It's been a while since I drove a car (我已经很久没有开过车了)

It's been a while since I practiced guitar (我已经很久没有练吉他了)

97. It's not a matter of ____, it's a matter of ____

重点不在于____，而在于____

It's not a matter of quantity, it's a matter of quality (重点不在于数量，而在于质量)

It's not a matter of luck, it's a matter of hard work (重点不在于运气，而在于努力工作)

It's not a matter of age, it's a matter of experience (重点不在于年龄，而在于经验)

It's not a matter of good-looking, it's a matter of personality (重点不在于好看，而在于性格)

It's not a matter of words, it's a matter of action (重点不在于说的，而在于做的)

It's not a matter of who's right, it's a matter of what's right (重点不在于谁是对的，而在于什么是对的)

It's not a matter of size, it's a matter of strength (重点不在于大小，而在于力量)

It's not a matter of speed, it's a matter of efficiency (重点不在于速度，而在于效率)

It's not a matter of speed, it's a matter of safety (重点不在于速度，而在于安全度)

It's not a matter of price, it's a matter of value (重点不在于价格，而在于价值)

98. I can't help but ____

我忍不住的____

I can't help but smile when I think of her (我忍不住的微笑，当我想起她的时候)

I can't help but laugh at that silly joke (我忍不住的笑 因为这个很蠢的笑话)

I can't help but wonder what the future will be like (我忍不住的好奇 未来会是什么样的)

I can't help but feel nervous (我忍不住的感到紧张)

I can't help but sing when I heard my favorite song (我忍不住的唱 当我听到我最喜欢的歌曲)

I can't help but feel proud of my dad (我忍不住的为我爸感到骄傲)

I can't help but worry about my girlfriend (我忍不住的担心我的女朋友)

I can't help but feel disappointed by the news (我忍不住的感到失望 对这个新闻)

I can't help but feel a little jealous of her luck (我忍不住的感到一点嫉妒 对她的运气)

99. At the end of the day, _____

说到底/到头来, _____

At the end of the day, family is the most important thing in life (说到底, 家庭是生命里最重要的东西)

At the end of the day, we all want to be happy (说到底, 我们都想要开心)

At the end of the day, nobody wants to be alone (说到底, 没有人想孤独)

At the end of the day, health is the most important thing (说到底, 健康是最重要的事情)

At the end of the day, we all make mistakes (说到底, 我们都会犯错)

At the end of the day, money doesn't buy happiness (说到底, 钱买不了快乐)

At the end of the day, knowledge is power (说到底, 知识就是力量)

At the end of the day, we all want to be remembered (说到底, 我们都想被记住)

At the end of the day, money is not everything (说到底, 钱不是一切)

At the end of the day, love conquers all (说到底, 爱能战胜一切)

100.

I'm not _____, I'm just _____

我不是_____, 我只是_____

I'm not angry, I'm just disappointed (我不是生气, 我只是失望)

I'm not lazy, I'm just tired (我不是懒, 我只是累了)

I'm not avoiding you, I'm just busy (我不是在回避你, 我只是太忙了)

I'm not nervous, I'm just shy (我不是紧张, 我只是害羞)

I'm not complaining, I'm just saying there are better ways to do this (我不是在抱怨, 我只是说有更好的方式去做这件事)

I'm not lying, I'm just exaggerating (我不是在撒谎, 我只是在夸张)

I'm not selfish, I'm just trying to help my parents (我不是自私, 我只是想帮助我的父母)

I'm not trying to control you, I'm just worried about you (我不是想控制你, 我只是担心你)

I'm not sick, I'm just not feeling too well (我不是生病了, 我只是感觉不太舒服)

I'm not saying I'm right, I'm just giving you my honest opinion (我不是说我是对的, 我只是在给你我真实的意见)

I'm not giving up, I'm just taking a break (我不是要放弃, 我只是在休息一阵)

I'm not lost, I'm just taking a walk (我不是迷路了, 我只是在散步)

101.

I don't have the ____ to ____

我没有这个 ____ 去 ____

I don't have the time to work out (我没有这个时间去健身)

I don't have the money to buy a house (我没有这个钱去买房)

I don't have the energy to clean my room (我没有这个精力去打扫我的房间)

I don't have the time to watch a movie (我没有这个时间去看电影)

I don't have the money to buy a new car (我没有这个钱去买新车)

I don't have the patience to wait for her (我没有这个耐心去等她)

I don't have the motivation to study (我没有这个动力去学习)

I don't have the courage to ask her out (我没有这个勇气去约她约会)

I don't have the interest to go to Jeff's party (我没有这个兴趣去 Jeff 的派对)

I don't have the resources to help you (我没有这个资源去帮你)

I don't have the appetite to eat anything (我没有这个胃口去吃任何东西)

I don't have the strength to lift this box (我没有这个力量去搬起这个盒子)

102.

_____ is just around the corner

_____ 马上就要到了

Christmas is just around the corner, I'm so excited (圣诞节马上就要到了, 我好兴奋)

Summer is just around the corner, I can't wait for the warm weather (夏天马上就要到了, 我等不及这个暖天气了)

The deadline is just around the corner, I need to finish this project (截止日期马上就要到了, 我需要完成这个项目)

The weekend is just around the corner, let's make some plans (周末马上就要到了, 我们制定点计划吧)

The wedding is just around the corner, are you nervous? (婚礼马上就要到了, 你紧张吗?)

Summer vacation is just around the corner (暑假马上就要到了)

My birthday is just around the corner, I'm going to throw/host a big party (我的生日马上就要到了, 我要办一场大的派对)

Graduation is just around the corner, I'm both nervous and excited (毕业典礼马上就要到了, 我又紧张又兴奋)

The new year is just around the corner, do you have any new year's resolutions? (新年马上就要到了, 你有什么新年计划吗?)

Retirement is just around the corner (退休马上就要到了)

The release of the new iPhone is just around the corner (新 iPhone 的发布马上就要到了)

Halloween is just around the corner; I need to go buy some costumes (万圣节马上就要到了, 我得去买点服装)

103.

_____ is/are not my strong suit

_____并不是我的强项

I'm sorry, but dancing is not my strong suit (不好意思, 但跳舞并不是我的强项)

Cooking is not my strong suit, but I can try (做饭并不是我的强项, 但我可以试一试)

Math is not my strong suit, but I still passed all my classes (数学并不是我的强项, 但我还是通过了我所有的课)

Singing is not my strong suit, but I love to do Karaoke with friends (唱歌并不是我的强项, 但我很爱和朋友们唱 K)

Memorization is not my strong suit, so my vocabulary is very little (记忆力并不是我的强项, 所以我的词汇量很浅)

I can play guitar, but singing is not my strong suit (我会弹吉他, 但唱歌并不是我的强项)

I enjoy playing basketball, but it is not my strong suit (我喜欢打篮球, 但它并不是我的强项)

Writing is not my strong suit, so I can never be a writer (写作并不是我的强项, 所以我做不了作家)

104.

_____ is just the tip of the iceberg

_____只是冰山一角

This problem is just the tip of the iceberg (这个问题只是冰山一角)

That mistake is just the tip of the iceberg (这个错误只是冰山一角)

The evidence is just the tip of the iceberg (这个证据只是冰山一角)

The 3 million dollar he lost is just the tip of the iceberg (他损失的 3 百万美金只是冰山一角)

The price of the car is just the tip of the iceberg (这个车的价格只是冰山一角)

This is just the tip of the iceberg (这只是冰山一角)

This book is just the tip of the iceberg if you want to learn Physics (这本书只是冰山一角, 如果你想学物理的话)

Learning grammar is just the tip of the iceberg when it comes to learning English (学语法只是冰山一角, 在学英语这一方面)

Advanced (高阶的用法):

The amount of time you spend studying is just the tip of the iceberg when it comes to academic success (你花在学习上的这些时间只是学术成功的冰山一角)

Finding a new job is just the tip of the iceberg when it comes to career changes. (在职业变更这一方面, 找到一个新的工作只是冰山一角。)

The information you find on the internet is just the tip of the iceberg when it comes to the vast amount of knowledge out there. (你在互联网上找到的信息只是冰山一角, 在这广泛庞大的知识海洋里)

The money you save by cutting back on unnecessary expenses is just the tip of the iceberg when it comes to building wealth. (通过减少不必要的开支所节省的金钱只是积累财富的冰山一角。)

105.

_____ is not rocket science

_____并没有那么难

Driving a car is not rocket science, you just need to be patience (开车并没有难么难, 你只需要有耐心)

Using a computer is not rocket science, it just takes time (用电脑并没有难么难, 只是会花时间)

Cooking a meal is not rocket science, anyone can learn (做一顿饭并没有难么难, 任何人都能学会)

Writing a book is not rocket science, you just need to be consistent (写一本书并没有难么难, 你只是需要持之以恒)

Learning how swim is not rocket science (学如何游泳并没有那么难)

Saving money is not rocket science, just spend less than you make (存钱并没有难么难, 只需要花的比挣的少)

Changing a tire is not rocket science, anyone can do it (换轮胎并没有难么难, 任何人都可以做到)

106.

It's about time I _____ (过去式)

我早就该_____了

It's about time I cleaned my room, it's been messy for weeks. (我早就该打扫我的房间了, 已经乱了几个星期了)

It's about time I learned how to cook, I can't rely on takeout forever. (我早就该学习怎么做饭了, 我不能整天依靠外卖)

It's about time I started exercising, I want to be healthier. (我早就该开始锻炼了, 我想要健康一点)

It's about time I got a new job, I'm tired of being unhappy at work. (我早就该找到一份新工作了, 我受够了不开心的工作)

It's about time I apologized to my friend, I was wrong. (我早就该给我朋友道歉了, 我错的)

It's about time I started saving money, I need to plan for the future. (我早就该存钱了, 我得为未来做打算)

It's about time I finished this book, it's been on my shelf for months. (我早就该把这本书看完了, 在我书柜上摆了几个月了)

It's about time I took a vacation, I need a break from work. (我早就该放个假了, 我需要从工作中休息一下)

It's about time I learned a new skill, I want to challenge myself. (我早就该学一项新的技能了, 我想要挑战自己)

It's about time I started working on my passion project, I've been putting it off for too long. (我早就该着手我的梦想项目了, 我已经拖延太久了)

107.

I was busy ____ing

我之前在忙着____

I was busy thinking (我之前在忙着思考)

I was busy working (我之前在忙着工作)

I was busy cooking dinner(我之前在忙着做晚饭)

I was busy talking (我之前在忙着说话)

I was busy cleaning the house (我之前在忙着打扫房间)

I was busy studying for my test (我之前在忙着为考试学习)

I was busy learning English (我之前在忙着学英语)

I was busy driving (我之前在忙着开车)

I was busy **working out** at the gym (我之前在忙着**健身**，在健身房)

I was busy **grocery shopping/ buying groceries** (我之前在忙着**买菜**)

108.

I'm here to ____

我是来____的

I'm here to take a test (我是来参加考试的)

I'm here to apply for the job (我是来应聘工作的)

I'm here to watch a movie (我是来看电影的)

I'm here to have fun (我是来找乐子的)

I'm here to receive my gift (我是来接受我的礼物的)

I'm here to fix your computer (我是来修你的电脑的)

I'm here to support you (我是来帮助你的)

I'm here to make a difference (我是来做出改变的)

I'm here to ask for your advice (我是来问你建议的)

109.

I'm calling to ____

我打来是要_____

I'm calling to thank you (我打来是要感谢你)

I'm calling to ask about the price of the car (我打来是要问车的价格)

I'm calling to book a reservation (我打来是要办理预定)

I'm calling to apologize (我打来是要道歉)

I'm calling to complain about something (我打来是要投诉一些事情)

I'm calling to report something (我打来是要举报一些事情)

I'm calling to answer your question (我打来是要回答你的问题)

110.

It's hard for me to ____

我很难_____

It's hard for me to accept this gift (我很难接受这个礼物)

It's hard for me to ask you this question (我很难问你这个问题)

It's hard for me to help you (我很难帮助你)

It's hard for me to explain my actions (我很难解释我的行为)

It's hard for me to handle so much pressure (我很难承受这么多的压力)

It's hard for me to consider other offers (我很难考虑其他的 offer)

It's hard for me to say no to people (我很难对别人说不)

It's hard for me to ask for help (我很难寻求帮助)

It's hard for me to trust others (我很难相信别人)

111.

I'm having a hard time _____ing

我现在不太能_____（遇到困难）

I'm having a hard time understanding you (我现在不太能理解你)

I'm having a hard time answer your questions (我现在不太能回答你的问题)

I'm having a hard time downloading movies (我现在不太能下载电影)

I'm having a hard time finding a job (我现在不太能找到工作)

I'm having a hard time trusting you (我现在不太能信任你)

I'm having a hard time saving money (我现在不太能存到钱)

I'm having a hard time understanding this math problem (我不太能理解这个数学题目)

I'm having a hard time **falling asleep** (我现在不太能**睡着**)

I'm having a hard time overcoming my fear (我现在不太能克服我的恐惧)

I'm having a hard time **staying motivated** (我现在不太能**保持动力**)

I'm having a hard time forgiving myself (我现在不太能原谅我自己)

112.

It occurred to me that _____

我突然意识到_____

It occurred to me that I forgot your birthday (我突然意识到我忘记了你的生日)

It occurred to me that we went to the same school(我突然意识到我们上过同一所学校)

It occurred to me that this is actually not worth it (我突然意识到这其实并不值得)

It occurred to me that I need to finish my homework (我突然意识到我需要写完我的作业)

It occurred to me that I forgot to turn off the AC (我突然意识到我忘记关空调了)

It occurred to me that I forgot to lock the door (我突然意识到我忘记关门了)

It occurred to me that I'm addicted to video games (我突然意识到我游戏上瘾了)

It occurred to me that I need to buy groceries (我突然意识到我得买菜了)

It occurred to me that I haven't called my parents in a long time (我突然意识到我已经很久没有打给我父母了)

It occurred to me that I need to buy a gift for my girlfriend (我突然意识到我得给我女朋友买个礼物)

It occurred to me that I forgot to turn off the oven (我突然意识到我忘记关烤箱了)

113.

Thank you for _____ing

谢谢你_____

Thank you for inviting me(谢谢你邀请我)

Thank you for helping me move (谢谢你帮我搬家)

Thank you for working so hard (谢谢你工作的这么努力)

Thank you for informing me about this job (谢谢你通知我关于这份工作)

Thank you for **stopping by/ dropping by** (谢谢你**顺路探访**)

Thank you for replying to my email (谢谢你回复我的邮件)

Thank you for answering my questions (谢谢你回答我的问题)

Thank you for trying (谢谢你尝试)

Thank you for tipping (谢谢你付我小费)

Thank you for lending me your book (谢谢你把你的书借给我)

Thank you for teaching me English (谢谢你教我英语)

Thank you for cooking dinner tonight (谢谢你今晚做晚饭)

114.

I wish I could _____

我要是能_____就好了 (表达一种无法实现的愿望)

I wish I could sing better (我要是能更会唱歌就好了)

I wish I could fix this (我要是能修这个就好了)

I wish I could **start** my own **business** (我要是能自己**创业**就好了) **start-up** (创业公司)

I wish I could go outside (我要是能出门就好了)

I wish I could remember his name (我要是能记住他的名字就好了)

I wish I could buy a new car (我要是能买辆新车就好了)

I wish I could travel the world (我要是能环游世界就好了)

I wish I could speak Cantonese (我要是能说粤语就好了)

I wish I could help (我要是能帮忙就好了)

I wish I could fly like a bird (我要是能像鸟一样飞就好了)

I wish I could pause time (我要是能暂停时间就好了)

I wish I could time travel (我要是能时间旅行就好了)

115.

You seem ____

你看起来 ____

You seem bored (你看起来很无聊)

You seem tired (你看起来很累)

You seem unhappy with the results (你看起来对结果不开心)

You seem **eager to** begin (你看起来**迫不及待的想**开始)

You seem easy to get along with (你看起来很好打交道)

You seem deeply in love (你看起来爱的很深)

You seem disappointed (你看起来很失望)

You seem worried (你看起来很担忧)

You seem relaxed (你看起来很放松)

You seem lost (你看起来很迷茫)

You seem confused (你看起来很困惑)

You seem motivated/driven (你看起来很有动力)

You seem proud of your accomplishments(你看起来对你的成就很自豪)

You seem distracted (你看起来很分神)

116.

How often do you ____?

你多久一次 ____?/你多久 ____ 一次?

How often do you change your password? (你多久一次改你的密码?)

How often do you listen to music? (你多久一次听音乐?)

How often do you go to the dentist? (你多久一次看牙医?)

How often do you work out? (你多久一次健身?)

How often do you travel? (你多久一次旅游?)

How often do you call your parents? (你多久一次打给你的父母?)

How often do you exercise? (你多久一次锻炼?)

How often do you eat out? (你多久一次出去吃?)

How often do you drink coffee? (你多久一次喝咖啡?)

How often do you change your profile picture? (你多久一次改头像?)

Avatar(化身/皮肤)

117.

It's gonna be ____

会很____的

It's gonna be easy (会很简单的)

It's gonna be delicious (会很美味的)

It's gonna be exciting (会很兴奋/刺激的)

It's gonna be fun (会很有趣的)

It's gonna be tough (会很艰难的)

It's gonna be challenging (会很有挑战的)

It's gonna be relaxing (会很放松的)

118.

It's gonna be ____ to ____

____会很____的

It's gonna be easy to Learn English (学英语会很简单的)

It's gonna be fun to go on a **road trip** (去**自驾游**会很有趣的)

It's gonna be intense to watch this game (看这场比赛会很紧张的)

It's gonna be exciting to move to a new city (搬去一个新的城市会很兴奋的)

It's gonna be relaxing to spend a day at the beach (在海滩待一天会很放松的)

It's gonna be hard to pass this exam (通过这个考试会很困难的)

119.

It looks like _____

看上去像是_____

It looks like he's **in a hurry** (看上去像是他**在赶时间**)

It looks like she's mad (看上去像是她很生气)

It looks like they're leaving (看上去像是他们要走了)

It looks like she's lost (看上去像是她迷路了)

It looks like they're having fun (看上去像是他们玩的很开心)

It looks like it's going to rain soon(看上去像是马上就要下雨了) it's **about to**(**马上要**) rain

It looks like he's falling asleep (看上去像是他要睡着了)

It looks like the ice cream is melting (看上去像是冰淇淋要融化了)

120.

The point is that _____

关键是/重点是_____

The point is that she doesn't understand (关键是她不明白)

The point is that she needs help (关键是她需要帮助)

The point is that we need to **work together** (关键是我们需要一起工作/合作)

The point is that if we don't leave now, we'll be late (关键是如果我们现在不出发, 我们会迟到)

The point is that we should never give up (关键是我们应该永不放弃)

The point is that we should learn from our mistake (关键是我们应该从我们的错误中学习)

The point is that success is a result of hard work (重点是成功是努力工作的结果)

The point is that we need to save money (重点是我们需要存钱)

The point is that **taking risks** is necessary (重点是**敢于冒险**是有必要的)

121.

How was ____?

____怎么样?

How was your meeting? (你的会议怎么样?)

How was lunch? (午餐怎么样?)

How was the birthday party? (生日派对怎么样?)

How was vacation? (假期怎么样?)

How was your day? (你的一天怎么样?)

How was your first day at school? (你的第一天上学怎么样?)

How was the concert? (那个演唱会怎么样?)

How was the movie you watched last night? (你昨晚看的那部电影怎么样?)

122.

How come _____

为什么/怎么会____?

How come he knows? (为什么他知道?)

How come you're so mad? (为什么你这么生气?)

How come you stayed up so late? (为什么你熬到这么晚?)

How come you didn't go to the party last night? (为什么你昨晚没去派对?)

How come you're wearing a different shirt today? (为什么你今天穿了一个不一样的衬衫?)

How come you didn't answer my calls? (为什么你没有接我的电话?)

How come you're late to the meeting? (为什么你开会迟到了?)

How come you didn't tell me about it? (为什么你之前没有跟我说这个?)

How come you didn't ask for help? (为什么你之前没有寻求帮助?)

How come you're not excited? (为什么你不兴奋?)

How come? (怎么会呢?)

123.

What are the chances of _____ing

_____的可能性是多少?

What are the chances of getting a ticket? (拿到一张罚单的可能性是多少?)

What are the chances of that happening? (这个发生的可能性是多少?)

What are the chances of me winning the lottery? (我赢彩票的可能性是多少?)

What are the chances of getting that job? (得到这份工作的可能性是多少?)

What are the chances of getting a scholarship? (拿到奖学金的可能性是多少?)

What are the chances of finding true love? (找到真爱的可能性是多少?)

What are the chances of you buying a Lambo(rghini)? (你买辆兰博的可能性是多少?)

What are the chances of seeing a UFO? (看到 UFO 的可能性是多少?)

What are the chances of him quitting? (他放弃的可能性是多少?)

What are the chances of you **getting into** Harvard? (你**进**哈佛的可能性是多少?)

What are the chances of him finding a girlfriend? (他找到女朋友的可能性是多少?)

What are the chances of finding a **parking spot** in downtown LA? (在洛杉矶市中心找到一个**停车位**的可能性是多少?) **parking lot(停车场)**

124.

There's something wrong with _____

_____有点问题

There's something wrong with my laptop (我的笔记本电脑有点问题)

There's something wrong with his car (他的车有点问题)

There's something wrong with my phone (我的手机有点问题)

There's something wrong with this picture (这张照片有点问题)

There's something wrong with the website (这个网站有点问题)

There's something wrong with you (你有点问题)

There's something wrong with your dog (你的狗有点问题)

There's something wrong with your attitude (你的态度有点问题)

There's something wrong with our relationship (我们的感情有点问题)

125.

Here's to ____

为了/祝福____ (庆祝、祝酒)

Here's to the winner (为了赢家)

Here's to your success (为了你的成功)

Here's to a **bright future** (为了**美好的未来**)

Here's to your marriage (祝福你的婚姻)

Here's to the New year (为了新年)

Here's to our friendship (为了我们的友谊)

Here's to your new job (为了你的新工作)

Here's to you (祝福你)

Here's to a great year (为了美好的一年)

126.

It's no use ____ing

____没有用/没有意义

It's no use crying (哭没有用)

It's no use apologizing to me (给我道歉没有用)

It's no use talking to her (跟她说话没有用)

It's no use arguing about it (争吵这个事情没有用)

It's no use trying (尝试没有意义)

It's no use **waiting for** the bus, it's not coming (**等**公交车没有用, 它不会来的)

It's no use asking him for help, he won't help (向他求助没有用, 他不会帮的)

It's no use **complaining about** the weather, we can't control it (**抱怨**天气没有意义, 我们控制不了它)

It's no use **worrying about** things beyond our control (**担心**我们无法控制的事情没有用)

It's no use regretting the past (后悔过去没有用)

127.

Rumor has it that ____

据说____

Rumor has it that she cheated on him(据说她背叛了他 (出轨))

Rumor has it that you like to paint/draw (据说你喜欢画画)

Rumor has it that she goes to our school (据说她上我们学校)

Rumor has it that he will not return (据说他不会回来了)

Rumor has it that they're going to **get married** (据说他们要**结婚**了)

Rumor has it that she's going to quit her job and start her own business (据说她要辞职然后自己创业)

Rumor has it that she failed all her classes (据说她全部课都挂科了)

Rumor has it that he's already 35 years old (据说他已经 35 岁了)

Rumor has it that she's pregnant (据说她怀孕了)

128.

I was about to ____

我正要____来着 (过去式)

I was about to **go out** (我正要**出去嗨**来着)

I was about to go outside (我正要出门来着)

I was about to buy that car, then someone else bought it (我正要买这辆车来着, 然后别人把它买了)

I was about to take a nap (我正要睡个午觉来着)

I was about to go to dinner (我正要去吃晚饭来着)

I was about to go to bed (我正要去睡觉来着)

I was about to go to work (我正要去工作来着)

I was about to call you (我正要打给你来着)

I was about to send you an email (我正要给你发一封邮件来着)

I was about to order (some) delivery(我正要点外卖来着)

129.

Out of ____

没有____了

We're out of money (我们没有钱了)

We're out of food (我们没有食物了)

The bathroom is out of toilet paper (厕所没有纸了)

The car is out of gas (车没有油了)

He's out of shape (他没有形了) *身材走形的意思 | in shape(有型)

The store is out of coke (商店没有可乐了)

He's been out of work for months (他几个月没有工作了)

Many people are out of jobs (很多人没有工作了)

130.

If it hadn't been for ____, ____ (接虚拟语气, 类似 might, would've, wouldn't've, could've)

如果不是因为____, ____

If it hadn't been for your help, I wouldn't be here today (如果不是因为你的帮助,我今天不会在这里)

If it hadn't been for the rain, we would've gone for a walk (如果不是因为雨, 我们会去散个步)

If it hadn't been for your warning, I would've made a huge mistake (如果不是因为你的警告, 我会犯一个很大的错误)

If it hadn't been for his advice, I would've failed (如果不是因为他的建议,我会失败)

If it hadn't been for the alarm, I would've overslept (如果不是因为闹钟,我会睡过头)

If it hadn't been for you, I might not be successful (如果不是因为你, 我可能不会成功)

If it hadn't been for his warning, I could've died (如果不是因为他的警告, 我可能会死掉)

131.

As far as ____ is concerned

就_____而言

As far as the weather is concerned, it looks like it's going to rain today (就天气而言, 看起来今天要下雨)

As far as my job is concerned, I'm thinking about quitting my job (就我的工作而言, 我在考虑辞职)

As far as the menu is concerned, there are many options (就菜单而言, 这里有很多的选择)

As far as my health is concerned, I'm feeling much better today (就我的健康而言, 我今天感觉好多了)

As far as your request is concerned, I don't think it's reasonable (就你的要求而言, 我不认为是合理的)

As far as your question is concerned, I'm afraid I don't know (就你的问题而言, 我恐怕是不知道)

As far as the stock market is concerned, you need to be really careful (就股市而言, 你需要非常小心)

As far as my future plans are concerned, I'm kind of lost (就未来计划而言, 我有点迷茫)

As far as my favorite season is concerned, my favorite is summer (就我最喜欢的季节而言, 我最喜欢的是夏天)

As far as my grades are concerned, I need to pass this test (就我的成绩而言, 我需要通过这场考试)

132.

When all is said and done, ____

说到底/总而言之, ____

When all is said and done, I still love you (说到底, 我还爱你)

When all is said and done, you're my best friend (说到底, 你是我最好的朋友)

When all is said and done, life is worth living (说到底, 生命是值得活的)

When all is said and done, you should always be honest (说到底, 你应该始终诚实)

When all is said and done, it's important to rest (说到底, 休息很重要)

When all is said and done, we're all trying to **make it** (说到底, 我们都在尝试**获得成功**)

When all is said and done, time is money (说到底, 时间就是金钱)

When all is said and done, life is full of joys (说到底, 生命是充满快乐的)

133.

With the passage of time, ____

随着时间的推移, ____

With the passage of time, relationships can become stronger (随着时间的推移, 感情能变的更加坚固)

With the passage of time, fashion trends **come and go** (随着时间的推移, 时尚潮流**来去匆匆**)

With the passage of time, you'll become smarter (随着时间的推移, 你会变的更聪明)

With the passage of time, wounds can heal (随着时间的推移, 伤口会愈合)

With the passage of time, memory fades (随着时间的推移, 记忆会淡化)

With the passage of time, the world continues to change(随着时间的推移，世界持续的在变化)

With the passage of time, hobbies change (随着时间的推移，爱好会变)

134.

In the face of ____ (接过去式)

当面对_____时

In the face of danger, he ran away (当面对危险时，他逃离了)

In the face of fear, they held each other's hands （当面对恐惧时，他们相互牵着手）

In the face of a storm, we went indoor (当面对暴风雨时，我们进室内了)

In the face of a challenge, they never gave up （当面对挑战时，他们从未放弃）

In the face of a spider, she screamed and ran away (当面对蜘蛛时，她叫了出来然后逃离了)

In the face of a hot day, I turned on the AC （当面对热天时，我打开了空调）

In the face of criticism, he **stood his ground** (当面对批评时，他**坚持了自己的立场**)

In the face of success, they remained humble （当面对成功时，他们保持了谦虚）

In the face of a new opportunity, he decided to pursue/chase his dream （当面对一个新的机会时，他决定了追寻他的梦想）

In the face of an emergency, they called 911 for help （当面对一个紧急情况时，他们打了911 寻求帮助）

135.

With the advent of _____, _____

随着_____的到来, _____

With the advent of smartphones, people can communicate easier

(随着智能手机的到来, 大家能更容易的交流了)

With the advent of the internet, we can now shop online.

(随着互联网的到来, 我们现在能在网上购物)

With the advent of the internet, many people can work from home

(随着互联网的到来, 很多人能在家工作)

With the advent of AI, many people are losing their jobs.

(随着 AI 的到来, 很多人在失去工作)

With the advent of electric cars, less people are buying gas cars.

(随着电车的到来, 更少人在买油车了)

With the advent of cameras, it's harder to have privacy

(随着相机的到来, 更难有隐私了)

With the advent of VR, games are more addictive nowadays

(随着 VR 的到来, 游戏现在更加的让人上瘾了)

With the advent of Didi, taxi drivers are facing more competitions

(随着滴滴的到来, 的士司机在面对更多的竞争)

With the advent of Didi, you can always get a taxi after midnight

(随着滴滴的到来, 你能在午夜过后随时叫到的士)

136.

To the best of my knowledge ____

据我所知 ____

To the best of my knowledge, the meeting is at 2PM (据我所知, 会议是在下午 2 点)

To the best of my knowledge, he's working at a start-up company (据我所知, 他在一个创业公司工作)

To the best of my knowledge, the movie starts at 7PM (据我所知, 电影下午 7 点开始)

To the best of my knowledge, the company was founded in 2005 (据我所知, 这个公司是 2005 创立的)

To the best of my knowledge, the concert tickets are **sold out** (据我所知, 演唱会的门票**卖完了**)

To the best of my knowledge, she's **allergic to** peanuts. (据我所知, 她对花生**过敏**)

Allergic to ____ = 对 ____ **过敏**

To the best of my knowledge, he works at this gym (据我所知, 他在这个健身房工作)

To the best of my knowledge, this library is closed (据我所知, 这个图书馆关门了)

137.

With all due respect, ____ (提出反对意见时说的)

没有不敬的意思, 但是____

With all due respect, I disagree with you (没有不敬的意思, 但是我不同意你)

With all due respect, you're wrong (没有不敬的意思, 但是你是错的)

With all due respect, I think there's a better solution (没有不敬的意思, 但是我认为有更好的解决方案)

With all due respect, I don't believe this is a good idea (没有不敬的意思, 但是我不认为这是一个好主意)

With all due respect, can you consider another option? (没有不敬的意思, 但是你能考虑另一个选项吗?)

With all due respect, you need to be more careful (没有不敬的意思, 但是你需要更小心)

With all due respect, don't you think there's a better way? (没有不敬的意思, 但是你不认为存在更好的方法吗?)

With all due respect, who invited you? (没有不敬的意思, 但是谁邀请的你?)

With all due respect, you need to be patient (没有不敬的意思, 但是你需要耐心)

With all due respect, you need to **calm down** (没有不敬的意思, 但是你需要**冷静下来**)

With all due respect, this **doesn't make sense** (没有不敬的意思, 但是这**不合理**)

With all due respect, you should consider this offer (没有不敬的意思, 但是你应该考虑这个 offer) **come with up** ____ = 想出 ____

With all due respect, you need a new plan (没有不敬的意思, 但是你需要一个新的计划)

138.

I've come to the conclusion that ____

我得出的结论是____

I've come to the conclusion that I need to eat healthier (我得出的结论是我需要吃的更健康一些)

I've come to the conclusion that exercise is very important (我得出的结论是锻炼是非常重要的)

I've come to the conclusion that time management is the most important skill (我得出的结论是时间管理是最重要的技能)

I've come to the conclusion that traveling makes you a more open-minded person (我得出的结论是旅行会让你成为一个更加开明的人)

I've come to the conclusion that communication is key in a marriage (我得出的结论是交流是婚姻的关键)

I've come to the conclusion that Alan is the best content creator (我得出的结论是 Alan 是最好的视频博主)

I've come to the conclusion that homemade meals are healthier (我得出的结论是家里做的饭菜更健康)

I've come to the conclusion that we should never stop learning (我得出的结论是我们应该永不停止学习)

I've come to the conclusion that time is the most valuable resource we have (我得出的结论是时间是我们拥有的最有价值的资源)

139.

It's worth mentioning that ____

值得一提的是 _____

It's worth mentioning that this book is a bestseller (值得一提的是这本书是一个爆款)

It's worth mentioning that this dealership is closed (值得一提的是这个汽车经销店关门了)

It's worth mentioning that we found many bugs in the latest update (值得一提的是我们在最新的更新里找到了很多漏洞)

It's worth mentioning that KFC now has vegetarian options (值得一提的是 KFC 现在提供素食选项了) vegan-纯素主义 (不吃鸡蛋 不喝牛奶)

It's worth mentioning that she's still waiting for you (值得一提的是她还在等你)

It's worth mentioning that my course offers a free trial (值得一提的是我的课提供免费的试听)

It's worth mentioning that all Starbucks offer free Wi-Fi access (值得一提的是所有的星巴克都提供免费的 WIFI 访问)

140.

I've been giving some thought to ____ing

我一直在考虑_____

I've been giving some thought to redecorating my living room(我一直在考虑重新装饰我的客厅)

I've been giving some thought to switching my career (我一直在考虑转行)

I've been giving some thought to starting a business (我一直在考虑创业)

I've been giving some thought to buying a new car (我一直在考虑买一辆新车)

I've been giving some thought to getting/buying an electric car(我一直在考虑买一辆电车)

I've been giving some thought to investing in stocks (我一直在考虑投资股票)

I've been giving some thought to learning a new language (我一直在考虑学一门新语言)

I've been giving some thought to moving to a new city (我一直在考虑搬去一个新的城市)

I've been giving some thought to improving my English (我一直在考虑提高我的英语)

I've been giving some thought to visiting San Francisco (我一直在考虑参观旧金山)

141.

It's only logical that ____

合理的做法/结论是_____

It's only logical that we should take a break (合理的做法是我们应该休息一下)

It's only logical that we work hard to make money (合理的做法是我们努力工作去赚钱)

It's only logical that we save half of our salary (合理的做法是我们存下一半的工资)

It's only logical that if you want to save money, you need to spend less (合理的做法是如果你想存钱, 你得少花钱)

It's only logical that if you're feeling tired, you should go to sleep (合理的做法是如果你感到累了, 你应该去睡觉)

It's only logical that if you want to lose weight, you should eat less (合理的做法是如果你想减肥, 你应该少吃)

It's only logical that we work harder (合理的做法是我们更加努力的工作)

It's only logical that she accepts this offer (合理的做法是她接受这个提案)

It's only logical that she sells her old car and buy a new one (合理的做法是她卖掉她的旧车然后买辆新的)

It's only logical that you quit your job and work for your dad (合理的做法是你辞职然后为你爸工作)

142.

Bear in mind that _____

要注意/请记住 _____

Bear in mind that I'm still waiting for you (要注意我还在等你)

Bear in mind that **prices may vary** (要注意**价格可能会有变化**)

Bear in mind that **practice makes perfect** (请记住**熟能生巧**)

Bear in mind that it might rain later (要注意等会可能会下雨)

Bear in mind that she can't hear (要注意她听不见)

Bear in mind that you need to be polite in a foreign country (要注意在外国要保持礼貌)

Bear in mind that we need your help (要注意我们需要你的帮助)

Bear in mind that cigarettes are addictive (要注意香烟有成瘾性)

Bear in mind that school starts in 5 days (要注意学校将在 5 天后开始)

Bear in mind that your appointment is at 2PM (要注意你的预约是在下午 2 点)

Bear in mind that your homework is due (on/by) tomorrow (要注意你的作业要在明天交)

Bear in mind that this project is due (on/by) Friday (要注意这个项目要在周五交)

143.

In the grand scheme of things, _____

总体来看的话, _____

In the grand scheme of things, this is not a big deal (总体来看的话, 这没什么大不了的)

In the grand scheme of things, mistakes lead to success (总体来看的话, 错误会通往成功)

In the grand scheme of things, family is the only thing that matters (总体来看的话, 家人是唯一重要的事情)

In the grand scheme of things, this is just a steppingstone (总体来看的话, 这只是一个垫脚石)

In the grand scheme of things, you can't affect the entire economy (总体来看的话, 你无法影响整个经济)

In the grand scheme of things, this is only the beginning (总体来看的话, 这只是刚开始)

In the grand scheme of things, this is not that much money (总体来看的话, 这不是那么多钱)

In the grand scheme of things, you don't need to worry about this (总体来看的话, 你不需要担心这个)

In the grand scheme of things, this is not that important (总体来看的话, 这没那么重要)

144.

In the eyes of many, ____.

在很多人看来, ____

In the eyes of many, he's a role model (在很多人看来, 他是个榜样)

In the eyes of many, she's very successful (在很多人看来, 她非常的成功)

In the eyes of many, this is a bad policy (在很多人看来, 这是个糟糕的政策)

In the eyes of many, this is a terrible movie (在很多人看来, 这是个烂电影)

In the eyes of many, she's the best host in the city (在很多人看来, 她是这个城市最好的主持人)

In the eyes of many, this is the best restaurant in the neighborhood(在很多人看来, 这是社区里最好的餐厅)

Neighborhood- 社区: 大于小区, 小于城市。类似于上海徐汇区, 广州白云区。

In the eyes of many, this is a really good school (在很多人看来, 这是个非常好的学校)

In the eyes of many, he's the best player on the team (在很多人看来, 他是队伍里面最好的球员)

In the eyes of many, Michael Jordan is the GOAT(Greatest Of All Time) (在很多人看来, 乔丹是史上最伟大的)

In the eyes of many, Shanghai is too fast paced (在很多人看来, 上海太快节奏了)

145.

I've been deliberating on whether to ____

我一直在纠结该不该____

I've been deliberating on whether to accept this job (我一直在纠结该不该接受这份工作)

I've been deliberating on whether to buy a new car(我一直在纠结该不该买辆新车)

I've been deliberating on whether to go on this **road trip**(我一直在纠结该不该去这个**自驾游**)

I've been deliberating on whether to try skydiving (我一直在纠结该不该尝试跳伞)

I've been deliberating on whether to adopt a pet(我一直在纠结该不该领养一个宠物)

I've been deliberating on whether to invest in stocks(我一直在纠结该不该投资股票)

I've been deliberating on whether to marry her (我一直在纠结该不该娶她)

I've been deliberating on whether to tell you the secret (我一直在纠结该不该告诉你这个秘密)

I've been deliberating on whether to **get married** (我一直在纠结该不该**结婚**)

I've been deliberating on whether to **start a business**(我一直在纠结该不该**创业**)

I've been deliberating on whether to **switch career** (我一直在纠结该不该**转行**)

146.

I prefer ____ over ____

我更喜欢____而不是____

I prefer tea over coffee (我更喜欢茶 而不是咖啡)

I prefer reading over watching TV (我更喜欢阅读 而不是看电视)

I prefer sunny days over rainy days (我更喜欢晴天 而不是阴雨天)

I prefer summer over winter (我更喜欢夏天 而不是冬天)

I prefer horror movies over action movies (我更喜欢恐怖片 而不是动作片)

I prefer dogs over cats (我更喜欢狗 而不是猫)

I prefer texting over calling (我更喜欢发短信 而不是打电话)

I prefer fruits over snacks (我更喜欢水果 而不是零食)

I prefer books over movies (我更喜欢书 而不是电影)

I prefer you over her (我更喜欢你 而不是她)

I prefer sunset over sunrise (我更喜欢日落 而不是日出)

147.

I'm a big fan of ____

我超级喜欢____/ 我是____的忠实粉丝

I'm a big fan of you/yours (我超级喜欢你)

I'm a big fan of technology (我超级喜欢科技)

I'm a big fan of action movies (我超级喜欢动作片)

I'm a big fan of horror movies (我超级喜欢恐怖片)

I'm a big fan of k-pop (我超级喜欢韩流音乐)

I'm a big fan of Chinese food (我超级喜欢中餐)

I'm a big fan of animals (我超级喜欢动物)

I'm a big fan of sports cars (我超级喜欢跑车)

I'm a big fan of art (我超级喜欢艺术)

I'm a big fan of reading (我超级喜欢阅读)

I'm a big fan of soccer (我超级喜欢足球)

I'm a big fan of traveling (我超级喜欢旅行)

I'm a big fan of stand-up comedy (我超级喜欢单口喜剧)

Talk show 是访谈节目、谈话型节目、比如《鲁豫有约》

148.

I'm not a fan of ____

我不太喜欢____

I'm not a fan of animals (我不太喜欢动物)

I'm not a fan of her (我不太喜欢她)

I'm not a fan of Chinese food (我不太喜欢中餐)

I'm not a fan of spicy food (我不太喜欢吃辣)

I'm not a fan of dogs (我不太喜欢狗)

I'm not a fan of rap music (我不太喜欢说唱音乐)

I'm not a fan of reading (我不太喜欢阅读)

I'm not a fan of drinking (我不太喜欢喝酒)

I'm not a fan of cooking (我不太喜欢做饭)

I'm not a fan of hangovers (我不太喜欢宿醉的感觉)

Hangover=宿醉 (形容酒后很晕 很懵, 头很疼的状态)

hangover 是名词

例句: I have a hangover

hungover 是形容词

例句: I feel hungover

149.

If it were up to me, I would/I wouldn't _____

如果是我的话, 我会/我不会_____

If it were up to me, I would/wouldn't go to the beach (如果是我的话, 我会/我不会去海滩)

If it were up to me, I would/wouldn't choose/pick a different color (如果是我的话, 我会/我不会选一个不同的颜色)

If it were up to me, I would/wouldn't take a break (如果是我的话, 我会/我不会休息一下)

If it were up to me, I would/wouldn't **spend** more **time with** family (如果是我的话, 我会/我不会多**陪**家人) **spend time with** ____ = 陪 ____

If it were up to me, I would/wouldn't help her (如果是我的话, 我会/我不会帮她)

If it were up to me, I would/wouldn't skip breakfast (如果是我的话, 我会/我不会不吃早餐)

If it were up to me, I would/wouldn't **sleep in** (如果是我的话, 我会/我不会**睡懒觉/赖床**)

If it were up to me, I would/wouldn't **pull an all-nighter** (如果是我的话, 我会/我不会**通宵**)

If it were up to me, I would/wouldn't listen to her (如果是我的话, 我会/我不会听她的)

If it were up to me, I would/wouldn't do it (如果是我的话, 我会/我不会做它)

150.

I find it relaxing to ____

____ **让我很放松**

I find it relaxing to take a walk (散步让我很放松)

I find it relaxing to listen to Jazz music (听爵士音乐让我很放松)

I find it relaxing to cook (做饭让我很放松)

I find it relaxing to drink tea (喝茶让我很放松)

I find it relaxing to watch documentaries (看纪录片让我很放松)

I find it relaxing to meditate (冥想让我很放松)

I find it relaxing to read a novel(读一本小说让我很放松)

I find it relaxing to take a bath(泡澡让我很放松)

I find it relaxing to **work out** (**健身**让我很放松)

I find it relaxing to draw(画画让我很放松)

I find it relaxing to **zone out** (**放空、发呆**让我很放松)

151.

I'm a firm believer in ____ (接名词或者动名词 "ing")

我坚信/我坚信应该____

I'm a firm believer in time is money (我坚信时间就是金钱)

I'm a firm believer in the power of education (我坚信教育的力量)

I'm a firm believer in knowledge is power (我坚信知识就是力量)

I'm a firm believer in saying please and thank you (我坚信应该说“请”和“谢谢”)

I'm a firm believer in sharing with friends (我坚信应该和朋友们分享)

I'm a firm believer in reading books everyday (我坚信应该每天读书)

I'm a firm believer in washing your hands before meals (我坚信应该吃饭前洗手)

I'm a firm believer in wearing a helmet when riding a bike (我坚信应该骑车时戴头盔)

I'm a firm believer in brushing your teeth before bed (我坚信应该睡前刷牙)

I'm a firm believer in being honest with people (我坚信应该对人诚实)

I'm a firm believer in treating people with respect (我坚信应该对别人带着尊重)

152.

I have a gut feeling that ____

我的直觉是 ____

I have a gut feeling that it's going to rain today (我的直觉是今天要下雨)

I have a gut feeling that he's going to propose soon (我的直觉是他马上要求婚)

I have a gut feeling that he's going to apologize (我的直觉是他将要道歉)

I have a gut feeling that he's about to apologize (我的直觉是他马上要道歉)

Going to – 将要发生、计划中的

About to – 马上就要发生的。比 going to 发生的时间更快、类似 going to ____ soon

I have a gut feeling that I'll find the key soon (我的直觉是我马上会找到钥匙)

I have a gut feeling that something good is going to happen (我的直觉是有好事要发生)

I have a gut feeling that this restaurant is going to be amazing(我的直觉是这家餐厅会很好吃)

I have a gut feeling that this is going to be a good movie (我的直觉是这会是一个很好的电影)

153.

It's always a good idea to ____

_____是明智之举

It's always a good idea to be nice to others (善待他人是明智之举)

It's always a good idea to save money for the future (为将来存钱是明智之举)

It's always a good idea to double-check (仔细检查是明智之举)

It's always a good idea to apologize when you're wrong (当你错的时候道歉是明智之举)

It's always a good idea to listen to your mom (听妈妈的话是明智之举)

It's always a good idea to be honest (保持诚实是明智之举)

It's always a good idea to stay hydrated (保持水分充足是明智之举)

It's always a good idea to learn from your mistakes (从错误中学习是明智之举)

It's always a good idea to help others (帮助他人是明智之举)

It's always a good idea to eat healthy (吃健康饮食是明智之举)

It's always a good idea to stay fit (保持身材是明智之举)

It's always a good idea to exercise regularly (定期锻炼是明智之举) ____ regularly = 定期____

It's always a good idea to wear/put on a seatbelt (系安全带是明智之举)

It's always a good idea to wear/put on a helmet (戴头盔是明智之举)

154.

The key to ____ is ____

____的关键是____

The key to success is hard work (成功的关键是努力工作)

The key to happiness is enjoy the little things in life (快乐的关键是享受生活里的小事物/点滴)

The key to happiness is lower your expectations (快乐的关键是降低你的预期)

The key to happiness is gratitude (快乐的关键是感恩)

The key to a clean house is regular cleaning (整洁房子的关键是定期清洁)

The key to a successful company is innovation (成功公司的关键是创新)

The key to a peaceful world is understanding (和平世界的关键是理解)

The key to a healthy relationship is communication (健康感情关系的关键是沟通)

The key to a strong friendship is trust (坚固友谊的关键是信任)

155.

The way I see it , ____

在我看来, ____

The way I see it, time is money (在我看来, 时间就是金钱)

The way I see it, practice makes perfect (在我看来, 熟能生巧)

The way I see it, reading is important (在我看来, 阅读很重要)

The way I see it, success is the result of hard work (在我看来, 成功是努力工作的结果)

The way I see it, this is not a good decision (在我看来, 这不是一个好的决定)

The way I see it, communication is key (在我看来, 沟通是关键)

The way I see it, a positive attitude is key to happiness (在我看来, 一个积极的态度是快乐的关键)

The way I see it, English is a valuable skill (在我看来, 英语是一个很有价值的技能)

The way I see it, a good friend is hard to find (在我看来, 一个好的朋友是很难找的)

The way I see it, money isn't everything (在我看来, 钱不是一切)

The way I see it, life is full of opportunities. (在我看来, 生命充满了机会)

The way I see it, the housing prices are too expensive (在我看来, 房价太高了)

The way I see it, this is not a good purchase (在我看来, 这不是一个好的购买)

156.

It's no secret that ____

众所周知的是____

It's no secret that she needs help (众所周知的是她需要帮助)

It's no secret that **time management** is crucial (众所周知的是**时间管理**是至关重要的)

It's no secret that vegetables are good for your health (众所周知的是蔬菜对你健康有好处)

It's no secret that exercise is good for your body(众所周知的是锻炼对你的身体好)

It's no secret that he's not a good actor(众所周知的是他不是一个好演员)

It's no secret that she bought a **mansion** in L.A. (众所周知的是她在洛杉矶买了一个**豪宅**)

It's no secret that Alan is a good teacher(众所周知的是 Alan 是个好老师)

It's no secret that smartphones are addictive (众所周知的是智能手机有成瘾性)

It's no secret that American people love football (众所周知的是美国人超爱橄榄球)

It's no secret that Lil Pump **fell off** (众所周知的是 Lil Pump **过气了**) **fall off- 跌落**

It's no secret that **you are what you eat** (众所周知的是**饮食选择非常重要**)

It's no secret that **practice makes perfect** (众所周知的是**熟能生巧**)

157.

I've had my fair share of ____

我经历过不少____

I've had my fair share of **ups and downs** (我经历过不少**起起伏伏**)

I've had my fair share of challenges (我经历过不少挑战)

I've had my fair share of heartbreaks (我经历过不少心碎)

I've had my fair share of mistakes (我经历过不少错误)

I've had my fair share of tournaments (我经历过不少锦标赛)

I've had my fair share of adventures (我经历过不少冒险)

I've had my fair share of exams (我经历过不少考试)

I've had my fair share of interviews (我经历过不少面试)

I've had my fair share of rainy days (我经历过不少雨天)

I've had my fair share of travels (我经历过不少旅行)

I've had my fair share of conversations with foreigners (我经历过不少与外国人的对话)

I've had my fair share of fun (我经历过不少乐趣)

158.

____ in the long run

从长远来看____

Eating vegetables is good for your health in the long run (从长远来看吃蔬菜对你的健康有好处)

Saving money is a smart move in the long run (从长远来看存钱是一个明智之举)

Drinking water instead of **soda** is better for your health in the long run (从长远来看喝水比喝**碳酸饮料**对你健康更好)

在美国 苏打水是“sparkling water”或者“soda water”，而碳酸饮料是“soda”或“pop”

English is a very useful skill in the long run (从长远来看英语是一个非常实用的技能)

Being honest is good for your reputation in the long run (从长远来看保持诚实对你的名声有好处)

Reading books makes you smarter in the long run (从长远来看看书会让你更聪明)

159.

I have a soft spot for ____

我对____有一种特殊的喜爱

I have a soft spot for puppies (我对小狗有一种特殊的喜爱)

I have a soft spot for my hometown (我对我老家有一种特殊的喜爱)

I have a soft spot for old books (我对旧书有一种特殊的喜爱)

I have a soft spot for vintage cars (我对复古车有一种特殊的喜爱)

I have a soft spot for homemade cookies (我对自制的饼干有一种特殊的喜爱)

I have a soft spot for rainy days (我对雨天有一种特殊的喜爱)

I have a soft spot for handwritten letters (我对手写的信件有一种特殊的喜爱)

I have a soft spot for roses (我对玫瑰有一种特殊的喜爱)

I have a soft spot for **sports cars** (我对**跑车**有一种特殊的喜爱)

She has a soft spot for Jazz music (她对爵士音乐有一种特殊的喜爱)

My mom has a soft spot for old songs (我妈对老歌有一种特殊的喜爱)

160.

I'm in the mood for ____

Bonus: I'm not in the mood for ____

我想要____

我不想要____

I'm in the mood for a good book (我想要(读)一本好书)

I'm in the mood for a cup of coffee (我想要一杯咖啡)

I'm in the mood for some classical music (我想要(听)一些古典音乐)

I'm in the mood for a walk in the park (我想要在公园走路)

I'm in the mood for a romantic movie (我想要(看)一部浪漫电影)

I'm in the mood for a long conversation with you (我想要和你有一段长的交谈)

I'm in the mood for pizza tonight (我想要(吃)披萨 今晚)

I'm in the mood for some quiet time (我想要一些安静的时间)

I'm in the mood for some alone time (我想要一些独处的时间)

I'm in the mood for a burger (我想要(吃)一个汉堡)

I'm in the mood for a warm bath (我想要一个温暖的泡澡)

I'm in the mood for some reading (我想要一些阅读)

161.

I need to catch up on ____

我需要补一些 ____ (追赶进度)

I need to catch up on sleep (我需要补一些觉)

I need to catch up on my reading (我需要补一些我的阅读)

I need to catch up on news (我需要补一些新闻)

I need to catch up on my favorite TV show (我需要补一些我最喜欢的电视剧)

I need to catch up on my savings (我需要补一些我的存款)

I need to catch up on my reading list (我需要补一些我的阅读列表/清单)

I need to catch up on my homework (我需要补一些我的作业)

I need to catch up on my exercise (我需要补一些我的锻炼)

I need to catch up on my writing (我需要补一些我的写作)

162.

I'm going to make the most out of ____

我要充分利用/享受/把握_____

I'm going to make the most out of my vacation (我要充分利用我的假期)

I'm going to make the most out of this beautiful day(我要充分利用这个美好的一天)

I'm going to make the most out of this opportunity (我要充分利用这个机会)

I'm going to make the most out of my time at university (我要充分利用我大学的时光)

I'm going to make the most out of my retirement (我要充分利用我的退休时间)

I'm going to make the most out of life (我要充分利用人生)

I'm going to make the most out of my free time (我要充分利用我的空闲时间)

I'm going to make the most out of my gym membership(我要充分利用我的健身房会员)

I'm going to make the most out of this weekend(我要充分利用这个周末)

I'm going to make the most out of this rainy day(我要充分利用这个下雨天)

You should **make the most out of** this (你应该**充分利用**这个)

You need to **make the most out of** your life (你应该**充分利用**你的人生)

163.

I'm trying to get the hang of ____ing

我正在努力掌握如何____

I'm trying to get the hang of playing guitar (我正在努力掌握如何弹吉他)

I'm trying to get the hang of speaking English (我正在努力掌握如何说英语)

I'm trying to get the hang of cooking Korean food (我正在努力掌握如何做韩餐)

I'm trying to get the hang of driving a sports car (我正在努力掌握如何开跑车)

I'm trying to get the hang of using this computer (我正在努力掌握如何用这台电脑)

I'm trying to get the hang of using chopsticks (我正在努力掌握如何用筷子)

I'm trying to get the hang of knitting (我正在努力掌握如何针织)

I'm trying to get the hang of parallel parking (我正在努力掌握如何平行停车/侧方停车)

I'm trying to get the hang of playing tennis (我正在努力掌握如何打网球)

I'm trying to get the hang of using this camera (我正在努力掌握如何用这个相机)

I'm trying to get the hang of skiing/snowboarding (我正在努力掌握如何滑双板/单板)

164.

It's apparent that ____

显然____

It's apparent that he's not feeling well (显然他不是很舒服)

It's apparent that the cat is hungry (显然这个猫饿了)

It's apparent that the weather is changing (显然天气正在变化)

It's apparent that this is a mistake (显然这是一个错误)

It's apparent that she's in a hurry (显然她在赶时间)

It's apparent that they're excited about this trip (显然他们对于这个旅行非常兴奋)

It's apparent that he's nervous about the job interview (显然他对这个工作面试很紧张)

It's apparent that this car needs maintenance (显然这辆车需要保养)

It's apparent that he's a great freestyle rapper (显然他是一个很好的即兴说唱歌手)

It's apparent that he works out a lot (显然他经常健身)

It's apparent that he travels a lot (显然他经常旅行)

It's apparent that she talks a lot (显然她经常说话)

___ a lot = 经常 ___

165.

I can't wrap my head around ___

我想不通/不明白_____

I can't wrap my head around why she made that decision (我想不通她为什么做出了这个决定)

I can't wrap my head around this math problem (我想不通这道数学题)

I can't wrap my head around that our Earth is round (我想不通我们地球是圆的)

I can't wrap my head around why he's always late (我想不通为什么他总是迟到)

I can't wrap my head around how to change a flat tire (我想不通如何换一个没气的轮胎)

I can't wrap my head around why she's mad (我想不通为什么她生气)

I can't wrap my head around how to use this new phone (我想不通如何用这个新的手机)

I can't wrap my head around how to parallel park (我想不通如何平行停车/侧方停车)

I can't wrap my head around why people enjoy horror movies (我想不通为什么大家喜欢恐怖片)

I can't wrap my head around why some people enjoy spicy food (我想不通为什么有些人喜欢吃辣)

I can't wrap my head around why some people enjoy eating insects (我想不通为什么有些人喜欢吃虫子)

I can't wrap my head around paying so much money for a bottled water (我想不通花这么多钱买一支瓶装水)

166.

The more you ____, the ____

你____的越多，____越____

The more you exercise, the healthier your body will be

(你锻炼的越多，你的身体就会越健康)

The more you exercise, the stronger you get

(你锻炼的越多，你就会越强壮)

The more you practice, the better you get

(你练习的越多，你就变得越擅长)

The more you read, the smarter you get

(你阅读的越多，你就变得越聪明)

The more you listen, the more you learn.

(你听的越多，你学的越多)

The more you study, the smarter you become.

(你学的越多，你就变得越聪明)

The more you save, the more money you'll have.

(你存的越多，你就会有越多钱)

The more you laugh, the happier you'll be.

(你笑的越多, 你会变得越快乐)

The more you listen, the better you understand.

(你听的越多, 你越理解)

167.

It's high time I _____ (可以用"It's about time I" 平替)

我早该 _____

It's high time I cleaned my room, it's been messy for weeks. (我早该打扫我的房间了, 已经乱了几个星期了)

It's high time I learned how to cook; I can't rely on delivery forever. (我早该学习怎么做饭了, 我不能整天依靠外卖)

It's high time I started exercising, I want to be healthier. (我早该开始锻炼了, 我想要健康一点)

It's high time I found a new job, I'm tired of being unhappy at work. (我早该找一份新的工作了, 我受够了不开心的工作)

It's high time I apologized to my friend; I was wrong. (我早该给我朋友道歉了, 我是错的)

It's high time I started saving money, I need to plan for the future. (我早该存钱了, 我得为未来做打算)

It's high time I finished this book, it's been on my shelf for months. (我早该把这本书看完了, 在我书柜上摆了几个月了)

It's high time I took a vacation, I need a break from work. (我早该放个假了, 我需要从工作中休息一下)

It's high time I learned a new skill, I want to challenge myself. (我早该学一项新的技能了, 我想要挑战自己)

It's high time I started working on my app, I've been putting it off for too long. (我早该着手我的手机软件了, 我已经拖延太久了)

168.

You can't go wrong with ____ (接名词或者动名词“ing”)

你选____准没错

You can't go wrong with red (你选红色准没错)

You can't go wrong with a sandwich (你选三明治准没错)

You can't go wrong with ketchup (你选番茄酱准没错)

You can't go wrong with me (你选我准没错)

You can't go wrong with Alan (你选 Alan 准没错)

You can't go wrong with a romantic movie (你选爱情电影准没错)

You can't go wrong with her (你选她准没错)

You can't go wrong with BYD (你选比亚迪准没错)

You can't go wrong with Pizza Hut (你选必胜客准没错)

You can't go wrong with an iPhone (你选一个苹果手机准没错)

You can't go wrong with investing (你选投资准没错)

You can't go wrong with wearing a black dress (你选穿一条黑裙子准没错)

You can't go wrong with staying home (你选呆家里准没错)

You can't go wrong with asking for help (你选寻求帮助准没错)

169.

The way things are going, ____

照目前的情况/趋势来看, _____

The way things are going, it's important save up (照目前的情况来看, 存钱很重要)

The way things are going, it might rain later today (照目前的情况来看, 今天晚点可能会下雨)

The way things are going, the sun will set in an hour (照目前的情况来看, 一小时后太阳会下山)

The way things are going, we will have to sell the car (照目前的情况来看, 我们将会不得不卖这辆车)

The way things are going, he will have no choice (照目前的情况来看, 他将会没得选)

The way things are going, we will have to hire more people(照目前的情况来看, 我们将不得不招更多的人)

The way things are going, more people will work from home (照目前的情况来看, 更多的人会在家工作)

The way things are going, our company will go bankrupt (照目前的情况来看, 我们的公司将会破产)

The way things are going, we'll finish the project on time (照目前的情况来看, 我们将会准时完成项目)

On time (准时)

The train arrived on time (火车准时到达了)

The bus is usually on time (巴士通常是准时的)

The food delivery was on time (外卖准时到了)

Please show up on time (请准时出现)

The alarm went off on time (闹钟准时响了)

170.

It's just a matter of time before _____

_____只是时间问题

It's just a matter of time before this happens (这件事情发生只是时间问题)

It's just a matter of time before the baby starts crying (这个婴儿开始哭只是时间问题)

It's just a matter of time before he wakes up (他醒来只是时间问题)

It's just a matter of time before he quits his job (他辞职只是时间问题)

It's just a matter of time before the rain stops (雨停只是时间问题)

It's just a matter of time before you find a girlfriend (你找到女朋友只是时间问题)

It's just a matter of time before you can speak fluent English (你能说流利英语只是时间问题)

It's just a matter of time before you overcome your fear (你克服你的恐惧只是时间问题)

It's just a matter of time before she **breaks up with** him (她和他分手只是时间问题)

It's just a matter of time before you find the solution (你找到解决方法只是时间问题)

It's just a matter of time before he becomes rich (他富起来只是时间问题)

171.

I'm all for _____ (接名词或者动名词“ing”)

我特别支持/赞同_____

I'm all for trying new foods (我特别支持尝试新鲜食物)

I'm all for supporting local businesses (我特别支持支持本地生意)

I'm all for spending time with family (我特别支持陪家人)

I'm all for learning new skills (我特别支持学新的技能)

I'm all for reading before bed (我特别支持睡前读书)

I'm all for sharing (我特别支持分享)

I'm all for helping others (我特别支持帮助他人)

I'm all for teaching children responsibility(我特别支持教育小孩子责任感)

172.

It's safe to say that _____

可以肯定的是_____

It's safe to say that the Earth is round (可以肯定的是地球是圆的)

It's safe to say that the sun rises in the east (可以肯定的是太阳从东边升起)

It's safe to say that hard work leads to success (可以肯定的是努力工作会通向成功)

It's safe to say that exercise is good for your health (可以肯定的是锻炼对你的健康有好处)

It's safe to say that most people know how to speak English in Germany(可以肯定的是大多数人会说英语 在德国) know how to ____ = 会 ____

It's safe to say that we failed (可以肯定的是我们失败了)

It's safe to say that many people have smartphones (可以肯定的是很多人有智能手机)

It's safe to say that the crisis is now over (可以肯定的是危机现在结束了)

It's safe to say that I messed up (可以肯定的是我搞砸了)

173.

I'm on the fence about whether to _____

我在犹豫该不该_____

I'm on the fence about whether to accept this job offer (我在犹豫该不该接受这个工作 offer)

I'm on the fence about whether to buy a new car or keep the current one (我在犹豫该不该买辆新车 或者保留目前的)

I'm on the fence about whether to join the swim team (我在犹豫该不该加入游泳队)

I'm on the fence about whether to change my major (我在犹豫该不该换专业)

I'm on the fence about whether to get a pet (我在犹豫该不该要个宠物)

I'm on the fence about whether to take a break (我在犹豫该不该休息一下)

I'm on the fence about whether to buy an iPhone (我在犹豫该不该买个 iPhone)

I'm on the fence about whether to renovate my house (我在犹豫该不该翻新我的房子)

I'm on the fence about whether to **drop out** (我在犹豫该不该**辍学**)

I'm on the fence about whether to buy a house (我在犹豫该不该买套房)

I'm on the fence about whether to get a part-time job (我在犹豫该不该找份兼职工作)

174.

I have mixed feelings about ____

我对____感到有些矛盾

I have mixed feelings about this (我对这个感到有些矛盾)

I have mixed feelings about her (我对她感到有些矛盾)

I have mixed feelings about my new hairstyle (我对我的新发型感到有些矛盾)

I have mixed feelings about my hometown (我对我的老家感到有些矛盾)

I have mixed feelings about the movie we watched last night (我们对昨晚看的这部电影感到有些矛盾)

I have mixed feelings about this book (我对这本书感到有些矛盾)

I have mixed feelings about buying a new car (我对买辆新车感到有些矛盾)

I have mixed feelings about working for her (我对为她工作感到有些矛盾)

I have mixed feelings about moving to a new city (我对搬去一个新的城市感到有些矛盾)

I have mixed feelings about eating this ice cream cake (我对吃这个冰淇淋蛋糕感到有些矛盾)

I have mixed feelings about working from home (我对在家工作感到有些矛盾)

I have mixed feelings about investing in the stock market (我对投资股市感到有些矛盾)

175.

I can't get enough of ____ (接名词或者动名词 "ing")

我超级喜欢 ____

I can't get enough of Alan (我超级喜欢 Alan)

I can't get enough of the taste of cilantro (我超级喜欢香菜的味道)

I can't get enough of horror movies (我超级喜欢恐怖片)

I can't get enough of Jazz music (我超级喜欢爵士音乐)

I can't get enough of spicy food (我超级喜欢吃辣)

I can't get enough of the smell of perfume (我超级喜欢香水的味道)

I can't get enough of being alone (我超级喜欢独处)

I can't get enough of traveling alone (我超级喜欢独自旅行)

I can't get enough of **staying up late** (我超级喜欢**熬夜**)

176.

I can't stand ____ (接名词或者动名词 "ing")

我无法忍受 ____

I can't stand Alan (我无法忍受 Alan)

I can't stand the taste of cilantro (我无法忍受香菜的味道)

I can't stand dishonesty (我无法忍受不诚实)

I can't stand the feeling of wet socks (我无法忍受湿袜子的感觉)

I can't stand horror movies (我无法忍受恐怖片)

I can't stand loud people (我无法忍受吵的人)

I can't stand rap music (我无法忍受说唱音乐)

I can't stand rude people (我无法忍受无礼的人)

I can't stand spicy food (我无法忍受吃辣)

I can't stand the smell of cigarettes (我无法忍受烟味)

I can't stand being alone (我无法忍受独处)

I can't stand being stuck in traffic (我无法忍受堵在交通里)

I can't stand traveling alone (我无法忍受独自旅行)

I can't stand waking up early (我无法忍受早起)

177.

If all else fails, ____

如果全部都行不通的话, ____

If all else fails, you can ask for help (如果全部都行不通的话, 你可以寻求帮助)

If all else fails, we can just **give up** (如果全部都行不通的话, 我们可以就**放弃**)

If all else fails, I'll join the army/military (如果全部都行不通的话, 我会参军)

If all else fails, **stay calm** and take a deep breath (如果全部都行不通的话, **保持冷静**然后深呼吸一口)

If all else fails, go to the nearest hospital (如果全部都行不通的话, 去最近的医院)

If all else fails, move back in with your parents (如果全部都行不通的话, 搬回去和你的父母住)

If all else fails, we can stay home and watch the game on TV(如果全部都行不通的话, 我们可以待在家里在电视上看比赛)

If all else fails, we can call a taxi (如果全部都行不通的话, 我们可以叫个的士)

If all else fails, we can move to a new city and **start over** (如果全部都行不通的话, 我们可以搬去一个新的城市然后**重新开始**)

Start over (重新开始)

Let's start over (我们重新开始)

I'm going to turn off the PC and start over (我将要关掉电脑然后重新开始)

You need to cut your losses and start over (你得止损然后重新开始)

If you messed up, pause, and start over(如果你搞砸了, 暂停, 然后重新开始)

Bonus 1:

可以直接使用的固定搭配:

Wait for ___ - 等待___

Honest with ___ - 对___诚实

Deal with ___ - 处理___

Believe in ___ - 相信___

Talk to ___ - 与___交谈

Look at ___ - 看___

Depend on ___ - 依赖___

Focus on ___ - 专注于___

Take care of ___ - 照顾___

Think about ____ - 考虑____

Think of ____ - 想到____

Be aware of ____ - 意识到____

Take advantage of ____ - 利用____

Dream of ____ - 梦想____

Interested in ____ - 对____感兴趣

Rely on ____ - 依靠____

Complain about ____ - 抱怨____

Laugh at ____ - 嘲笑____

Suffer from ____ - 遭受____

Get along with ____ - 与____合得来

Work on ____ - 致力于____

Care about ____ - 关心____

Fallen prey to ____ - 成为____的牺牲品

When dealing with ____ - 在处理____时

Made strides in ____ - 在____方面取得了进展

Hit a wall with ____ - 在____方面遇到了困难

Came to grips with ____ - 接受了____的事实

Shed light on ____ - 阐明____

Walked a fine line between ____ - 在____之间走钢丝

Turned a blind eye to ____ - 对____视而不见

Took a backseat to ____ - 退居二线，让位给____

Found solace in ____ - 在____中找到慰藉

Wrestled with the complexities of ____ - 处理____的复杂性

Embraced the challenge of ____ - 拥抱____的挑战

Broke new ground in ____ - 在____方面开创了新局面

Wrestled with the idea of ____ - 思考____的概念

Was caught off guard by ____ - 被____所震撼

In the middle of ____ - 正在____中

Bonus 2

以下是一些常用的美式英语句型：

"It's not my cup of tea", 表示不喜欢或不感兴趣。

例如: "I know a lot of people love going to concerts, but it's just not my cup of tea."

"It's a piece of cake", 表示某事情非常容易或简单。

例如: "Don't worry about the exam, it's a piece of cake."

"I'm all ears", 表示非常愿意听别人的建议或意见。

例如: "If you have any ideas for how we can improve the project, I'm all ears."

"It's high time", 表示某事情早就该发生了。

例如: "It's high time we addressed the issue of climate change and took action to protect the environment."

"Let's call it a day", 表示今天的工作已经完成了。

例如: "We've been working hard all day, let's call it a day and come back tomorrow with fresh energy."

"Bite the bullet", 表示采取坚定的行动去解决一个难题或问题。

例如: "I know the exam is difficult, but we just need to bite the bullet and start studying."

"The ball is in your court", 表示等待对方做出决定或采取行动。

例如: "We've presented our proposal, now the ball is in your court. Let us know what you think."

"I'm on the fence", 表示还没有做出决定或选择。

例如: "I'm on the fence about which college to attend next year. They both have their advantages and disadvantages."

"I'm under the weather", 表示身体不太舒服或有点生病。

例如: "I'm sorry I can't come to the meeting today, I'm feeling a little under the weather."

"It's a no-brainer", 表示某个决定或选择非常明显或显而易见。

例如: "Do you think we should hire the experienced candidate or the one who just graduated?
To me, it's a no-brainer, we should go with the experienced one."

"If it ain't broke, don't fix it"

这句话的意思是“不破坏不必要的事物”，强调不要尝试去修复没有问题的东西。

"Actions speak louder than words"

意思是“行动胜于言辞”，表示说话容易，但要通过行动来证明才更为重要。

"Let's agree to disagree"

意思是“我们同意不同意见”，表示双方有不同的看法，但愿意尊重对方的观点。

"Time is money"

这句话的意思是“时间就是金钱”，强调时间非常宝贵。

"All in all"

意思是“总的来说”，用于对一个观点或事情进行总结。

"The devil is in the details"

这句话的意思是“魔鬼藏在细节里”，强调在处理问题时需要注意细节。

"Don't put all your eggs in one basket"

意思是“不要把所有的鸡蛋放在一个篮子里”，表示在决策或投资时需要分散风险。

"You can't judge a book by its cover"

这句话的意思是“你不能只看表面就判断一个人或事物”，强调需要深入了解事物或人物。

"Rome wasn't built in a day"

意思是“罗马不是一天建成的”，表示任何事情需要时间和努力才能完成。

"Actions have consequences"

这句话的意思是“行为有后果”，强调每个人的行为都会对自己和他人产生影响。

Bonus 3:

以下是一些中国学生可能不熟悉的英语常用地道句型结构：

"I'm afraid that" 结构：我恐怕无法参加会议。

"If it were up to me" 结构：如果由我来决定的话。

"To be honest" 结构：说实话，我并不喜欢这个主意。

"To make matters worse" 结构：更糟糕的是。

"I can't stand it when" 结构：当……的时候我受不了。

"The thing is" 结构：事情是这样的。

"Believe it or not" 结构：信不信由你。

"What's the catch?" 结构：有什么限制条件吗？

"I hate to admit it" 结构：我不得不承认。

"I don't mean to be rude, but" 结构：我不是有意冒犯，但是……

"I have mixed feelings about" 结构：我对……有些矛盾的感觉。

"As far as I'm concerned" 结构：就我个人而言。

"It goes without saying" 结构：不用说。

"I'm not one to" 结构：我不是那种……的人。

"It's not my cup of tea" 结构：这不是我的菜。

"It's high time" 结构：是时候……了。

"I'm all ears" 结构：我洗耳恭听。

"If you ask me" 结构：如果你问我。

"I'm in the same boat" 结构：我也一样。

"It's a long shot" 结构：这是不太可能的。

"I'm just playing devil's advocate" 结构：我只是在逆向思考而已。

"It's not the end of the world" 结构：这不是世界末日。

"I'm not holding my breath" 结构：我并不抱太大期望。

"I'm on the fence" 结构：我还没有下定决心。

"I'm at a loss for words" 结构：我不知道该说什么了。

"It's easier said than done" 结构：说起来容易，做起来难。

"It's a double-edged sword" 结构：这是一把双刃剑。

"I'm keeping my fingers crossed" 结构：我祈祷好运。

"I don't mean to sound like a broken record" 结构：我不是要重复说。

"It's not my call" 结构：这不是我的决定。

"I'm out of my element" 结构：我不熟悉这个领域。

"It's a catch-22" 结构：这是一个两难的境地。

"I'm just winging it" 结构：我只是凭直觉做而已。

"It's up in the air" 结构：这还没有确定。

"I'm over the moon" 结构：我感到非常高兴。

"It's not my forte" 结构：这不是我的强项。

"I'm at my wit's end" 结构：我已经束手无策了。

"It's the calm before the storm" 结构：这是风雨前的宁静。

"I'm between a rock and a hard place" 结构：我左右为难。

"It's not rocket science" 结构：这不是难事。

"I'm beating around the bush" 结构：我在拐弯抹角。

"It's a whole new ball game" 结构：这是一种全新的情况。

"I'm on pins and needles" 结构：我感到非常紧张。

"It's a no-brainer" 结构：这是一个显而易见的选择。

"I'm over my head" 结构：我已经超出了我的能力范围。

"It's water under the bridge" 结构：这已经过去了，无需再谈论。

"I'm pulling my hair out" 结构：我非常焦虑/烦躁。

"I'm in a tight spot" 结构：我陷入了困境。

"It's a game-changer" 结构：这将改变一切。

"I'm on thin ice" 结构：我处于危险的境地。

"It's a slippery slope" 结构：这是一个危险的开端。

"I'm feeling under the weather" 结构：我感觉不舒服。

"It's the tip of the iceberg" 结构：这只是冰山一角。

"I'm walking on eggshells" 结构：我非常小心谨慎，因为局面非常敏感。

"It's par for the course" 结构：这是通常的情况，没有什么特别。

"It's not my cup of tea" 结构：这不是我的菜，我不太喜欢。

"I'm up in the air about it" 结构：我还没有决定，我还在犹豫。

"It's a piece of cake" 结构：这很容易，轻而易举。

"I'm in the dark" 结构：我不知道，我不了解情况。

"It's a long shot" 结构：这是一种冒险，成功的可能性不大。

"I'm between a rock and a hard place" 结构：我面临两个同样糟糕的选择。

"I'm barking up the wrong tree" 结构：我搞错了，我在错误的方向上。

"It's the calm before the storm" 结构：这是暴风雨来临前的平静。

"I'm at the end of my rope" 结构：我快要崩溃了，无法继续下去。

Bonus 4:

常见词组 (cluster of words) :

"Tend to" - 倾向于

"Run out of" - 用尽或耗尽某物。

"Put up with" - 忍受或容忍某事或某人。

"Break down" - 失败或崩溃，也可以指详细解释。

"Stand by" - 支持或坚定地站在某人一边。

"Come across" - 偶然遇见或产生印象。

"Hold on to" - 保留或坚守某物或某人。

"Give way to" - 让步或让出位置。

"Look forward to" - 期待或盼望某事。

"Pick up" - 学会或获得某技能。

"Fall for" - 相信或受骗入局

"Take on" - 接受责任或挑战。

"Hold back" - 抑制情感或行为。

"Break through" - 克服障碍或突破局限。

"Fall behind" - 落后于进度或竞争。

"Stand up" - 表现出勇气或坚定立场。

"Settle down" - 定居或稳定下来。

"Turn away" - 拒绝或不接受。

"Give in to" - 屈服于诱惑或压力。

"Back down" - 放弃立场或要求。