

I worry about _____ . _____ troubles me.

What do you worry about?

- 1.
- 2.
- 3.

How often do you worry about . . . ?

It troubles me a lot.

I'm a little worried.

I rarely think about it.

getting a good job.	_____
getting a good grade	_____
your health	_____
your parent's health	_____
your weight	_____
your diet	_____
your friend	_____
the quality of water	_____
garbage	_____
smog	_____
deforestation	_____
overpopulation	_____
world peace	_____
getting robbed	_____
getting into a car accident	_____
the economy	_____
poverty	_____
meteors hitting the earth	_____
nuclear weapons	_____
disease	_____

Idioms about Problems and Difficulties: Read these idioms, then make a sentence of your own using them.

achilles heel

This expression refers to a vulnerable area or a weak spot, in an otherwise strong situation, that could cause one's downfall or failure.

He's extremely intelligent, but his inability to speak in public is his Achilles heel.

alarm bells ringing

If something sets the alarm bells ringing, it makes you begin to worry, because it shows that there may be a problem.

Alarm bells started to ring when my old neighbor didn't open his shutters all day and didn't answer his phone.

asking for trouble

Someone who is *asking for trouble* is behaving so stupidly that he/she is likely to have problems.

Driving fast on these roads is really asking for trouble!

back to the wall

If you have your *back to the wall*, you are in serious difficulty.

With his back to the wall, the supplier had to accept the deal.

ball and chain

This term refers to a burden or problem that ties you down and prevents you from doing what you want. It can also refer to one's spouse.

Our holiday home has become a ball and chain - it's too much work!

bite off more than you can chew

If you *bite off more than you can chew*, you try to do something that is too difficult for you, or more than you can manage.

As soon as I started to translate the report, I realized that I had bitten off more than I could chew.

on the blink

If a machine is *on the blink*, it is not working properly and needs servicing or repair.

What a nuisance! The photocopier is on the blink again.

can of worms

To describe a situation as a *can of worms* means that it is complicated, unpleasant and difficult to deal with.

The discovery of the transfer of funds turned out to be a real can of worms.

catch 22

A *catch 22* situation refers to a frustrating situation where you cannot do one thing without doing a second, and you cannot do the second before doing the first.

I can't get a job without a work permit, and I can't get a work permit without a job. It's a catch 22 situation!

cloud on the horizon

A problem or difficulty that is predictable, or seems likely to arise in the future, is called a *cloud on the horizon*.

They are happily married and for the moment there appear to be no clouds on the horizon.

come to a head

If a problem or difficult situation *comes to a head*, it reaches a point where action has to be taken.

The conflict came to a head yesterday when rioting broke out in the streets.

come hell or high water

If you say that you will do something *come hell or high water*, you mean that you will do it in spite of the difficulties involved.

Come hell or high water, I've got to be on time for the interview.

cross to bear

A person who has a *cross to bear* have a serious problem or heavy responsibility that they must accept because they cannot change it.

Alzheimer's is a cross to bear for the whole family.

cross that bridge when we come to it

This is another way of saying 'we will deal with that problem when it occurs and not worry about it before'.

"What will happen if we can't repay the loan?"

"We'll cross that bridge when we come to it."

crux of the matter

The most vital or main part of a problem is called *the crux of the matter*.

The crux of the matter is that he's too old to live alone in that big house.