

**I worry about \_\_\_\_\_ . \_\_\_\_\_ troubles me.**

What do you worry about?

- 1.
- 2.
- 3.

**Write one of these expressions on the line beside each item**

**It troubles me a lot.**

**I'm a little worried.**

**I rarely think about it.**

**How often do you worry about.....**

1. getting a good job. \_\_\_\_\_
2. getting a good grade \_\_\_\_\_
3. your health \_\_\_\_\_
4. your parent's health \_\_\_\_\_
5. your weight \_\_\_\_\_
6. your diet \_\_\_\_\_
7. your friend \_\_\_\_\_
8. the quality of water \_\_\_\_\_
9. garbage \_\_\_\_\_
10. smog \_\_\_\_\_
11. deforestation \_\_\_\_\_
12. overpopulation \_\_\_\_\_
13. world peace \_\_\_\_\_
14. getting robbed \_\_\_\_\_
15. getting into a car accident \_\_\_\_\_
16. the economy \_\_\_\_\_
17. poverty \_\_\_\_\_
18. meteors hitting the earth \_\_\_\_\_
19. nuclear weapons \_\_\_\_\_
20. disease \_\_\_\_\_

Discuss your choices with your group. Compare your top 3 worries with others.

**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 wet 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.*