

Idioms Set One Example Sentences

Listen to the accompanying MP3 and read these sentences. This will train your brain to master these idioms.

A blessing in disguise = something that seems bad at first but is actually a good thing

Bite off more than you can chew = to try to do something that is too difficult

A change of heart = a change of opinion

A downward spiral = a situation that is getting worse and worse

I broke my smartphone, but I think it's **a blessing in disguise**. I was using it too much and it was costing me a lot of money.

Breaking my leg was **a blessing in disguise**. It's given me some much-needed rest from work and I'm able to spend more time with the children.

When James left me, I was upset for months. But it was **a blessing in disguise** because it made me a much stronger person.

Losing all his money turned out to be **a blessing in disguise** for the man. He found out who his true friends were, and he lived a much happier life.

I think you should only take on one project at a time, John. You don't want to **bite off more than you can chew**.

John: How is engineering school?

Paul: I think I've **bitten off more than I can chew**. I should have chosen an easier subject to study.

Tina is working two jobs: her main job and a part-time evening job. I think she's **biting off more than she can chew**.

I went skiing on the weekend and went down the advanced slope. I fell and almost injured myself. I definitely **bit off more than I could chew**.

Kim was going to accept the job offer from Asia, but after thinking about how much she would miss her family, she had **a change of heart**.

Michelle: I decided to say no to Peter's offer of marriage.

Fiona: I thought you were happy about it. Why the sudden **change of heart**?

Car seller: Are you still interested in buying the car?

Car buyer: No sorry, I've had **a change of heart**. I'm going to buy something cheaper.

At first, her father was unsure. But after thinking for some time, he had **a change of heart** and allowed her to marry the man.

Since the collapse of several major companies, the economy has been in **a downward spiral**.

Business was very tough for a few years, but we avoided **a downward spiral** and now things are looking positive.

Since his wife left him and he lost his job, Dean has been in **a downward spiral**. I'm doing my best to help him.

Lee: How is Simon these days? Is he getting better?

Katy: Yes. Thankfully, he managed to pull himself out of **a downward spiral** and is feeling much better.