

Idioms Set One Definitions

Listen to the accompanying MP3 and read these meanings and 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

Being fired from my previous job was **a blessing in disguise**. It forced me to start my own business, which is really successful now.

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

I **bit off more than I could chew** with this new project. I'm worrying that I won't complete it on time.

A change of heart = a change of opinion

We were planning to move to Spain for a year, but we had **a change of heart** and decided to stay here.

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

The country is in **a downward spiral**. Crime, unemployment and political corruption are serious problems that need to be solved.