

## HEART IDIOMS AND EXPRESSIONS

idiom	meaning	example
absence makes the heart grow fonder	being away from someone you love makes you appreciate them more	Stevie is going away for five weeks, we'll see if absence makes the heart grow fonder.
break someone's heart	cause someone emotional distress/pain	Our perfect cat got eaten by a crocodile today. It's going to break the children's hearts.
eat your heart out	better than the original (usually a celebrity)	Look at my quiff! Elvis Presley eat your heart out.
from the bottom of one's heart	to emphasise sincerity/honesty/truthfulness	I just called to say I love you and I mean it from the bottom of my heart.
have a change of heart	change your mind/opinion	My boss wants to transfer me to Italy. I hope he has a change of heart, I like it here.
have a heart	be kinder, more compassionate	Don't give him detention, his grandad died yesterday. Have a heart sir.
have one's heart in the right place	have good intentions	Her heart is in the right place, but I need a woman with more fire in her belly.
heart of gold	a kind/generous person with a big heart	She may look like a witch, but she's got a heart of gold.
heart sinks	feel disappointed	Jack's heart will sink if he isn't picked for the team
heart skips a beat	the feeling of fear/nervousness/excitement	My heart skipped a beat when I received a phone call from the hospital.

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heart to heart	an intimate conversation where you talk about feelings/personal things	I had a heart to heart with Ellie, we've decided to put the past behind us.
learn off by heart	memorise	I need to learn my lines off by heart by Tuesday. We are having a dress rehearsal.
pour one's heart out	express your emotions, feelings, thoughts, or secrets to someone	When I drink vodka, I always pour my heart out to a complete stranger.
put one's heart and soul into something	apply maximum effort, energy, enthusiasm, passion etc.	Lexi put her heart and soul into that assignment, but the teacher only gave her a C.
take something to heart	be deeply affected/hurt by criticism	I called him an idiot and he took it to heart, we're not speaking.
warm the cockles of one's heart	a warm and happy feeling	I'll tell you a story about a little girl and a homeless man. It'll warm the cockles of your heart.
wear one's heart on one's sleeve	openly show emotion and feeling	Leon doesn't wear his heart on his sleeve. I never know what he's thinking or feeling.

