

SHOULDER IDIOMS AND EXPRESSIONS

idiom	meaning	example
a shoulder to cry on	a sympathetic person who listens to your problems	I needed a shoulder to cry on, but he was only interested in going out with his friends.
a weight off one's shoulders	a problem you don't need to worry about anymore	I've finally paid off my student loan. It's a weight off my shoulders.
carry the weight of the world on one's shoulders	behave as though you have lots of worries/problems	I feel like I am carrying the weight of the world on my shoulders.
give someone the cold shoulder	ignore someone/be unfriendly on purpose	The girlfriend is giving me the cold shoulder. I must have done something wrong.
have a chip on one's shoulder	a person with an angry attitude who feels they have been wronged by the world	Jamie has had a chip on his shoulder ever since he didn't get that promotion.
head and shoulders above	superior, better than	We won 7-0, we were head and shoulders above the other team.
look over one's shoulder	be afraid that someone might do something bad to you	You'd better keep looking over your shoulder, one of these days I'm going to get you.
old head on young shoulders	a young person who acts/speaks like an older person	I trust Calum not to drink and drive, he's an old head on young shoulders.

idiom	meaning	example
rub shoulders with someone	spend time with someone important or famous	We went to the Oscars! We rubbed shoulders with Hollywood's rich and famous.

