

# Must know everyday English phrases – Part 1

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In our last blog, we learnt about 20 everyday phrases that are generally used in conversations. In today's blog, we'll learn some more English phrases.



**Must know everyday English phrases and how to use them in sentences.**

**1. Get it out of your system** - to do something you've wanted to do for a long time.

**Ex.** Get this out of your system and then start afresh.

**2. Pull yourself together** – to calm down and behave normally.

**Ex.** Boss is coming so you need to pull yourself together

**3. You rock** - you are great.

**Ex.** Today you rocked in the party.

**4. When pigs fly** - this means that something will never happen.

**Ex.** In this company, I will be promoted only when the pigs fly.

**5. Hit the books** – to study very hard.

**Ex.** In order to clear the exam, he hit the books.

**6. Get your head around it** - to understand something.

**Ex.** I need to get my head around it so that I can do the presentation well.

**7. Take it with a pinch of salt** - regard something as exaggerated, or, only believe a part of something.

**Ex.** At workplace you should always take situations with a pinch of salt.

**8. Sit on a fence** - to stay neutral and not take sides.

**Ex.** He prefers to sit on the fence in the meetings.

**9. A stone's throw** – very near.

**Ex.** My office is just a stone's throw away from my place.

**10. No-brainer** – an easy decision.

**Ex.** Throwing him out was a no brainer.

**11. Hear on the grapevine** – to hear a rumor or unconfirmed story

the nail on the head in the meetings.

**19. Piece of cake** – when something is easy to do.

**Ex.** Report writing is a piece of cake for me.

**20. Go down in flames** - to fail suddenly.

**Ex.** In spite of hard work, my project went down in flames.

**21. Tar someone with the same brush** - to believe that someone has the same bad qualities as others in a group.

**Ex.** We should never tar someone with the same brush during the meetings.

**22. Come out swinging** - to be confrontational and strongly defend yourself at the beginning of a debate.

**Ex.** Very rarely he comes out swinging during meetings.

**23. Hang in there** - to wait and be patient.

**Ex.** Just hang in there, your turn will come.

**24. Sold me out** - let the secret out.

**Ex.** This project failed because he sold us out.

**25. Be tickled pink** – to be happy and excited.

**Ex.** I was tickled pink when I received the news of my promotion.

**26. Blow smoke** - to exaggerate.

**Ex.** He often blows smoke in meetings.

**27. Cry wolf** - to call for help when you don't need it.

**Ex.** His habit of crying wolf is very irritating.

**28. Be chuffed to bits** - to be pleased and happy.

**Ex.** He was chuffed to bits on hearing the news of his increment.

**29. Dig in your heels / stick to your guns** - to refuse to compromise or change your mind. She refused to dig in her heels regarding coming early to office.

**30. Leave no stone unturned** - to do everything you can to achieve your goal.

**Ex.** He left no stone unturned in order to get this promotion.

These phrases will help you improve your English conversation skills to a great extent. Keep practicing and use them at appropriate time. Stay tuned for more blogs to improve your [spoken English](#) skills.

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**- By Shailja Varma**

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