



yì chóu mò zhǎn
一籌莫展

verb/idiom · Have no way out / Be at one's wits' end

Example Sentences

nán dào nǐ duì zhè ge jì shù gù zhàng zhēn de yì chóu mò zhǎn ma
难道你对这个技术故障真的一筹莫展吗?

Are you really at a complete loss about this technical malfunction?

kàn dào hái zǐ gāo shāo bú tuì xīn shǒu fù mǔ jí dé yì chóu mò zhǎn
看到孩子高烧不退，新手父母急得一筹莫展。

Seeing their child's persistent high fever, the new parents were anxious and at their wits' end.

miàn duì fù zá de fǎ lǜ jiū fēn lǜ shī tuán duì yě gǎn dào yì chóu mò zhǎn
面对复杂的法律纠纷，律师团队也感到一筹莫展。

Faced with the complex legal dispute, the legal team also felt at their wits' end.

Trace each character, then write the word on your own.

一	一	一	一							
筹	筹	筹	筹	筹	筹	筹	筹	筹	筹	筹
筹	筹	筹	筹	筹						
莫	莫	莫	莫	莫	莫	莫	莫	莫	莫	莫
莫	莫									



yì chóu mò zhǎn
一 筹 莫 展

continued practice

Continue tracing each character, then write the word on your own.

展	展	展	展	展	展	展	展	展	展	展
展	展									
