



bù kān huí shǒu
不堪回首

idiom/phr. · Too painful or unpleasant to recall; unbearable to look back on.

Example Sentences

nà duàn rì zi tài kǔ le zhì jīn bù kān huí shǒu
那段日子太苦了，至今不堪回首。

Those days were too bitter; even now I cannot bear to look back on them.

měi dāng xiǎng qǐ shī bài de wǎng shì tā zǒng jué de bù kān huí shǒu
每当想起失败的往事，他总觉得不堪回首。

Whenever he thinks of his past failures, he always feels he cannot bear to recall them.

duì zhè wèi lǎo rén lái shuō nián qīng shí de jīng lì bù kān huí shǒu
对这位老人来说，年轻时的经历不堪回首。

For this elderly person, the experiences of youth are too painful to look back on.

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

不	不	不	不	不	不	不													
堪	堪	堪	堪	堪	堪	堪	堪	堪	堪	堪	堪								
回	回	回	回	回	回	回	回	回	回	回									



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continued practice

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

首	首	首	首	首	首	首	首	首	首	首
首										
