



xīn luàn rú má

心乱如麻

idiom · to be extremely upset or confused; one's mind is in a tangle

Example Sentences

tīng dào zhè ge xiāo xī tā xīn luàn rú má bù zhī dào gāi zěn me bàn
听到这个消息，他心乱如麻，不知道该怎么办。

Upon hearing the news, his heart was in a knot and he didn't know what to do.

kǎo shì qián yè tā xīn luàn rú má fù xí bú jìn qù
考试前夜，她心乱如麻，复习不进去。

The night before the exam, she was so anxious that she couldn't focus on studying.

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

心	心	心	心	心	心	心				
乱	乱	乱	乱	乱	乱	乱	乱	乱	乱	
如	如	如	如	如	如	如	如	如		
麻	麻	麻	麻	麻	麻	麻	麻	麻	麻	麻
麻	麻	麻								