



xīn huái tǎn tè

心怀忐忑

idiom · To feel nervous, anxious, or uneasy, often due to guilt, worry, or anticipation of something u...

Example Sentences

miàn shì qián tā xīn huái tǎn tè bù tíng dì shēn hū xī
面试前，他心怀忐忑，不停地深呼吸。

Before the interview, he was nervous and kept taking deep breaths.

tā zuò le cuò shì zhěng tiān xīn huái tǎn tè pà bèi fā xiàn
她做了错事，整天心怀忐忑，怕被发现。

She did something wrong and was uneasy all day, afraid of being found out.

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

心	心	心	心	心	心	心								
怀	怀	怀	怀	怀	怀	怀	怀	怀	怀	怀				
忐	忐	忐	忐	忐	忐	忐	忐	忐	忐	忐				
忑	忑	忑	忑	忑	忑	忑	忑	忑	忑	忑				