



xīn fán yì luàn

心烦意乱

adjective phrase · distracted and upset

Example Sentences

tā yīn wèi kǎo shì méi kǎo hǎo ér xīn fán yì luàn

他因为考试没考好而心烦意乱。

He is upset because he didn't do well on the exam.

tā zuì jìn zǒng shì xīn fán yì luàn shuì bù zháo jiào

她最近总是心烦意乱，睡不着觉。

She has been feeling distracted and upset lately and can't sleep.

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

心	心	心	心	心	心	心						
心	心	心	心	心	心	心						
烦	烦	烦	烦	烦	烦	烦	烦	烦	烦	烦	烦	
烦	烦											
意	意	意	意	意	意	意	意	意	意	意	意	
意	意	意	意	意								

心烦意乱