



tí xīn diào dǎn
提心吊胆

verb/idiom · live in fear / be on tenterhooks

Example Sentences

nǐ zuì jìn zǒng shì tí xīn diào dǎn de shì bu shì yǒu shén me shì qīng mǎn zhe wǒ men
你最近总是提心吊胆的，是不是有什么事情瞒着我们？

You've been living in fear lately; are you hiding something from us?

tā wǎn shàng yí gè rén zǒu yè lù zǒng shì tí xīn diào dǎn de
他晚上一个人走夜路，总是提心吊胆的。

He always feels nervous when walking alone at night.

dé zhī gōng sī jí jiāng cái yuán quán tǐ yuán gōng dōu tí xīn diào dǎn dì děng dài zhe zuì zhōng míng dān
得知公司即将裁员，全体员工都提心吊胆地等待着最终名单。

Upon learning that the company was about to lay off employees, all staff members waited for the final list on tenterhooks.

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

提	提	提	提	提	提	提	提	提	提	提
提	提	提	提							
心	心	心	心	心	心	心				
吊	吊	吊	吊	吊	吊	吊	吊	吊		



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continued practice

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

胆	胆	胆	胆	胆	胆	胆	胆	胆	胆	胆
胆										
