



chǎng kāi xīn fēi

敞开心扉

verb/idiom · open one's heart; be open-minded

Example Sentences

tā jué dìng chǎng kāi xīn fēi hé péng yǒu tán tán xīn shì
他决定敞开心扉，和朋友谈谈心事。

He decided to open his heart and talk about his worries with a friend.

zài xīn lǐ zī xún zhōng chǎng kāi xīn fēi shì zhì liáo de dì yī bù
在心理咨询中，敞开心扉是治疗的第一步。

In psychological counseling, opening one's heart is the first step of treatment.

tā gǔ lì tuán duì chéng yuán chǎng kāi xīn fēi fēn xiǎng bù tóng de guān diǎn
她鼓励团队成员敞开心扉，分享不同的观点。

She encouraged team members to open their hearts and share different perspectives.

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

敞	敞	敞	敞	敞	敞	敞	敞	敞	敞	敞
敞	敞	敞	敞							
开	开	开	开	开	开	开				
心	心	心	心	心	心	心				



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continued practice

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

敞	敞	敞	敞	敞	敞	敞	敞	敞	敞	敞
心	心	心	心							
扉	扉	扉	扉							
