



tài rán zì ruò
泰然自若

idiom · to remain calm and composed in a tense or difficult situation; to be unruffled.

Example Sentences

miàn duì tū rú qí lái de zhì wèn tā tài rán zì ruò dì huí dá
面对突如其来的质问，他泰然自若地回答。

Faced with the sudden questioning, he answered calmly and composedly.

zài kǎo shì zhōng tā tài rán zì ruò fā huī chū sè
在考试中，她泰然自若，发挥出色。

During the exam, she remained calm and performed excellently.

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

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泰	泰									

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然	然	然	然							

自	自	自	自	自	自	自	自	自		



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continued practice

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

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