



zì xún fán nǎo

自寻烦恼

idiom (verb phrase) · to bring trouble upon oneself; to worry needlessly

Example Sentences

Bié wèi xiǎo shì shēng qì nà shì zài zì xún fán nǎo
别为小事生气，那是在自寻烦恼。

Don't get angry over small things; that's just asking for trouble.

Tā zǒng dān xīn bié rén zěn me kàn tā qí shí shì zài zì xún fán nǎo
他总担心别人怎么看他，其实是在自寻烦恼。

He always worries about what others think of him; actually, he's just creating unnecessary worry.

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

自	自	自	自	自	自	自	自	自		
寻	寻	寻	寻	寻	寻	寻	寻	寻		
烦	烦	烦	烦	烦	烦	烦	烦	烦	烦	烦
烦	烦									



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continued practice

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

恼	恼	恼	恼	恼	恼	恼	恼	恼	恼	恼
恼										
