zì bào zì qì

自暴自弃

verb phrase · to give up on oneself; self-abandonment

Example Sentences

yù dào cuò zhé bù yào zì bào zì qì
遇到挫折不要自暴自弃。

Don't give up on yourself when you encounter setbacks.

tā shī bài hòu zì bào zì qì bù zài nǔ lì
他失败后自暴自弃，不再努力。

After failing, he gave up on himself and stopped trying.

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