



shēn bù yóu jǐ

身不由己

adjective/idiom · Not under one's control / Involuntary

Example Sentences

tā bìng fēi shēn bù yóu jǐ ér shì zhǔ dòng xuǎn zé le táo bì zé rèn
他并非身不由己，而是主动选择了逃避责任。

He was not acting involuntarily; rather, he actively chose to shirk responsibility.

nán dào zài mìng yùn de hóng liú zhōng wǒ men měi gè rén dōu shēn bù yóu jǐ ma
难道在命运的洪流中，我们每个人都身不由己吗？

In the torrent of fate, is it true that each of us is not in control of our own lives?

dāng qíng gǎn yǔ lǐ zhì jī liè chōng tū shí rén wǎng wǎng huì xiàn rù shēn bù yóu jǐ de jìng dì
当情感与理智激烈冲突时，人往往会陷入身不由己的境地。

When emotions and reason clash intensely, people often find themselves in a situation beyond their control.

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

身	身	身	身	身	身	身	身	身	身
不	不	不	不	不	不	不			
由	由	由	由	由	由	由	由		
己	己	己	己	己	己	己			