Oto lista 40 idiomów dotyczących uczuć – w końcu język służy do wyrażania swoich emocji.

1. **Ants in one’s pants**  - People who **have ants in their pants**are very restless or excited about something
2. **Beside yourself (with an emotion)** - If you are **beside yourself (with an emotion),**you lose your self-control
because of the intensity of the emotion you are feeling.
3. **Carry the torch** - If you **carry the torch**, you have strong feelings for someone with whom you do not or cannot have a relationship..
4. **A chip on your shoulder -**  If someone has **a chip on their shoulder**, they feel resentful because they feel they are being treated unfairly, especially because of their background, their sex or their colour.
5. **Close to home** -If a remark or comment is **close to home**, it is so true, or it affects you so directly, that you feel uncomfortable.
6. **Cork something up** - If you **cork something up** (feelings, emotions), you fail to show or express them.
7. **Out of your depth -** If you are **out of your depth**, it means you are in a situation which is too difficult for you, or which you know little about.
8. **Feel on top of the world** - If you feel **on top of the world**, you feel wonderful or ecstatic about something.
9. **Get a grip on yourself** - If you **get a grip on yourself**, you make an effort to control your feelings so as to be able to deal with a situation.
10. **Go bananas** - If someone becomes very emotional and starts behaving in a crazy way,they **go bananas**.
11. **Go to pieces** - If you **go to pieces**, for example after a terrible shock, you are so upset or distressed that you cannot lead your life normally.
12. **Gut feeling** -If you have**a gut feeling**about something, you have a strong intuition which you cannot explain, but you are sure that you are right.
13. **Hard as nails  -** A person who is **hard**(**or ‘tough’) as nails** is unsentimental and shows no sympathy.
14. **Have kittens** **-**To say you’re going to **have kittens** is a dramatic way of expressing worry, anxiety or fear.
15. **Butterflies in your stomach**- If you **have butterflies in your stomach** , you  feel very nervous, usually about something you are going to.
16. **Head over heels in love** - When a person falls passionately in love with another, they are said to be **head over heels in love.**
17. **Change of heart** - If someone has a **change of heart**, they change their attitude or feelings, especially towards greater friendliness or cooperation.
18. **Hot under the collar** -If you get **hot under the collar**, you feel annoyed, indignant or embarrassed.
19. **Keep your fingers crossed** -If you **keep your fingers crossed**, you hope that something will be successful.
20. **Keep a stiff upper lip** - If a person **keeps a stiff upper lip**, they contain their emotion and do not let other people see their feelings.
21. **Cut the atmosphere with a knife** - To say that you could “**cut the atmosphere with a knife**” means that the atmosphere is extremely tense or unfriendly.
22. **Look on the bright side** - If you **look on the bright side**, you view a mostly unpleasant situation in a positive and optimistic way and see the favourable aspects.
23. **A lump in your throat** - If you **have a lump in your throat**, you have a tight feeling in your throat because of a strong emotion such as sadness or gratitude.
24. **Make one’s ears burn** - If something **makes your ears burn**, you are embarrassed by what you hear, especially if the conversation is about you.
25. **No hard feelings** - If you have **no hard feelings**, you feel no resentment or bitterness about something.
26. **Pour your heart out** -  If you **pour your heart out** to someone, you express your feelings and troubles freely.
27. **Put one’s foot in one’s mouth** - If you **put your foot in your mouth**, you do or say something that offends, upsets or embarrasses someone else.
28. **Have a soft spot** - If you **have a soft spot** for someone or something, you particularly like them.
29. **Speak volumes** - If something **speaks volumes,**it expresses a reaction or opinion very clearly, with no need for words.
30. **On the spot -** If you **put somebody on the spot**, you put them in a difficult situation, for example by asking embarrassing or difficult questions which they
cannot avoid.
31. **In a stew** - When someone is **in a stew** about something, they are worried and agitated.
32. **Swallow one’s pride** - If you **swallow your pride**, you accept something humiliating or embarrassing, for example having to admit that you are wrong, or that you have less knowledge than you thought.
33. **That’s the last straw!** - To say ‘**that’s the last straw**‘ expresses exasperation at the last in a series of unpleasant events which makes the situation intolerable.
34. **Think the world of someone** - If you **think the world of someone**, you like or admire them very much.
35. **Tongue-tied -**If you are **tongue-tied**, you have difficulty in expressing yourself because you are nervous or embarrassed.
36. **Not turn a hair** - If someone does **not turn a hair**, they show no emotion in circumstances when a reaction is expected.
37. **Over the moon** - If you are **over the moon**, you are absolutely delighted.
38. **On the same wavelength**  -To say that two people are **on the same wavelength** means that they understand each other well because they share the same interests and opinions
39. **Wear your heart on your sleeve** - If you **wear your heart on your sleeve**, you allow others to see your emotions or feelings.
40. **Written all over (someone’s) face** - When someone’s feelings or thoughts are very clear, you can say that they are **written all over their face.**