

فرہنگ اصطلاحات کاربردی انگلیسی

انگلیسی بہ فارسی

بہ ہمراہ

معادل های انگلیسی

فاطمہ مرادیان فرد جونقانی

فرهنگ اصطلاحات کاربردی انگلیسی

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به همراه معادل‌های انگلیسی

تألیف:

فاطمه مرادیان فرد جونتانی

A

A bit much

If something is excessive or annoying, it is a bit much.

یک ذره‌اش هم خیلی زیاد است

A chain is no stronger than its weakest link

This means that processes, organizations, etc, are vulnerable because the weakest person or part can always damage or break them.

قدرت و استحکام یک زنجیر از ضعیف ترین حلقه آن سنجیده می‌شود

The strength of the chain is in the weakest link

A day late and a dollar short

(USA) If sth is a day late and a dollar short, it is too little, too late.

خیلی کم و خیلی دیر

A fool and his money are soon/easily parted

This idiom means that people who aren't careful with their money spend it quickly.

آدم احمق، پول نگه دار نیست

A fool's bolt is soon shot

A fool at 40 is a fool forever

If someone hasn't matured by the time they reach forty, they never will.

یک احمق چهل ساله، یک احمق ابدی است

Have a hitch in your giddy-up/gittie-up

If you have a hitch in your giddy-up, you're not feeling well.

سرحال نبودن، گیج بودن

Feel under the weather

Look off-color/fragile

He's not in the mood

As weak as water

Not feeling well

As sick as a dog

Not feel like it

Off your feet

Out of sort

Laid low

Give sth a lick and a promise

If you give sth a lick and a promise, you do it hurriedly, most often incompletely, intending to return to it later.

با عجله و سرسری کاری را انجام دادن

Do things by halves

Do sth against the clock

A little bird told me

If sb doesn't want to say where they got some information from, they can say that a little bird told them.

کلاغه به من گفت

A little learning is a dangerous thing

A small amount of knowledge can cause people to think they are more expert than they really are. eg. he said he'd done a course on home electrics, but when he tried to mend my table lamp, he fused all the lights! I think a little learning is a dangerous thing

کم آموختن، چیز خطرناکی است

There is no royal road to learning

A long row to hoe / A hard/tough roe to hoe

Sth that is a long row to hoe is a difficult task that takes a long time.

کار شاق، طاقت فرسا، کار حضرت فیل؛ زندگی سخت و شاق

A Herculean task / A labor of Hercules

Like getting blood out of a stone

Like trying to swim upstream

An elephantine task

The devil it does

Juggle the frog

Vale of tears

A lost ball in the high weeds

A lost ball in the high weeds is sb who does not know what they are doing, where they are or how to do sth.

گیج، سر به هوا، آشفته، سردرگم

In a fog

At a loss

(All) at sea

Out to lunch

Shot to pieces

Your head is mince

Thrown off balance

Be at sixes and sevens

Run around like a chicken with its head cut off

He doesn't know whether he's going or coming

A month of Sundays

A month of Sundays is a long period of time: I haven't seen her in a month of Sundays.

مدتها، قرنی

Once in the blue moon

For/In donkey's years

For ages

A- OK /eI.../

If things are A OK, they are absolutely fine.

عالی، معرکه، بی نظیر، شماره ۱، باب میل

A-1

An ace

Best ever

Zero cool

Top-notch

Bee's knees
Crackerjack
Hunky Dory
Out of sight
Super-duper
Your cup of tea
Up to snuff/code
Out of this world
Cooking with gas
In a class all by itself
Cat's whisker/pajamas
The greatest/best thing since sliced bread

A penny for your thoughts

This is used as a way of asking someone what they are thinking about.

داشتی چی می گفتی؟ دوست دارم نظرت رو بدونم

A penny saved is a penny earned

This means that we shouldn't spend or waste money, but try to save it.

یه تومان پس انداز، یه تومان کاسبیست

≠A penny does not make me or break me

A picture is worth a thousand words

A picture can often get a message across much better than the best verbal description.

یک تصویر، ارزش صد تا کلمه را دارد

A poor man's something

Sth or sb that can be compared to sth or sb else, but is not as good is a poor man's version; a writer who uses lots of puns but isn't very funny would be a poor man's Oscar Wilde.

یه نمونه ضعیف از چیزی یا کسی

A problem shared is a problem halved

If you talk about your problems, it will make you feel better.

با مطرح کردن یک مشکل، آن مشکل نصف میشود

Two heads are better than one

It makes two to tango

A rising tide lifts all boats

This idiom, coined by John F Kennedy, describes the idea that when an economy is performing well, all people will benefit from it.

یک موج پیش رونده، همه قایق‌ها را رو به جلو می‌راند

A rolling stone gathers no moss

People say this to mean that that an ambitious person is more successful than a person not trying to achieve anything. Originally, it meant the opposite and was critical of people trying to get ahead.

بر روی سنگ غلطان، خزه نمی‌روید- معنی اخیر: آدم جاه طلب موفق‌تر از آدم بی‌خیال است!

A steal (A real steal)

If sth is a steal, it costs much less than it is really worth.

مفت، خیلی ارزان

It's a bargain (at the price)

Cost next to nothing

Do sth on the cheap

It goes for a song

Dime a dozen

A still tongue keeps a wise head

Wise people don't talk much.

لب بر سخن بستن، فرزاندگی آورد

Still waters run deep

Speech is silver, silence is golden

There is a time to speak and a time to be silent

He cannot speak well that cannot hold his tongue

A watched pot never boils

Some things work out in their own time, so being impatient and constantly checking will just make things seem longer.

چون به قوری چشم دوزی، هرگز به جوش نیاید

A1

If something is A1, it is the very best or finest.

☞ **A OK**

Abide by a decision

If you abide by a decision, you accept it and comply with it, even though you might disagree with it.

۱- مراعات کردن، پیروی کردن، پای بند بودن ۲- بی چون و چرا پذیرفتن

Abject lesson/object lesson

(India) An abject lesson serves as a warning to others.

درس عبرت

An eye-opener

Lightning bolt

About as useful as a chocolate teapot

Sb or sth that is of no practical use is about as useful as a chocolate....

کار یا شخص بی فایده

As much use as a chocolate fire-guard/teapot

As much use as a handbrake on a canoe

Good-for-nothing (for people)

No use to man or beast

Take sand to the beach

Good-for-nothing

Ne'er-do-well

About face

If sb changes their mind completely, this is an about face. It can be used when companies, governments, etc, change their position on an issue.

تحول کلی، تغییر نود درجه

U-turn

Volte-face

Do a volte-face

A perfect sweep

A turnaround / turnabout

Make a clean sweep of something

Above board

If things are done above board, they are carried out in a legal and proper manner.

به صورت قانونی، از راه درست

گرد و خاک خوردن (وسیلهٔ بلا استفاده)

Come clean

To confess or reveal all the facts about something

اعتراف کردن

☛ **Confession is good for the soul**

Come out of the closet about

Spill your guts about (slang)

Make a clean breast of something

Fess up to / Own up to

Come a cropper

(UK) Someone whose actions or lifestyle will inevitably result in trouble is going to come a cropper.

به دردسر منجر شدن، به شکست منتهی شدن

Suffer a misfortune

Fail miserably

Run aground

Come rain or shine

If I say I'll be at a place 'Come rain or shine', I mean that I can be relied on to turn up; nothing, not even the vagaries of British weather, will deter me or stop me from being there.

در هر شرایط، حتی اگر از آسمان سنگ ببارد

Come hell or high water

Come what may

If you're prepared to do sth come what may, it means that nothing will stop or distract you, no matter how hard or difficult it becomes.

☛ **Be that as it may**

Comfort zone

It is the temperature range in which the body doesn't shiver or sweat, but has an idiomatic sense of a place where people feel comfortable, where they can avoid the worries of the world. It can be physical or mental.

محل آرامش، جای دنج و آسوده

Have the constitution of an ox

If someone has the constitution of an ox, they are less affected than most

people by things like tiredness, illness, alcohol, etc.

قوی بنیه

Have hair on your chest

Tough as old boots

As strong as an ox

As hard as nails

Corner a market

If a business is dominant in an area and unlikely to be challenged by other companies, it has cornered the market.

اشغال کردن بازار، در دست داشتن بازار

Cost a pretty penny / Cost a penny penny

If something costs a pretty penny, it is very expensive.

بسیار گران تمام شدن

Cost the earth

Cost a king's ransom

Cost an arm and a leg

Pay through your nose

Cost an arm and a leg / Cost the earth

If sth costs an arm and a leg / cost the earth, it is very expensive indeed.

☞ **Cost a pretty penny**

Couch potato

A couch potato is an extremely idle or lazy person who chooses to spend most of their leisure time horizontal in front of the TV and eats a diet that is mainly junk food.

کرم تلویزیون

Could eat a horse

If you are very hungry, you could eat a horse.

بسیار گرسنه بودن، که بتونی یه گاو بخوری

Starved to death

On empty stomach

Having the munchies

Make a pig of yourself

Crash a party

If you crash a party, or are a gatecrasher, you go somewhere you haven't been invited to.

مهمان ناخوانده بودن

🌀 **Who comes uncalled, sits unserved**

Crocodile tears

If sb cries crocodile tears, they pretend to be upset or affected by sth.

اشک تمساح

Lip service

False show of emotion

Academy Award performance

False/affected/insincere/fake tears

Cry your eyes out

If you cry your eyes out, you cry uncontrollably.

به شدت گریه کردن

Cry-baby

A cry-baby is a person who gets emotional and cries too easily.

کسی که اشکش دم مشکشه، احساساتی؛ ترسو

Turn on the waterworks

Her tear-bag is precious near her eye

Curate's egg

(UK) If sth is a bit of a curate's egg, it is only good in parts and also sth with both good and bad qualities. From a story in Punch about a curate who, having been served a bad egg by his bishop, said that parts of it were excellent.

دارای ویژگی‌های هم خوب و هم بد

🌀 **Jekyll and Hyde (for people)**

Curiosity killed the cat

As cats are naturally curious animals, we use this expression to suggest to people that excessive curiosity is not necessarily a good thing, especially where it is not their business.

کنجکاوی زیاد منجر به مرگ گریه شد

The fish will be soon caught that nibbles at every bait

Too much curiosity lost paradise***Cut and dried***

If something is cut and dried, then everything has already been decided and, in the case of an opinion, might be a little stale and predictable.

مطابق نقشه و برنامه، شسته و رفته، بر طبق سرنوشت

In the cry***Cut the mustard***

(UK) If somebody or something doesn't cut the mustard, they fail or it fails to reach the required standard.

غیر استاندارد بودن

Be below par

≠ **Come up to scratch**

Cut to the chase

If you cut to the chase, you get to the point, or the most interesting or important part of sth without delay.

≠ **Beat/run around the bush**

پرداختن به اصل مطلب (معنای اصلی: زوم کردن دوربین بر روی صحنه اصلی جنگ و گریز)

Cut to the quick / Cut someone to the quick

If someone's cut to the quick by sth, they are very hurt and upset indeed.

۱- رنجیده، آزرده خاطر ۲- رنجاندن، آزرده خاطر کردن

☞ **Rub someone up the wrong way**

Cut your teeth on

The place where you gain your early experience is where you... teeth.

محل کسب تجربه اولیه

Cutting edge / leading edge

Something that is cutting edge is at the forefront of progress in its area.

پیشرفته‌ترین، آخرین مد

☞ **All at rage**

D

As daft as a brush

(UK) Someone who is daft as a brush is rather stupid.

خُل وضع، مشنگ

Out of his gourd

Silly as a goose

In the ozone

Off his nut

Dark horse

1- One who achieves unexpected support and success as a political candidate, typically during a party's convention. 2- If someone is a dark horse, they are a bit of a mystery. 3- A little-known, unexpectedly successful entrant, as in a horserace.

۱- آدمی که از طرف دستهای پنهان حمایت میشود ۲- آدم مرموز ۳- ناشناس، گمنام (مانند اسب مسابقه)

Daylight/highway robbery

If you are overcharged or underpaid, it is a daylight robbery; open, unfair and hard to prevent.

دزدی سر گردنه، دزدی تو روز روشن

Rip-off

As dead as a dodo/doornail

If sth's dead as a dodo, it is lifeless and dull. The dodo was a bird that lived the island of Mauritius. It couldn't fly and was hunted to extinction.

مرده، هفت کفن پوسانده

Dead and gone***Dead heat***

If a race ends in a dead heat, two or more of the rivals finish with exactly the same result.

(مسابقه) با نتیجه یکسان برای دو یا چند گروه

Mexican standoff**Neck-and-neck race****Blanket/photo finish****Six of one and half a dozen of the other*****Dead in the water***

If something is dead in the water, it isn't going anywhere or making any progress. (Originally nautical)

راكد، ثابت

Dead men's shoes

If promotion or success requires replacing somebody, then it can only be reached by "dead men's shoes" by getting rid of them.

زیر آب کردن سر کسی

☛ Dead men tell no tales.***Dead to the world***

If somebody's fast asleep or intoxicated and completely unaware of what is happening, they're dead to the world.

۱- در خواب سنگین ۲- مست لول

Dear John letter

A letter written by a partner explaining why they are ending the relationship is a Dear John letter.

نامه‌ای که دلیل شکستن یک رابطه را توضیح می‌دهد

Look like death warmed up (UK) / warmed over (US)

If someone looks like death warmed up, they look very ill indeed.

بسیار بیمار

Deliver the goods / Come up with the goods

The goods here mean an expected- or hoped for- result. Deliver means to come forth with

بر تعهد خود عمل کردن، وظیفه خود را انجام دادن

☞ **Cloud cuckoo land***Your head is mince*

(Scot) When sb's thoughts are in a state of abject confusion, especially when facing a severe dilemma, their head is mince.

☞ **A lost ball in the high weeds***Can't make head nor tail*

If you can't make head nor tail of something, you cannot understand it at all or make any sense of it.

☞ **Beat your brains out***Want a head on a spike*

If someone wants a head on a spike, they want to be able to destroy or really punish a person.

می خواهد که سر به تن او نباشد

☞ **Bring someone to book***His head is on the block*

If someone's head is on the block, they are going to be held responsible and suffer the consequences for something that has gone wrong.

مسئولیتش با اوست، باید پای عواقبش بایستد

☞ **Face the music***Head over heels in love*

When sb falls passionately in love and is intoxicated by the feeling has fallen head over heels in love.

یک دل نه صد دل عاشق شدن

Stuck on someone or something

Hang on someone's every word

Carry the torch (unilateral love)

Over head on ears in love

Have a crush on someone

Be hot and heavy

Fall for someone

Head south

If sth heads south, it begins to fail or start going bad. 'The project proceeded well for the first two months, but then it headed south.'

رو به اضمحلال رفتن، رو به تباهی رفتن

☞ **Go awry**

Heads will roll

If heads will roll, people will be punished or sacked for something that has gone wrong.

کارشان ساخته است، دمار از روزگارشان درمی آورند (اخراج، عزل، تنبیه...)

Headstrong

A headstrong person is obstinate and does not take other people's advice readily.

☞ **Bull-headed**

Healthy as a horse

If you're as healthy as a horse, you're very healthy.

☞ **Feel like a million**

Heap coals (of fire) on someone's head

To do sth nice or kind to sb who has been nasty to you. If sbe felt bad because they forgot to get you a Christmas gift, for you to buy them a specially nice gift is heaping coals on their head.

شرمنده کردن، خجالت دادن

Hear a pin drop

If there is complete silence in a room, you can hear a pin drop.

بسیار ساکت

As silent as the dead/grave

Hear on the grapevine

To receive information indirectly through a series of third parties, similar to a rumor.

از منابع دیگر شنیدن، اخبار افواهی مثل شایعات

By word of mouth

By verbal evidence

From pillar to post

Heart in the right place

If sb's heart is in the right place, they are good and kind, though they might not always appear to be so.

☞ **All heart**

Your heart is in your boots

If your heart is in your boots, you are very unhappy.

☞ **Feeling blue**

Heart in your mouth

If your heart is in your mouth, then you feel nervous or scared.

☞ **Cold sweat**

Your heart isn't in it

If your heart is not in sth, then you don't really believe in or support it.

دلہ با آن نیست، میلہ بہ آن نمیکشد

≠ **Set your heart in doing something**

Heart misses/skips a beat

If your heart misses a beat, you are suddenly shocked or surprised.

☞ **Bounce off the walls**

Have a heart of glass

When sb has a heart of glass, they are easily affected emotionally.

حساس، زود رنج

Wear your heart on your sleeve

Have a short temper

Be thin-skinned

Heart of gold

Sb with a heart of gold is a genuinely kind and caring person.

☞ **All heart**

Heart of steel

When sb has a heart of steel, they do not show emotion or are not affected emotionally.

سنگ دل، بی عاطفہ

As hard as nails

Heart-to-heart

A heart-to-heart is a frank and honest conversation with sb, where you talk honestly and plainly about issues, no matter how painful.

(گفتگو) صریح، رک

☞ **Call a spade a spade**

Heaven knows / God knows

If you ask someone a question and they say this, they have no idea.

خدا می داند، من چه می دانم؟

Search me!

How long is a piece of string?

Heavenly bodies

The heavenly bodies are the stars.

ستارگان

Heavy-handed

If sb is heavy-handed, they are insensitive and use excessive force or authority when dealing with a problem.

۱- دارای دست سنگین، ۲- زمخت، بی احساس، بی ملاحظه

Have a heart of steel

As hard as nails

Hedge your bets

If you hedge your bets, you don't risk everything on one opportunity, but try more than one thing.

خطر را پخش کردن، به یکباره ریسک نکردن

Don't put all your eggs in one basket

Hell for leather

If you do something hell for leather, especially running, you do it as fast as you can.

با سرعت تمام

At full speed/tilt

Go to hell in a handcart

If sth is going to hell in a handcart, it is getting worse and worse, with no hope of stopping the decline.

رو به فساد و تباهی رفتن

☞ **Go awry**

Here today, gone tomorrow

Money, happiness and other desirable things are often here today, gone tomorrow, i.e., they don't last for very long.

آنچه را نباید، دلبستگی نشاید

That dog won't hunt (slang)

(USA) A Very common Southern US expression meaning: What you say makes no sense.

الکی واق واق نکن، مزخرف نگو

That is the way the cookie crumbles

"That's the way the cookie crumbles" means that things don't always turn out the way we want.

قضا و قدر را نمیشود عوض کرد، کاری نمیتوان با آن کرد

That's the way the ball bounces. (US informal)***That makes two of us***

A speaker says "that makes two of us" to indicate agreement with what another speaker just said. For example, I can say, "I wish I would win the lottery." A listener who says "That makes two of us" is indicating the he or she wants to win the lottery, too.

من هم همینطور

That ship has sailed

A particular opportunity has passed you by when that ship has sailed.

شانست از دست رفت، موقعیت خوب پرید

That's all she wrote

(USA) This idiom is used to show that sth has ended and there is nothing more to say about sth.

دیگه حرفشو نزن، والسلام

The apple does not fall far from the tree

Offspring grow up to be like their parents.

بچه به پدر مادرش می رود

Like mother, like daughter

Like father, like son

The be all and end all

'The be all and end all' means that a sth is the final, or ultimate outcome or result of a situation or event.

نهایت چیزی، نتیجه چیزی

The bigger they are, the harder they fall

This idiom means that the more powerful have more to lose, so when they suffer sth bad, it is worse for them.

لاجرم هر کس که بالاتر نشست، استخوانش سخت تر خواهد شکست

The common weal

Something which is done in the interests and for the benefit of the majority or the general public.

عام المنفعه

The line forms on the right

Sth's meaning is becoming clear when the line forms on the right.

معما دارد حل می شود

The more, the merrier

The more the merrier means that the greater the quantity or the bigger the number of something, the happier the speaker will be.

هر چه بیشتر، بهتر

The Mountie always gets his man

(Canada) The Mounties are the Royal Canadian Mounted Police and they have a reputation for catching criminals they are after.

جانبايان بالاخره گير مي افتند

The penny dropped

When the penny drops, sb belatedly understands sth that everyone else has long since understood.

دوريالي افتاد؟

The plot thickens

When the plot thickens, a situation gets more complicated and difficult.

اوضاع پيچيده تر مي شود

The rough and tumble (of...)

The rough and tumble refers to areas of life like business, sports, politics, etc, where competition is hard and people will take any advantage that they can: Children learn a lot in the rough and tumble of school life.

كشاكش، گيرودار، شلم شورباي...

The sands of time are running out (for sb/sth)

This means that time runs out either through something reaching an end or through a person's death. It comes from the sand used in hourglasses, an ancient way of measuring time.

دیگر فرصت چندانی باقی نمانده است

Take the short straw

If you take the short straw, you lose a selection process, which means that you have to do something unpleasant.

گزینهٔ دیگری نداشتن، ناچار به انتخاب.....بودن

The sun might rise in the west

When people say this, they mean that they don't expect sth to happen.

هر چی بگویی برمی آید! (به تعجب)

The whole shooting match

Everything, the entire object, or all the related parts.

☞ **Box and dice**

The world and his wife

If the world and his wife were somewhere, then huge numbers of people were present.

☞ **Every man and his dog**

There are many ways to skin a cat (informal)

This means there are many different ways of doing the same thing.

راه‌های زیادی برای انجام کاری است

All roads lead to Rome

There is no time like the present

If people say this proverb, they believe that it is far better to do sth now than to leave it for later, in which case it might never get done.

☞ **He who hesitates is lost**

There's never a road without a turning

No situation in life stays the same forever.

در همیشه بر روی یک پاشنه نمی چرخد

There's no such thing as a free lunch

This idiom means that you don't get things for free, so if sth appears to be free, there's a catch and you'll have to pay in some way.

هیچ چیز را به آدم مفت نمی دهند

There's the rub

The meaning of this idiom is 'that's the problem'.

مشکل همینجاست.

Thick and fast

If things are happening thick and fast, they are happening so fast they seemed to be joined together.

یکریز، پشت سرهم، مسلسل وار، بسیار سریع

As thick as mince

(UK) If someone is as thick as mince, they are very stupid indeed.

☞ **Bird-brained**

As thick as thieves

If people are thick as thieves, they are very close friends who have no secrets from each other.

☞ **Alter ego**

Thick-skinned

If a person is thick-skinned, they are not affected by criticism.

پوست کلفت، بی‌رگ

Thin as a rake

A rake is a garden tool with a long, thin, wooden handle, so someone very thin is thin as a rake.

☞ **All skin and bone**

Thin blue line

(UK) The thin blue line is a term for the police, suggesting that they stand between an ordered society and potential chaos. (Police uniforms are blue.)

نیروی پلیس

Thin end of the wedge

The thin end of the wedge is sth small and seemingly unimportant that will lead to sth much bigger and more serious.

مشتی از خروار، جزء کوچکی از

Thin line

If there's a thin line between things, it's hard to distinguish them- there's a thin line between love and hate.

به اندازه یک تار مو، دارای مرز نامشخص

Thin-skinned

If sb is thin-skinned, they are very sensitive to any sort of criticism.

حساس، نازک نارنجی

Have a heart of glass

Have a short temper

Think outside the box

If you think outside the box, you think imaginatively and creatively.

خلاق بودن، مبتکرانه اندیشیدن

Think the world of sb/sth

To hold sth or sb in very high esteem. To love or admire immensely.

پرستیدن، شیفتهبودن، یک دنیا ارزش قایل شدن

The third degree

If sb is given the third degree, they are put under a great deal of pressure and intimidation to force them to tell the truth about sth.

بازپرسی شدید و طولانی همراه با شکنجه

Third rail of something

The third rail of something is dangerous to alter or change. Originally, the third rail is the one carrying the electricity for a train.

چیزی که تغییر آن خطرناک است

Third time's the charm / Third time lucky

This is used when the third time one tries something, one achieves a successful outcome.

تا سه نشه، بازی نشه

Thorn in your side / Thorn in the flesh

A thorn in your side is someone or something that causes trouble or makes life difficult for you.

خاری در گلو، مایه آزار

A pain in the neck

Those who live by the sword die by the sword

This means that violent people will be treated violently themselves.

هر چه کنی به خود کنی

Three/seven sheets in/to the wind

(UK) Someone who is three sheets in the wind is very drunk.

☞ **High as a kite**

Thrilled to bits

If you are thrilled to bits, you are extremely pleased or excited about something.

با دم خود گردو شکستن، حسابی خوشحال بودن

☞ **Over the moon**

Through gritted teeth

If you do something through gritted teeth, you accept or agree with it against your will and it is obvious to others how you really feel.

با نارضایتی پذیرفتن، با بی میلی قبول کردن

Through the ceiling

If prices go through the ceiling, they rise very quickly.

(قیمتها) سر به فلک/آسمان زدن

Through the floor

If prices go, or fall, through the floor, they fall very quickly.

(قیمتها) رو به کاهش گذاشتن

Through thick and thin

If someone supports you through thick and thin, they support you during good times and bad.

در فراز و فرود، در سختی و آسانی

Throw someone a curve/curveball

(USA) If you throw someone a curve, you surprise them with sth they find difficult to deal with.

☞ **Bounce off the walls**

Throw a monkey wrench into the works (USA)

If you throw a monkey wrench into the works, you ensure that sth fails.

چوب لای چرخ کسی گذاشتن

Throw a sickie

If you pretend to be ill to take a day off work or school, you throw a sickie.

خود را به مریضی زدن، تمارض کردن