

# Valentine's Day Idioms

## "to have a heart of gold"

- to care about other people
- generous, sincere, and friendly

*Example: Steven has a heart of gold because he is always helping others.*

Make your own:

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## "to have a big heart"

- to be giving, caring

*Example: The man has a big heart for saving that cat from the fire.*

Make your own:

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## "to be cold-hearted"

- lacking in sympathy, not compassionate
- indifferent or unkind

*Example: He was cold-hearted for breaking up with her on Valentine's Day.*

Make your own:

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## "to wear your heart on your sleeve"

- To let everyone know how you feel about someone
- Someone who tells others easily about their feelings
- Display one's emotions openly

History: This phrase may derive from the custom at Middle Ages jousting matches. Knights are said to have worn the colors of the lady they were supporting, in cloths or ribbons tied to their arms.

*Example: John always has his heart on his sleeve so that everyone knows his political stance on views.*

Make your own:

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"to cross your heart and hope to die"

- to make a promise

History: The phrase use to be in a religious oath based on the sign of the cross

*Example: Susan crossed her heart and hoped to die that she had cleaned her room to her mom.*

Make your own:

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"to cry your heart out"

- to cry a lot
- feel really badly about something that it makes your cry
- weeping

*Example: I cried my heart out when I learned that my dog died.*

Make your own:

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"from the bottom of your heart"

- to really mean something
- genuine feeling of truth

*Example: When I returned the lost purse to the owner, she thanked me from the bottom of her heart.*

Make your own:

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"to have a change of heart"

- to change your mind
- change ones opinion or the way they feel about something

*Example: She was going to sell the house but had a change of heart at the last minute.*

Make your own:

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"to have a heart-to-heart"

- an intimate conversation in private
- having an honest talk
- sharing your feelings with another person

*Example: We had a heart-to-heart about the issue and we're getting on much better now.*

Make your own:

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"head-over heels in love"

- madly in love
- to really love someone

*Example: His smile made Lisa fall head-over-heels in love for him.*

Make your own:

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