

1. At arm's length	at a distance	The teachers should keep the students at arms
2. At cross purposes	misunderstanding of each other's meaning or internal	I think we are talking at cross purposes.
3. At home in/with something	be happy and relaxed	I am not feeling home in/with this new job.
4. At length	finally	At length, Gilbert won her love.
5. At One's wits' end	very worried	She was at her wits end worrying about how to pay the bill.
6. At random	without any definite aim or pattern	He opened the book at random and started reading.
7. At sixes and sevens	disorganized and confused	The boys were at sixes and sevens when the teacher entered the class room.
8. At somebody's heels	following closely behind somebody	The thief ran away with the police at his heels.
9. At stake	that can be won or lost up	We cannot take the risk when our life is at stake.
10. At the eleventh hour	at the last moment	He called off his plan at the eleventh hour.
11. At the end of the day	used to introduce the most important fact after everything has been considered	At the end of the day, the best team won.
12. At the risk of	with danger	He took bribe at the risk of his job.
13. At times	sometimes but not usually	At times, he looks mad in anger.
14. At/In a pinch	if need be	At a pinch we could accommodate five people.
15. Be / Get out and about	to go to places where you can meet people	She is still shy, she never gets out and about
16. Be / Hang in the balance	to be in uncertain situation	The match hung in the balance until the last minute
17. Be at a loose end	having nothing to do and feel rather bored	Let us see a movie if you are at a loose end.
18. Be at a loss for words	unable to speak, speechless	I was at a loss for words in the party.
19. Be at daggers drawn	be hostile	She is at daggers drawn with her husband.
20. Be at hand	near, close by	I am working hard as the examination is at hand.

21. Be at large	be free	The two robbers are still at large.
22. Be at one's beck and call	be ready to obey	He did not want to be at her beck and call all day long

23. Be at sea	to be confused	I am all at sea with this problem.
24. Be at/reach the end of one's tether	to feel very upset because you are no longer able to deal with a difficult situation	Leon was at the end of his tether, too angry to answer.
25. Be driven / passed from pillar to post	from one place to another place	The homeless people were driven from pillar to post during the war
26. Be equal to	be able to handle a situation	The plane Caught fire but the pilot was equal to the occasion and landed safely.
27. Be far/long cry from	to be very different	This food is a far cry from what we eat at home.
28. Be hard up	be short of money	John often helps the hard up students.
29. Be ill-at-ease	uneasy	She felt ill-at-ease in rough clothes.
30. Be in good spirit	be happy	She was in good spirit on her birthday.
31. Be in high spirits	be excited	We started our journey in high spirits.
32. Be in low spirit	be sad	She was in low spirit at the death of her friend.
33. Be in somebody's bad books	used to say that somebody is angry with you	Now I am in his bad books because I have not paid him the debt.
34. Be in somebody's good books	used to say that somebody is pleased with you	Now I am in his good books because I have paid him the debt.
35. Be in/Get into hot water	get into trouble/disgrace	You may get into hot water if you disobey your boss.
36. Be on one's ground	on one's own terms	I will meet him on my own ground.
37. Be on your guard	be vigilant, be wary	In the fair, everyone was on his guard against pickpockets.
38. Be on your last legs	very tired	After the journey, she looked to her last legs.
39. Be out of one's element	be in a situation that makes you unhappy	I am out of my element in the company of smokers
40. Be part and parcel of	be natural part of something	To work in this field is part and parcel of a farmer's life.

41. Be short of	be lacking in	After illness, he is short of brains.
42. Be sick of	be bored with something	I am sick of working late at night.
43. Be taken ill / sick	to become ill	Her father was taken ill with fever last Sunday

44. Be under the thumb of	be under the influence of somebody	He cannot do anything freely as he is under the thumb of his boss.
45. Be up in arms	to be very angry	There is no need to be up in arms over such a trifle.
46. child's play	thing that is very easy to do	It is no Child's play to write, good book in a month
47. Cold comfort	something that makes a difficult situation slightly better	The small employment growth is cold comfort for jobless people.
48. Come into one's own	to become very good	Ali has come into his own as a writer.
49. Come of age	reach adult status	A man should get married, when he came of age.
50. come to an end	to finish	The war came to an end at last.

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