



CAE – Phrases & Idioms

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FIND YOUR...

Find your feet

to start to feel confident and able to deal with a new situation.

- It took me a while to **find my feet** in my new job.
- At the beginning, Mike had trouble to adapt to the new school, but has since **found his feet**. He's made many new friends and has even joined the school football team.

Find/get your bearings

to find out where you are and where other things are

- We got lost in the city centre, but after a while we managed to **find our bearings** and headed back to our hotel.
- It is hard to **get your bearings** in unfamiliar surroundings.

Find your voice/tongue

to be able to speak or express your opinion.

- When they offered a reward, some of the witnesses found **their voices**.
- Peter could not **find his tongue** when he was asked to talk in the meeting.

Find your touch

to start to do something very well

- It took Ronaldo a while to **find his touch**, but once he did there was no stopping him.
- Wayne Rooney has to **find his touch** this season to continue to give Manchester United fans the joy they deserve.

Find your way

To manage to get to a place

- She got lost, but eventually managed to **find her way** home.
- Will you be able to **find your way** back to your hotel?

Find yourself doing something

to realize that you are in a place or doing something without really intending or planning to

- I have no idea how it happened, but later that evening I **found myself** in a nightclub surrounded by celebrities.
- At first, I thought I wouldn't like the book. However, I later **found myself** reading it for hours and not knowing where the time had gone.