



Affect someone's attention or focus



C1 Advanced
learn how to do
Key Word Transformation
exercises

SIDETRACK

to direct a person's attention away from an activity or subject towards another one that is less important:

Be/get sidetracked

- I'm sorry I'm late - I got sidetracked.
- It's easy to get sidetracked by the design details.
- Jenny was looking for an envelope in a drawer when she was sidetracked by some old letters.

to delay the progress of something by causing people to waste time on something else that is unimportant

Sidetrack sb into sth

- The students sidetracked their teacher into talking about her hobby.

Sidetrack sb from sth

- The issue sidetracked me from my task.

DISTRACT

to get someone's attention and prevent them from concentrating on something

Be/get distracted

- She was distracted by the sound of running water.
- When driving, you can't get distracted for even one second.

Distract from

- If the TV is distracting you from your homework, turn it off.

Distract (someone's) attention from something:

to do something in order to stop someone from paying attention to something

- They tried to distract attention from the crisis.
- The nurse talked to the baby to distract his attention from the injection.

PUT SOMEBODY OFF

to prevent someone from concentrating on something so that they have difficulty doing it

- Stop laughing – you'll put her off.
- Don't talk to me while I'm counting, you'll put me off.
- The unexpected interruption put the presenter off and made them lose their train of thought during the speech.

Phrase: Put someone off their stride/ stroke

to stop someone from thinking clearly, so that they do not do it as well as usual

- The player's bad behaviour is a tactic designed to put his opponent off his stride.
- He was put off his stroke by the arguing in the next room.