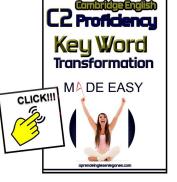
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C2 PROFICIENCY Learn how to do Key Word Transformation Exercises

GO OVERBOARD

go overboard (with something)- idiom C2 (inf.) to do something too much, or to be too excited or eager about something:

- Amelia always goes overboard when she buys gifts for her friends and family.
- She went overboard with the decorations for the party and spent way too much money.

go overboard on something to overindulge in something or to be overly enthusiastic about something.

• Don't go overboard on fitness.

be/get/spiral out of control

- I went overboard on the dessert and now I feel sick.
- She went overboard on her praise for the new employee, and it seemed insincere.

OUT OF CONTROL

get out of hand no longer under control and is becoming chaotic

hand.

or difficult to manage

- The fire was out of control and spread quickly through the dry forest.
- One of their biggest priorities is to prevent costs from getting out of control.

becoming chaotic or difficult to manage

• We have to keep costs from spiralling out of control.

OVERDO

overdo something

to do something excessively, beyond what is necessary or appropriate.

- She really overdid the sympathy.
- to use too much of something
- Don't overdo the salt in the food.

overdo it with something : to do something in a way that is too extreme:

- Don't overdo it with the alcohol at the party tonight.
- I overdid it with the spicy food last night and now my stomach is upset.
- overdo it/things: to work, study, etc. too hard or for too long
- He's been overdoing things recently. / I overdid it in the gym and hurt my back.

GO TOO FAR

inf.)	go too far - idiom C2 (informal)
cited	to behave in a way that upsets or annoys people:
	• His jokes are funny, but sometimes he goes
e buys	too far.
	 This time you've gone too far!
ns for	to behave in a way that is unreasonable
ey.	• Threatening legal action is really going too far.
	go too far with something
y	to do more of something than is reasonable or
	acceptable.
	• I went too far with the sugar, I put too much
w I	in my coffee

It's important to exercise regularly, but don't go too far with it and risk injuring yourself.

OUT OF HAND

He went to see his doctor because he felt his

We decided to leave before things got out of

drinking was getting out of hand.