



Your heart goes out to  
someone

Искренне сочувствовать кому-  
либо, жалеть кого-либо



**Eat one's heart out**

**Сильно тревожиться**



Open one's heart to  
(someone)

Откровенничать о своих  
чувствах



Take (something)  
to heart

Принимать близко к сердцу

One little girl was crying all the time and when asked why she was crying, she couldn't say anything. The girl didn't know why she couldn't calm down and was crying. And then one day the girl was crying again, she had no reason to. Her friend came up to her and asked, "do you know why you keep crying?" The girl answers: "No." A friend came up to her, hugged her and said: "You are very worried, do not take everything to heart . If you want to calm down, breathe and think good thoughts." The girl began to calm down. She worked on her emotions for a long time. And she did it.