



American Expression E0795 Stick to your guns

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"Stick to your guns" is an idiomatic expression that encourages individuals to remain resolute and unwavering in their beliefs, principles, or decisions, even in the face of opposition or challenges. The phrase suggests that one should stand firm in their convictions and not be easily swayed or influenced by external pressures or changing circumstances.

The origin of the expression can be traced back to the world of warfare and military tactics. In the past, soldiers were often advised to "stick to their guns," meaning they should remain steadfast and hold their position in the face of enemy attacks, rather than retreating or surrendering. This strategy was intended to maintain a strong defense and deter the enemy from advancing.

Over time, the phrase has evolved to encompass various aspects of life beyond the battlefield. It is now commonly used in personal, professional, and social contexts to encourage determination and perseverance in pursuing one's beliefs, values, and goals.

In personal life, "sticking to your guns" can involve staying true to your values and principles, even when others may disagree or try to persuade you otherwise. It can be particularly important during times of uncertainty or difficult decisions, as it helps individuals stay grounded and focused on their core beliefs.

In professional settings, "sticking to your guns" can be essential in situations where individuals need to defend their ideas, decisions, or proposals. It demonstrates confidence and self-assurance, and it can also help garner respect from colleagues and superiors who value strong convictions.

While "sticking to your guns" can be a sign of strength and resilience, it is essential to approach this concept with mindfulness and flexibility. While standing firm in one's beliefs is important, it is also essential to be open to new information, feedback, and constructive criticism. Rigidity can hinder growth and learning, so striking a balance between staying true to one's values and being receptive to alternative perspectives is crucial for personal and professional development.

The phrase can also be used in situations where individuals or groups advocate for change or challenge the status quo. In such cases, "sticking to your guns" may involve maintaining a strong stance despite resistance or opposition from traditional or established norms.

However, it is important to consider the ethical implications of sticking to one's guns, especially in situations where beliefs or actions may harm others or perpetuate injustices. Balancing personal convictions with empathy, compassion, and consideration for the well-being of others is essential in building a more inclusive and equitable society.

In conclusion, "stick to your guns" is an idiomatic expression that encourages individuals to remain resolute in their beliefs, principles, and decisions, regardless of opposition or challenges. Rooted in military tactics, the phrase has become a symbol of determination and perseverance in various aspects of life. While "sticking to your guns" demonstrates strength and self-assurance, it is equally important to remain open to new information and feedback, finding a balance between staying true to one's values and embracing growth and change. Ethical considerations should also guide the application of this expression, promoting empathy and inclusivity in all actions and decisions.

#### Questions for Discussion

1. Can you think of a personal experience where you had to "stick to your guns" and stand firm in your beliefs or decisions? How did this experience shape your character and approach to handling future challenges?
2. In professional settings, how can individuals effectively "stick to their guns" while also being receptive to feedback and new ideas? What strategies can help maintain confidence and conviction without becoming rigid or resistant to change?
3. "Sticking to your guns" is often associated with determination, but how can one strike a balance between perseverance and knowing when to adapt or change course? What are the indicators that signal the need for flexibility in one's beliefs or decisions?
4. In discussions or debates, "sticking to your guns" can sometimes lead to conflicts and impede constructive dialogue. How can we foster an environment where diverse perspectives are respected while also encouraging individuals to assert their convictions?
5. Ethical considerations are essential when "sticking to your guns," especially in advocating for change or challenging established norms. How can individuals ensure that their convictions align with values of empathy, compassion, and social responsibility to promote positive and meaningful impact in society?