



American Expression E1292 Fed up

IOTS Publishing Team  
International Online Teachers Society  
Since 2011

"Fed up" is a common idiomatic expression that signifies a state of intense frustration, annoyance, or weariness. It's a phrase people use to convey that they have reached a point where they can no longer tolerate a particular situation, circumstance, or individual. This idiom reflects the feeling of being overwhelmed or exasperated by a persistent issue or an ongoing source of irritation.

The word "fed" in this context doesn't refer to being physically full from eating, but rather to the idea of being mentally and emotionally "fed up" with something. It signifies a sense of being emotionally drained or exhausted due to an ongoing problem or annoyance.

When someone says they are "fed up," they are essentially expressing their dissatisfaction and impatience. It's as if they've reached the limit of their patience and tolerance and can no longer endure the situation or behavior that has been bothering them. This can apply to various aspects of life, including work, relationships, or even broader societal issues.

In a work context, an employee might say they are "fed up" with their job if they feel overworked, underappreciated, or if there are persistent problems in the workplace that have not been addressed. This frustration can lead to a desire for change, whether that means seeking a new job or advocating for improvements in the current one.

In personal relationships, someone might express that they are "fed up" with a friend or family member who continually exhibits hurtful or negative behavior. This can be a signal that the relationship has become toxic or that boundaries need to be established for the well-being of both parties.

On a broader scale, societal issues and injustices can lead people to declare that they are "fed up" with the status quo. This can spark movements for change and social reform, as individuals come together to address issues that have been ignored or perpetuated for too long.

The feeling of being "fed up" is often accompanied by a desire for resolution or relief. It can serve as a catalyst for taking action, whether that means addressing the source of frustration head-on, seeking support and advice from others, or making significant life changes.

Interestingly, while "fed up" is generally associated with negative feelings, it can also be seen as a form of self-awareness and a step toward personal growth. Recognizing one's own limits and boundaries is an important aspect of emotional intelligence, and it can lead to healthier decision-making and improved overall well-being.

In conclusion, "fed up" is an idiomatic expression that conveys a deep sense of frustration and weariness with a situation or individual. It signifies a point at which someone can no longer tolerate ongoing irritation or stress and may seek change or resolution. This phrase reflects the common human experience of encountering challenges and reaching a breaking point, prompting individuals to take action or make necessary adjustments for their own well-being.

#### Questions for Discussion

1. Have you ever found yourself in a situation where you were "fed up" with something or someone? What was the trigger, and how did you eventually address or resolve the issue?
2. How do you personally cope with feelings of being "fed up"? Are there specific strategies or techniques you use to manage frustration and decide on a course of action?
3. In what ways can being "fed up" be a catalyst for positive change, either in personal relationships, work, or broader societal contexts? Can you provide examples from your own experiences or observations?
4. Are there cultural or societal factors that influence how people express or handle being "fed up"? Do different cultures have unique ways of dealing with frustration and seeking resolution?
5. Can you think of instances where being "fed up" led to significant social or political movements aimed at addressing systemic issues or injustices? How did these movements come about, and what impact did they have?