



American Expression E1732 Put a crimp in my plan

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The phrase "put a crimp in my plan" is an idiom used to describe a situation where an unexpected obstacle or setback arises, disrupting someone's carefully laid-out plans or intentions. It signifies that something unforeseen has occurred, hindering progress or causing inconvenience.

The origin of this phrase can be traced back to the word "crimp," which originally referred to a small, narrow fold or bend in a material. In the context of the idiom, "crimp" symbolizes an unwanted wrinkle or fold in the otherwise smooth fabric of one's plans, causing them to become less straightforward and more complicated.

When this expression is used, it implies that someone had a clear and organized plan in mind, but due to some external factor, that plan has been compromised or rendered less effective. It might be a sudden change in circumstances, an unexpected problem, or an interference that interferes with the smooth execution of the plan.

For example, imagine you've meticulously planned a road trip, with each day's route and accommodations carefully arranged. However, on the first day of your journey, your car breaks down, leading to unexpected repairs and delays. In this scenario, the car trouble has "put a crimp in your plan" because it has disrupted the seamless execution of your road trip itinerary.

This phrase is commonly used in both personal and professional contexts. In everyday life, it can apply to situations like a sudden illness preventing you from attending a long-awaited event or unexpected weather conditions affecting outdoor activities. In business, it might refer to a change in market conditions that forces a company to reconsider its strategic plans.

"Putting a crimp in someone's plan" is a relatable experience because it highlights the unpredictability of life. It reminds us that no matter how well we prepare or how thoughtfully we plan, external factors beyond our control can intervene and alter our course. However, it's crucial to note that facing such setbacks can also lead to adaptability and problem-solving skills.

Dealing with a "crimp in the plan" often necessitates flexibility and the ability to adjust to changing circumstances. Instead of becoming discouraged or frustrated, individuals are encouraged to find alternative solutions or work around the obstacle to achieve their goals. This adaptability can lead to personal growth and resilience in the face of adversity.

In conclusion, "put a crimp in my plan" is an idiomatic expression that illustrates the idea of encountering unexpected setbacks or obstacles that disrupt carefully made plans. It serves as a reminder that life is inherently unpredictable, and individuals must be prepared to adapt and find solutions when confronted with challenges. This phrase reflects the reality that resilience and adaptability are valuable qualities when navigating the twists and turns of life.

Questions for Discussion

1. Can you share a personal experience where an unexpected event or obstacle "put a crimp in your plan"? How did you react, and what steps did you take to overcome the setback?
2. In what ways does the idiom "put a crimp in my plan" resonate with your experiences in everyday life, whether in personal relationships, work, or leisure activities?
3. How can individuals develop resilience and adaptability to better handle situations where their plans are disrupted by unforeseen circumstances? Do you have any strategies or personal approaches to share?
4. Can you think of historical or famous examples where significant events or discoveries occurred because someone's original plans were disrupted, leading to unexpected outcomes or opportunities?
5. When facing a setback that has "put a crimp in your plan," do you find it more productive to adapt your goals and expectations, or do you typically strive to overcome the obstacle and stick to your original plan? What factors influence your decision in such situations?