

Back Idioms Lesson 3 - Beginners



a pat on the back

- praise, congratulations, encouragement

The man was given a pat on the back for his efforts to stop pollution in the river.

scratch (someone`s) back

- do a favor for someone in the hope that they will do something for you

If you scratch the supervisor's back he will help you when you need help.

stab (someone) in the back

- betray someone

My friend stabbed me in the back although I made an effort to help him get a job.
