

O o

oaks أول الغيث قطرة

great/mighty oaks from little acrons

grow كبرى المؤسسات نمت من أصول صغيرة

e.g. Microsoft, which is now the biggest independent software company in the world, was found in 1975 by just two men. It goes to show that great oaks from little acrons grow.

oar

put/stick your oar in

تتدخل في مناقشة أو موقف بلا داع فتغضب الآخرين

e.g. I don't want Janet coming to the meeting and sticking her oar in-she knows nothing about the situation.

oats

get your oats يمارس الجنس بانتظام

e.g. Dan seems a lot happier these days.

I think he must be getting his oats.

rest on one's oars

يركن إلى الراحة، يأخذ قسطاً من الراحة

e.g. They have worked hard all summer and now the garden is looking really nice. Perhaps now they can sit back and rest on their oars.

object

an object lesson

"مقولة" - عبرة لمن يعتبر، مثال يتعلم منه الناس

e.g. The way he handled this situation provided an object lesson in how to deal with a dissatisfied customer.

obligation

under an obligation ملزم بفعل كذا

e.g. Please don't feel under any obligation to come.

obligations

discharge one's obligation

يفي بالتزاماته أو ينفذها ، يقوم بواجباته

e.g. You are expected to discharge your obligation.

oblivion

sink into oblivion

يطويه النسيان ، يصبح نسياً منسياً

e.g. He used to be quite a popular artist but now he's sunk into oblivion.

occasion

rise to the occasion ينهض بمتطلبات الموقف

e.g. It's not easy to play your first match in front of a crowd that size but he certainly rose to the occasion.

odd

the odd man/one out الشيء الغريب أو

الشخص الغريب عن المجموعة - البطة السوداء (ع.م)

e.g. I felt like the odd man out yesterday.

Everyone was watching football except me.

odds

odds and ends

odds and sods

أشياء متفرقة ، مهملات ، أشياء مبعثرة

e.g. I eventually found my keys buried beneath the odds and ends in the bottom of my bag.

against (all) the odds

بالرغم من كل الظروف المضادة ، رغم كل الصعاب

against all odds

e.g. They're at odds over the funding for the project.

be at odds with sth

عبارة أو وصف لا ينطبق على الحقيقة ، مخالف للواقع

e.g. Blacke's version of events was at odds with the official police report.

pay over the odds

تدفع زيادة عن الثمن الذى يستحقه الشيء، زيادة عن الطبيعى

e.g. It's a nice enough car but I'm sure she paid over the odds for it.

off

off the peg - off the hook

ملابس تباع على الشماعة بمقاسات موحدة

e.g. If I buy trousers off the peg they're always too short.

off - chance

on the off chance

بالصدقة ، على سبيل المصادفة دون تأكد ، احتمال

e.g. Journalists often investigate film stars' private lives on the off-chance that they might find something scandalous.

off-colour

be off - colour

معتلّ صحياً ، متوعلك ، شاحب ، لونه مخطوف

e.g. He had flu a couple of months ago and he's been a bit off-colour ever since.

off-colour

نكات أو تعليقات خارجة (جنسية) تخدش الحياء

e.g. Some of his jokes were a little off-colour and I don't think my grandparents particularly appreciated them.

off-the-cuff عفوى، دون تحضير، تلقائى

e.g. He made several off-the-cuff remarks which he later denied.

oil

be no oil painting غير جذاب الشكل (تهكمى)

e.g. She has an interesting face but she's no oil painting.

pour oil on troubled waters

يطفى النار، يهدئ الجو، يصلح الأمور بين المتشاجرين

e.g. She was furious with Dave for forgetting her birthday so I tried to pour oil on troubled waters by offering to take

them both out for a meal.

old

old hat موضة قديمة

e.g. We did not find the lecture very interesting; the ideas were a bit old hat.

Old Nick

الشیطان فى الديانة المسيحية (عدو الله)

e.g. In his latest film, he plays a gambler who sells his soul to Old Nick in return for winning a fortune.

an old chestnut موضوع مقولة ،

أو فكرة أو نكتة فقدت تأثيرها من كثرة التكرار

e.g. I wondered whether there might after all be some truth in the old chestnut that one's school days are the happiest of one's life.

an old flame حب قديم، محبوب فى الماضى

e.g. John had not met Mary for some years; she was an old flame of his.

an old hand إنسان ذو خبرة ودراية بموضوع ما

eg. Get James to help you with selling the house; he's an old hand at that sort of thing.

an old maid

عانس ، امرأة لم تتزوج (تعبير قديم)

e.g. Terrified of becoming an old maid, she married the first man who made her an offer.

an old wives' tale

أحاديث العجائز ، حديث خرافة ، نصيحة قديمة فى الماضى ثبت عدم صحتها

e.g. It's an old wives' tale that drinking alcohol before you go to bed helps you sleep.

The Old Bill البوليس (تعبير قديم)

e.g. The Old Bill was round here yesterday asking where you were.

the old country الوطن القديم وخاصة أوروبا

e.g. Pounds, francs, lira. They're all the same

to many Americans touring the old country.

the old guard من عمل في مؤسسة

لمدة طويلة ولا يقبل أى تغيير فيها

e.g. She has tried to resist attempts by the old guard to halt the reform process.

The old school tie ارتباط الدراسة ، زملاء

دراسة بعد التخرج ، خريجو المدارس الخاصة يساعدون بعضهم بعد التخرج فى إيجاد وظائف

e.g. The old school tie still has enormous power in many city companies.

be as old as Methuselah

Methuselah شخصية فى الإنجيل عاش ٩٦٩ سنة =

التعبير كناية عن طول العمر

e.g. I was a young boy at the time so to me he looked as old as Methuselah but he was probably only in his sixties.

be as old as the hills قديم جداً

e.g. Difficult relationships between parents and children are nothing now; the problem's as old as the hills.

for old times' sake

إحياء للصداقة القديمة أو العشرة

e.g. Do you want to have lunch together sometimes, just for old times' sake?

of the old school من أصحاب المدرسة

القديمة يتبع التراث القديم ولا يقتنع بالحديث

e.g. She was a teacher of the old school and believed in strict discipline.

open/reopen old wounds

يذكر الأحزان القديمة، نكا الجرح القديم

e.g. For many soldiers who served in Vietnam, the current conflict has reopened old wounds.

you can't teach an old dog new tricks

من الصعب أن تغير ما تعود عليه المرء فى العمل

e.g. You're never going to teach your father at the age of 79 to use a computer. You

can't teach an old dog new tricks, you know.

old-boy

an old-boy network مجموعة من أصدقاء

الدراسة فى المدارس الخاصة الغالية يساعدون بعضهم بعد التخرج فى إيجاد وظائف تناسبهم

e.g. He admitted the old boy network had once existed in the company but said that things had changed now.

oldest

the oldest profession (in the world)

البغاء - بائعة الهوى (تهكمى)

e.g. I believe she made a living in the oldest profession in the world.

the oldest trick in the book أقدم خدعة

فى التاريخ ، أحدهم يلفت انتباهك والآخر ينشك

e.g. It was the oldest trick in the book-one man distracted me while another stole my wallet.

olde-worlde

olde-worlde

مكان يبدو عليه القدم إما قدم حقيقى أو مصطنع

e.g. It's a sweet little village, full of olde-worlde charm. They own a dreadful old-worlde tea-shop with fake wooden beams and lace everywhere.

olive

hold out/offer an olive branch علامة

السلام - تقول أو تفعل شيئاً يدل على نهاية النزاع

e.g. He held out an olive branch to the opposition by releasing 42 political prisoners.

an olive branch وسيلة للصالح

e.g. I've invited them around to dinner by way of an olive branch.

omelette

you can't make an omelette without

breaking eggs

لن تستطيع عمل شيء نافع دون القيام بأعمار ضارة

e.g. Twenty jobs will have to be cut if the company's going to be made more efficient. But you can't make an omelette without breaking eggs.

on

on and off

off and on شيء يحدث منذ مدة طويلة بشكل غير منتظم أى يعمل فترة ويتوقف فترة أخرى

e.g. I've had toothache on and off for the past three months.

be on about

ماذا يعنى الشخص أو الموضوع أو الكتاب

e.g. I read her book, but I couldn't understand what it was on about.

What are you on about? I've paid you everything I owed!

be/go on at sb تلح فى السؤال أو الشكوى

e.g. She's been on at me to get my hair cut.

once

once and for all المرة الأخيرة، نهائياً

e.g. She told him, once and for all, that she would not marry him.

once bitten, twice shy لا يلدغ مؤمن من جحر مرتين (اللى يتلسع من الشربة ينفع فى الزبىدى) (ع)

e.g. After he left her she refused to go out with anyone else for a long time—once bitten, twice shy, I suppose.

once in a blue moon مرة فى السنة، نادراً

e.g. My sister lives in Alaska, so I only get to see her once in a blue moon.

once - over

give sb/sth the once-over

فحص سريع أو تفتيش

e.g. The security guard gave me the once over but didn't bother checking my pass.

give sth a once-over

e.g. I'll give my car a once-over before we start.
one

one and all للجميع - كل واحد

e.g. And a very good evening to one and all.

one for the road

تأخذ مشروباً كحولياً قبل بدء الرحلة

e.g. Come on, there's just time for one for the road.

One good turn deserves another

المعروف يُرد بمعروف مثله

e.g. He fixed my bike so I let him use my computer. One good turn deserves another.

One man's meat is another man's poison

مصائب قوم عند قوم فوائد / ما ينفعك قد يضر غيرك

e.g. I wouldn't want to do her job, but she seems to love it. Oh, well one man's meat is another man's poison.

one of the lads

one of the boys أحد أفراد مجموعة

(شلة) من الرجال لهم نفس الأفكار والهوايات

e.g. Greene although not one of the lads, is popular with most of them.

one step forward, two steps back

خطوة للأمام تحرك خطوتين إلى الخلف، أى كلما تتقدم فى مشروع يحدث ما يؤخر فيه

e.g. Every solution we come up with seems to create more problems than it solves, so it's one step forward, two steps back.

one swallow doesn't make a summer

الفوز مرة لا يعنى الفوز دائماً، ليس شرطاً أن يكون النجاح مستمراً

e.g. Okay, they won their last game but one swallow doesn't make a summer. They are still bottom of the league.

one thing leads to another

شيء يجبر إلى شيء آخر وهكذا

e.g. People don't usually decide to become spies. They agree to do someone a favour and one thing leads to another.

one way or the other

one way or another بطريقة أو بأخرى

e.g. One way or the other I'm going to finish this job next week.

and one (more) for luck

وواحدة أخرى لتجلب الحظ

e.g. I want you to swim ten lengths, and one for luck.

as one man

يتجمع الناس ويقومون بالعمل كرجل واحد بنفس الآراء والمعتقدات .

e.g. The crowd rose to its feet as one man.

at/in one sitting فى جلسة واحدة

e.g. I read the whole book in one sitting.

be at one متفق مع

e.g. I am completely at one with Michael on this issue.

be one in a million

واحد فى المليون ، ليس مثله أحد

e.g. She's the sweetest, most generous person I know. She's one in a million.

be one in the eye for sb شىء يضايق

شخصاً - يعكس أو يفقد ادعاء - مخلف ظنون

e.g. When I got my degree, I thought, that's one in the eye for my old head teacher, who said I would never get anywhere.

be one of a kind واحد من نوعه ، فريد من نوعه

e.g. As a female engineer who began her career in 1940s, she was one of a kind.

be one step ahead

مستعد بطريقة أفضل قليلاً عن

e.g. Throughout the incident , the hijackers were always one step ahead of the police.

keep/stay one step ahead

تسبق الآخرين بمسافة قليلة

e.g. Crop breeders are continuously developing pesticides to keep one step ahead of the pests.

be one up on sb/sth

متقدم على ، تمتلك ميزة تميزك على الآخرين

e.g. Mario's just spent a year in the States, so he'll be one up on the rest of his English class.

come one, come all الدعوة عامة

e.g. We can't just invite some people and not others, so I guess It's a case of come one, come all

from one moment to the next

(الأمور) تتغير من لحظة إلى أخرى - أى تغييراً سريعاً

e.g. The plans are being changed from one moment to the next.

get/put one over on sb

يحاول إثبات تفوقه على الآخرين (ع)

e.g. He's always trying to get one over on the other members of the sales team.

go one better تقوم بعمل بطريقة أفضل

e.g. The company has decided to go one better than its rivals by offering free drinks with every burger.

get it in one!

لقد خمنتها صح (ع) - عرفت الفكرة بسرعة

e.g. Don't tell me. is Anna pregnant again? 'Got it one!'

have one foot in the grave

يكون عجوزاً وقريباً من الموت

e.g. He's been telling everyone he's got one foot in the grave for years now.

have/keep one eye on sth/sb

تراقب شخصاً أو شيئاً

e.g. As he listened to the speaker he kept one eye on the crowd to gauge their response.

it's (just) one thing after another

عندما تتوالى الكوارث

If it's not one thing it's another

e.g. We had our car stolen last week. It's one thing after another at the moment.

It's just one of those things

أحد الأشياء التي لا يمكن تجنبها

e.g. Everyone gets ill in the winter. It's just one of those things.

land/sock sb one يصفع بشدة ، يضرب بشدة

e.g. She just walked up and landed him one.

on the one hand ... on the other hand

من ناحية .. ومن ناحية أخرى

e.g. On the one hand you complain that you're lonely, and on the other hand you won't come to parties with me.

put one over on sb (ع) يخدع ، يمثل

e.g. You're not really sick. You're just trying to put one over on me.

there's more than one way to skin a cat

هناك أكثر من طريقة لتحقيق شيء

e.g. It may be illegal for them to organize a strike, but they can still show the management how they feel. There's more than one way to skin a cat, you know.

there's one born every minute

في كل لحظة يولد شخص أبه .

e.g. He left a window open and then wondered why he'd been burgled! 'There's one born every minute isn't there?'

go in one ear and out the other

كلام يدخل من أذن ويخرج من الأخرى ، كناية عن النسيان وعن عدم الاهتمام

e.g. You know what it's like when you're told a whole list of names. They just go in one ear and out the other.

one-hit

a one hit wonder موسيقى أو مُمغنٌ يقوم

بمعمل واحد فذ ثم يتوقف - عمل فريد

e.g. The seventies saw a succession of one hit wonders who were famous overnight and then never heard of again.

one-horse

a one - horse race مسابقة معروف مسبقاً

أى الفريقين سيفوز لتفوقه الواضح

e.g. This election has been a one-horse race right from the start.

a one - horse town بلدة صغيرة هادئة

e.g. Grafton's a real one-horse town with only one grocery store and nothing to do in the evening.

one-man

a one-man band

مؤسسة يقوم بالعمل فيها رجل واحد

e.g. It's basically a one-man band. He designs, prints and sells the T. shirts himself.

one-night

a one-night stand

١. علاقة جنسية لمدة ليلة واحدة

e.g. I'd rather have long-term relationship than a series of one-night stands.

٢. عرض أمام الجمهور كل مرة في مكان مختلف

e.g. We're doing a one-night stand in Durhams on Monday followed by a couple of nights in Newcastle.

one-shot

one-shot يحدث مرة واحدة - اختيار واحد

e.g. The new current affairs show will be given a one-short trial on TV next Saturday.

One-to one

شخص واحد يعمل

مع شخص آخر، واحد لواحد (رجل لرجل)

e.g. The school caters for children with special needs who require one-to-one attention.

one track

have a one track mind

شخص أو عقل محدود أو منشغل بفكرة واحدة

e.g. You've got to have a one-track mind if you want to succeed in business.

one-two

a one - two punch

كارثتان أو مصيبتان يحدثان في وقت واحد

e.g. The weather delivered a one-two punch to gardeners with unseasonable freezing temperatures and strong winds.

one-upmanship

عمل يؤديه شخص

بطريقة متفوقة على الآخرين ، عمل متميز

e.g. There is a great deal of one upmanship among children anxious to wear the most fashionable clothes.

one-way (إلى طريق سبي)

a one-way ticket

تذكرة ذهاب كناية عن

موقف غير سار قد يؤدي إلى عواقب وخيمة

e.g. Experimenting with drugs is a one-way ticket to addiction and misery, as far as I am concerned.

onions

know your onions

تعرف كثيرا عن موضوع معين

e.g. The car salesman certainly knew his onions, didn't he?

onwards

onwards and upwards

onward and upward في تقدم وتحسن مستمر

e.g. She started her publishing career as an editorial assistant and it was onward and upward from there.

open

open and shut

قضية سهلة الحل يفتح ملفها ويغلق في وقت قصير

e.g. The police think the case is open and

shut; five witnesses saw the man stealing the car.

open season

فترة من الزمن ينتقد فيها الناس شخصا بعينه دون وجه حق ، فترة مفتوحة مباح فيها كل شيء

e.g. Newspaper editors have declared open season on the royal family.

an open marriage

زواج يبيع للزوجين القيام بعلاقات غرامية أخرى

e.g. We have an open marriage, but I never tell my husband about my other lovers.

an open sesame

مفتاح لتحقيق الآمال

e.g. A science degree can be an open sesame to a job in almost any field.

be (wide) open to (abuse/criticism etc)

تكون عرضة للنقد والإهانة إلخ

e.g. It's a position which leaves them wide open to criticism.

be an open book

١. كتاب مفتوح كناية عن أن كل شيء عن حياتك معروف ، إنسان واضح

e.g. Like many film stars, he wants to keep his private life secret. He doesn't want it becoming an open book.

٢. شخصية منفتحة

e.g. Sarah's an open book, so you'll know right away if she doesn't like the present you've brought her.

greet/welcome sb/sth with open arms

ترحب بشخص أو شيء ، أي تظهر سعادتك بلقائه

e.g. I was rather nervous about meeting my boy friend's parents but they welcomed me with open arms.

e.g. Our company greeted the arrival of the Internet with open arms.

have/keep an open mind

لا بد أن نتعرف على كل التفاصيل قبل إصدار الحكم

e.g. Mike might not be guilty . You should keep an open mind until after the case is heard in court.

open - minded ذو عقل واسع الأفق

e.g. Many doctors have become open - minded about alternative medicine in the past few years.

open - mindedness سعة الأفق (العقلي)

e.g. She will be remembered by her colleagues for her enthusiasm and open mindedness .

push an open door

تحصل على ما تريد بسهولة لأن الفرصة مواتية

e.g. The campaigners are pushing at an open door because most local residents support their campaign against the new road.

open-ended

موضوع ذو نهاية مفتوحة أى لم تحسم نهايته

e.g. we are not willing to enter into open-ended discussions.

operative

the operative word

الكلمة الفعالة فى الجملة - أهم كلمة فى الجملة

e.g. He wants more time for his private life, private being the operative word.

Photographers are not allowed anywhere near his family.

order

be out of order

غير مناسب ، أو شيء لا يعمل ، معطل

e.g. Her behaviour in the meeting was completely out of order.

be the order of the day

الموضة ، الشائع ، السائد

e.g. For countries undergoing a recession, large cuts in public spending seem to be

the order of the day.

take (holy) orders يصبح كاهناً

e.g. After his terrible experience he became very religious and decided to take holy orders. other

the other side of the coin

الوجه الآخر من العملة، نقيض الوجه أو الموقف

e.g. The other side of the coin is that fewer working hours means less pay.

bat for the other side

اللوطى من يميل إلى معاشره الرجال جنسياً

e.g. What about you, Justin? Do you think he bats for the other side?

wait for the other shoe to drop

تنتظر حدثاً سيئاً

e.g. Once a company starts laying off employees, those who are still working feel they are waiting for the other shoe to drop.

look the other way تتجاهل مشكلة بدلاً

من التصدى لحلها، يتجاهل شيئاً ما

e.g. When one of their own friends or colleagues is involved in wrong-doing, people sometimes prefer to look the other way.

Pull the other leg/one (it's got bells on)

لا أصدق ما قلته الآن

e.g. Helen, going rock climbing? Pull the other one. She can't even climb a ladder without feeling sick!

turn the other cheek تتقبل الإهانة ، إذا

ضربك أحدهم على الخد الأيمن تدير له الخد الأيسر

e.g. Neither nation is renowned for turning the other cheek.

out

out with it هيا قل ما عندك دون خوف

e.g. Come on, out with it, Tell us all what we're doing wrong!

be out of it

على هامش الأمور، غير مندمج، غير مشارك إما لأنك
مجهد أو تحت تأثير المخدر أو الخمر

e.g. I didn't feel anything at the moment
my baby was born, I was completely out of
it by then.

e.g. They were all keen on sports so I felt
really out of it. تشعر بالوحدة لعدم مشاركتك
المجموعة في أنشطتهم .

out - and - out بكل معنى الكلمة، مائة في المائة

e.g. The trip was an out-and-out disaster;
the airline lost our luggage, the hotel was
dirty, and it rained everyday.

out-of-date موضة قديمة، تابع لعصر مضى
ولا يصلح للوقت الحاضر

e.g. I do have a road map but I suspect it's
out of date. I found out my passport was
out of date the day I was due to travel.

over

over and above

علاوة على أشياء أخرى، بالإضافة إلى

e.g. The average family pays 40% of their
income in taxes, and that's over and above
their mortgage; bills and food.

get sth over and done with

get sth over with انتهى أمره

e.g. I've made an appointment to have my
wisdom tooth out tomorrow morning. I
just want to get it over and done with.

be over and done with انتهى منه

e.g. I usually do my homework as soon as
I get back from school so that at least it's
over and done with.

overboard

go overboard يتلطف على ، يجن إعجاباً بـ

e.g. He went completely overboard on her
birthday and bought her a diamond ring.

overdrive

go into overdrive

تقوم بعمل جاد وترهق نفسك فيه

e.g. With her exams only two weeks away,
she's gone into overdrive and is studying
ten hours a day.

be in overdrive في حالة عمل جاد مستمر

e.g. The whole cast of the show was in
overdrive, rehearsing for the first
performance the next day.

own

an own goal يقوم بعمل لمصلحته فيقلب عليه
كلاعب الكرة الذي يرمى الكرة في شبكة فريقه هو

e.g. The publishing industry believes that
the new regulations on recycling paper will
be an environmental own goal.

be your own man/woman/person

تكون حراً وتتخذ قراراتك بنفسك دون تدخل الآخرين

e.g. Despite being the daughter of two
Hollywood stars, she's very much her own
woman with her own acting style.

be your own master

تكون سيد نفسك دون تدخل من أحد

e.g. The big advantage of working for
yourself is that you can be your own master.

be your own worst enemy من يضر نفسه

بنفسه ، يسيء إلى نفسه بأعماله ومعتقداته

e.g. Unless he learns to be more confident,
he'll never get a decent job. He's his own
worst enemy.

blow your own trumpet

تمدح نفسك أمام الآخرين ، تعدد محاسنك
وإمكانياتك أمامهم

blow /toot your own horn

e.g. Anyone will tell you she's one of the
best journalists we've got, although she'd
never blow her own horn.

come into your/its own

تكون نافعاً وناجحاً في ظروف معينة

e.g. Cars are banned from the city centre so a bicycle really comes into its own here.

Cut your own throat

تظهر غضبك بطريقة قد تجلب عليك المشاكل

e.g. If she won't take the job out of pride, she's cutting her own throat.

do your own thing تتصرف بحرية

e.g. You have to give your children a certain amount of freedom to do their own thing.

feather your own nest

تستغل وظيفتك للتريع منها ، تبحث عن المنفعة الخاصة
e.g. What angers him most of all is the implication that he has been feathering his own nest.

get your own back تأخذ بثأرك

e.g. She's got her own back on her unfaithful husband by throwing a pot of red paint over his brand new car.

get your own way تنفذ رأيك ، تمنع الآخرين بصحة رأيك فيدعونك تنفذه

e.g. I wanted to watch a movie but Chris got his own way and we spent the afternoon watching the football.

leave sb to their own devices

يعطى شخصاً الفرصة لأن يفعل ما يريد

e.g. There are four hours of lessons each morning, and in the afternoon students are left to their own devices.

Mind your own business

لا تتدخل في شئون الآخرين (خليك في حالك) (ع)

e.g. I wish he'd mind his own business and stop telling me how to do my job.

١. وحيداً (all) on your own

e.g. She's been living on her own for the past ten years.

٢. تعمل الشيء بنفسك دون مساعدة

e.g. Dave didn't have time to help so I decorated the house on my own.

تعمل شيئاً بكامل إرادتك on your own hook

e.g. Barbara took up painting on her own hook and developed into a talented artist.

pay sb back in their own coin

تعامل شخصاً بنفس الأسلوب الذي يعاملك به

e.g. I decided to pay her back in her own coin and refuse to help her.

play sb at their own game

تتميز على شخص باستعمال أسلوبه

e.g. If women want to succeed in business, they have to play men at their own game.

beat sb at their own game

يلعب عليه نفس اللعبة فيقلبه فيها

e.g. He's always playing practical jokes on other people so just for once, I felt I'd beaten him at his own game.

save your own skin ينقذ نفسه ولو على حساب الآخرين ، ينفذ بجلده (ع)

e.g. He saved his own skin by telling them his partner had taken the money.

stand on your own two feet تعتمد على نفسك

e.g. I've supported those children long enough. It's time they learned to stand on their own two feet.

tell its own tale

شيء يظهر حقيقة الأمور أو المشاعر

e.g. She may smile in public, but the expression in her eyes tells its own tale.