



I always
get butterflies
before an
exam!



IDIOM

When you “get butterflies,” you get nervous and excited just before something that you have to do.

With Different Verb Tenses:

- **Past Simple Tense:** “I got butterflies before I gave a speech last week!”
- **Present Simple Tense:** “I always get butterflies before an exam!”
- **Present Continuous Tense:** “I’m getting butterflies now!”
- **Future Simple Tense:** “I think I’m going to get butterflies before I give my speech tomorrow!”
- **Present Perfect Tense:** “Have you ever gotten butterflies?”

You Can Also Say:

- “I have butterflies (now)!”
- “I have got (I’ve got) butterflies (now)!”

Where Does This Idiom Come From?

This idiom originates from having an uncomfortable feeling in your stomach when you get nervous.

Therefore, some people also say, “**I’ve got butterflies in my stomach!**” (Note that this does NOT mean that you just ate some butterflies.)

When was the last time that you got butterflies?



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