



## Blow hot and cold

When someone "blows hot and cold," it means they act in a way that's hard to predict. One moment, they might be excited and friendly, and the next, they could become distant and uninterested.

### Examples

1. Think of a friend who says they want to hang out but then cancels plans at the last minute. They "blow hot and cold" because you can't rely on their actions.
2. Consider a person in a relationship who is loving one day but distant the next. They "blow hot and cold" with their feelings.

### Where it comes from

The phrase's origin goes back to a Greek philosopher named Aristotle, who noticed that people with fevers could feel extremely hot and then very cold. Today, we use it to describe anyone who can't make up their mind or keeps changing their behaviour.

### Why it's important

Understanding idioms like "**blow hot and cold**" helps us recognize when someone is being inconsistent. It reminds us of the importance of being dependable and trustworthy in our actions. It's important because it teaches us the value of stability in our relationships and decisions.