

Cold Turkey



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Stop a bad habit instantly; quit quickly and completely

Humans have many vices. We smoke, we drink, and we become addicted to technology. At times, we might want to quit one or more of our bad habits. Some people like to slowly stop using a vice. Other people go "cold turkey" and quit instantly and totally.

Sophie: I'm very proud of myself. I stopped smoking last week.

Molly: Congratulations! Did you smoke fewer and fewer cigarettes each day until you stopped?

Sophie: Nope. I went cold turkey. I just threw my cigarettes away, and I was done.

T/F: Sophie only smokes one cigarette per day now.

- A. False
- B. True

People most often use the expression "cold turkey" when they quit bad habits. However, English speakers sometimes use this expression for quitting anything at an instant. Usually, this expression directly follows a form of the verb "go."

Which of the following examples does NOT use the idiom "cold turkey" correctly?

- A. Did you stop drinking coffee slowly, or did you go cold turkey?
- B. Do you want to go to cold turkey? We can stop on our way there.
- C. I'm a vegetarian now. I went cold turkey and stopped eating meat.

Molly: I want to stop smoking too. I try to smoke less every day, but it never works.

Sophie: You should _____. It will be difficult for a few days, but then you will be a nonsmoker.

How does Sophie finish her sentence?

- A. Just go cold turkey.
- B. Eat a turkey sandwich.
- C. Go find a turkey.