Do you know the idiom ‘chip on your shoulder’?
Do you know what ‘chip on your shoulder’ means?

When we say someone has a ‘chip on their shoulder’ we mean that someone has strong feelings about something.

It usually means that they feel anger or resentment about what they see to be unfair treatment.

Another phrase that means a similar thing is: ‘holding a grudge’.
Origins: the story

The idiom having ‘a chip on your shoulder’ originates from the times when there would be formal declarations of a fight.

When someone disagreed with someone else, or were angry and looking for a fight, they would place a chip of wood on their shoulder and dare the other person to knock it off, or wait for anyone to knock it off.

Once the wood had been knocked off the shoulder, the fight would begin.

This type of behaviour has been described in an article from a newspaper in the 19th century: ‘When two churlish boys were determined to fight, a chip would be placed on the shoulder of one, and the other demanded to knock it off at his peril.’
Examples

1. The bully clearly had a chip on his shoulder about something.

2. Jo had had a chip on her shoulder ever since Kate had won the race.
Consider

• When have you, or someone you know, had a chip on your shoulder?

• How did the ‘chip’ affect your feelings, behaviour and speech?
• How did this behaviour affect the situations you faced at the time?

• For what reasons might people get a chip on their shoulder?
• Are there any ways we could try and get over having a chip on our shoulder?