Do you know the idiom ‘between a rock and a hard place’?
Do you know what ‘between a rock and a hard place’ means?

When we say we are caught ‘between a rock and a hard place’ we mean we are faced with a difficult decision.

The rock and the hard place suggest that neither option being decided upon is a tempting choice!

Another phrase that means the same thing is: ‘caught between the devil and the deep blue sea’.
Origins: the story

This phrase originated in ancient Greek mythology.

In Homer’s Odyssey, the character Odysseus has to go between Charybdis (a dangerous whirlpool) and Scylla (a man-eating monster who lives in the cliffs).
Examples

1. Although I don’t like my job, I am caught between a rock and a hard place because there aren’t any other jobs in my field at the moment.

2. I love both of them, I can’t take sides. I’m caught between a rock and a hard place.
Consider

• When have you been caught between a rock and a hard place?

• What was the situation like?

• How did you make a decision? What did it feel like?

• How could we face difficult decisions in our lives?