



Do you know the difference between Tired OF and Tired FROM?



Many of my blog post topics come from real student questions. This post is no different. One of my private students asked me: “Should I say tired of or tired from?” I took the answer that I gave my student, collected some more information, and put together this blog post for ESL students just like you.

- **Tired of (something)**
had too much of something, or done something too much ~ to be bored with an activity, a thing or person
- **Tired from (something)**
some activity you have done has made you tired

I included lots of helpful information in this post, including **how to use the verb tire**, some **helpful idioms**, and a **quiz to test your knowledge** of this grammar. I’m sure it will be helpful for you on your English journey.

Tired (Definition)

The word **tired** is an *adjective* that means:

- ① feeling that you would like to sleep or rest; needing rest

- I'm too tired even to think.

Tired from something

- "I'm still a bit **tired from** the journey."

Tired from doing something

- "I take the bus when my legs get **tired from** walking."

② feeling that you have had enough of somebody/something because you no longer find them/it interesting or because they make you angry or

Tired of somebody/something

- I'm sick and **tired of** all the arguments.

Tired of doing something

- She was tired of hearing all his complaints.

Let me explain the difference with some more examples.

Tired of

- "I ate at Burger King every day this week. I am **tired of hamburgers** now, let's have pizza today."
(I've eaten too many hamburgers recently. I'm bored of them now.)

- “Jason works at an amusement park giving safety instructions on the balloon ride. He must be **tired of saying** the same thing all day every day.”
(Jason has given the same instructions many times. He must be bored saying them now.)

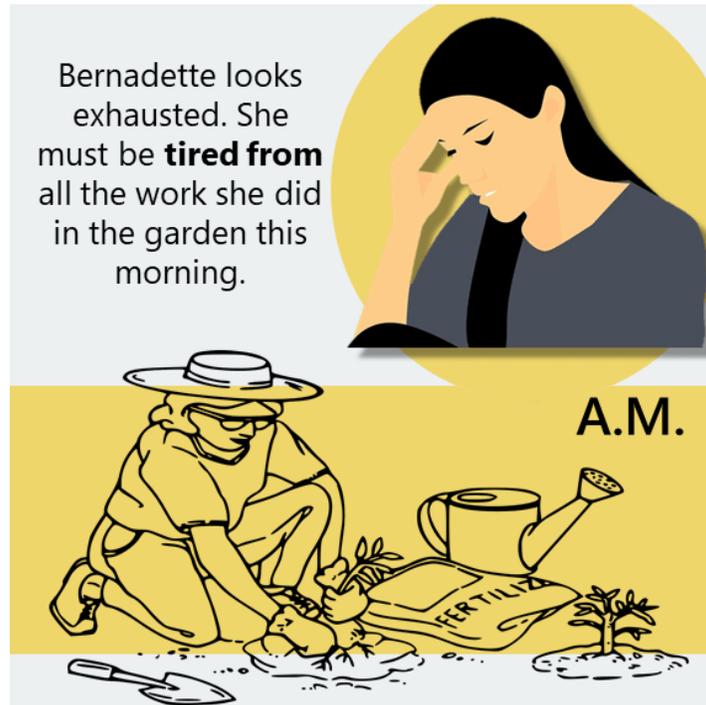
“Please keep your hands inside the ride at all times. Please don’t stand up until the ride has completely stopped. Enjoy the ride and have a great day at the park...”



- I’m **tired of** studying. I’ve been studying for 3 hours, I need a break.
- Spring is a popular time where I live. Most people want to get outside and enjoy the fresh air, they’re **tired of** staying inside all winter to keep warm. Bring on the sunshine!
- I’m **tired of** wasting time on social media, but I do feel a little bit left out of my friends’ lives when I don’t use it. What should I do?

Tired from

- “I’m **tired from** *playing* with my daughter for 3 hours in the park today.”
(*Playing with my daughter for 3 hours has made me feel tired.*)
- You can get physically **tired from** thinking and worrying too much. Take some time to relax and appreciate everything that is good in your life.
- “Bernadette looks exhausted. She must be **tired from** *all the work she did in the garden this morning.*”
- (*Doing lots of work in the garden has made Bernadette feel tired.*)



Tired from *a long day at work, Alex fell asleep on the train.*

In English, the word tire is also a verb

tire verb – to become tired and feel as if you want to sleep or rest; to make somebody feel this way

[Oxford Learner's Dictionaries tire – verb](#)

present simple *I/you /we/they* **tire**

- After typing for three hours straight, my hands were beginning to **tire**.

present simple third person singular *he/she/it* **tires**

- Sitting in a lecture for 3 hours **tires** me out.

past simple **tired**

- Baseball practice really **tired** me out today. It is probably the heat.

past participle **tired**

*The past participle of a verb is often used as an adjective. In this case, I believe that **tired** is used mostly as an adjective. Here is an example of the *past participle* in the Past Perfect Tense.

- “By 4:00 PM my two children **have** completely **tired** me out. Once 4:00 PM comes around I’m ready for a nap.”

continuous **tiring**

- “All this cooking is really **tiring** me out.”

The continuous verb can also be used as an adjective to describe a thing.

- Professor Overton’s lectures are very **tiring**. I dread his class every Thursday afternoon.

More examples with the VERB tire

- When people reach their sixties they tend to **tire** more easily.
- These Friday afternoon meetings always **tire** me out. I just want to go home and enjoy the weekend.

Idioms with TIRED

Be sick and tired of (someone or something) – To be extremely bored or fed up with someone or something.

“I’m getting **sick and tired of** all this paperwork. There must be a better way to do this.”

Dead Tired – Completely exhausted.

“I’m **dead tired** after exam week. I can’t wait to zombie out during summer vacation.”



*Find a complete list of Zombie and Dead Idioms here >>
[22 Dead/Zombie Idioms \(Examples, free PDF, Real Photos!\)](#)

Dog Tired – Very tired.

“Welcome home, you look **dog tired**. Sit down and relax while I get dinner ready.”



*Find a complete list of Dog Idioms here >>

[21 Common Dog Idioms That Native Speakers Use \(Video+PDF\)](#)

Never Tire of Doing Something – to do something a lot, especially in a way that annoys people [LINK](#)

A: Gregory got a promotion at work.

B: I know. He **never tires of reminding** me.

Tired Out – Very tired; Having used all one’s energy.

“My son spent the whole day swimming and playing in the lake with his friends. He’s really **tired out** now.”

*Something can **TIRE someone OUT**

“Swimming all day has really **tired him out**.”

Where people come to learn real English - www.WorldEnglishBlog.com - [Helpful Resources](#)

“Planning and organizing this big meeting **tired me out**. I need a day off.”



Worldenglishblog.com/tired-of-something-or-tired-from-something