草木皆兵

公元383年，秦王苻堅率領步兵、騎兵90萬，攻打江南的晉朝。

在一輪戰敗後，苻堅從城牆俯視周遭，當他看到勢不可破的東晉部隊，他感到很害怕。

此時，苻堅在壽春城上望見晉軍隊伍嚴整，士氣高昂，再北望八公山，只見山上一草一木都像晉軍的士兵一樣，於是更加恐慌。

後來苻堅全軍覆沒，帶著少數殘餘的隊伍逃回去了。

這個成語後來形容人在極度驚恐時，疑神疑鬼的心理狀態。

草木皆兵

公元383年，秦王苻坚率领步兵、骑兵90万，攻打江南的晋朝。

在一轮战败后，苻坚从城牆俯视周遭，当他看到势不可破的东晋部队，他感到很害怕。

此时，苻坚在寿春城上望见晋军队伍严整，士气高昂，再北望八公山，只见山上一草一木都像晋军的士兵一样，于是更加恐慌。

后来苻坚全军复没，带着少数残馀的队伍逃回去了。

这个成语后来形容人在极度惊恐时，疑神疑鬼的心理状态。

In AD 383, the king of Former Qin (秦朝), Fu Jian (fú jiān 苻坚), led a huge army to attack Eastern Jin.

After losing the first [round](http://dict.hjenglish.com/w/round) of fighting, Fu Jian looked down from a city wall, and was [terrified](http://dict.hjenglish.com/w/terrified) when he saw the [formidable](http://dict.hjenglish.com/w/formidable) battle array of the Eastern Jin army.

And then looking at the mountains around, he [mistook](http://dict.hjenglish.com/w/mistake) the grass and trees for enemy [soldiers](http://dict.hjenglish.com/w/soldier).

As a result, when the [nervous](http://dict.hjenglish.com/w/nervous) Fu Jian led his army into [battle](http://dict.hjenglish.com/w/battle), it suffered a [crushing](http://dict.hjenglish.com/w/crushing) defeat.

This idiom describes how one can defeat oneself by imaging difficulties.

|  |  |  |
| --- | --- | --- |
| 步兵 | bùbīng | infantry / foot / infantryman / foot soldier |
| 騎兵 | qíbīng | cavalry |
| 攻打 | gōngdǎ | to attack (the enemy) |
| 戰敗 | zhànbài | to lose a war |
| 城牆 | chéngqiáng | city wall |
| 俯視 | fǔshì | to overlook / to look down at |
| 高昂 | gāo'áng | to hold (one's head) high / expensive / high (spirits etc) |
| 山上 | Shānshàng | Shanshang township in Tainan county 台南縣|台南县[Tái nán xiàn], Taiwan |
| 全軍覆沒 | quánjūnfùmò | total defeat of an army (idiom); fig. a complete wipeout |
| 殘餘 | cányú | remnant / relic / residue / vestige / surplus / to remain / to leave surplus |
| 驚恐 | jīngkǒng | to be alarmed / to be frightened |
| 疑神疑鬼 | yíshényíguǐ | to suspect everyone / overly suspicious |