

## 6 Only the sky is the limit

### Collocations with *limit*

legal limit	The driver's blood alcohol level was well above the legal limit.	gesetzliche Begrenzung
size limit	The size limit for tour groups depends on how active or dangerous the activity is.	Größenbeschränkung
speed limit	When Gerald was pulled over, he was driving well over the speed limit.	Geschwindigkeitsbegrenzung
strict limit	There's a strict limit on the number of people that can fit inside a movie theatre.	strikte Beschränkung
weight limit	The truck was over the weight limit and couldn't drive over the bridge.	Gewichts(ober)grenze
there is no limit	There is no limit to her creativity; she always comes up with such good ideas!	es gibt keine Grenze
within certain limits	In the workshop, we're allowed to build anything we want, but within certain limits.	innerhalb bestimmter Grenzen
to be limited to something	I'm limited to going to two restaurants because my town is so small.	auf etwas beschränkt sein
to be one's absolute limit	Kim reached her absolute limit during her rowing performance at the <i>Summer Olympics</i> .	die persönliche Schmerzgrenze sein
to be well over the limit	Tim wanted to take a trip to the lake to watch the sunset, but he was already well over the limit and wouldn't have been allowed to drive.	zu viel Alkohol getrunken haben
to know one's limits	Sarah knows her limits and can pick the correct ski trail for her ability.	die eigenen Grenzen kennen
to limit someone in his/her choice(s)	The number of options was pretty small, which limited us in our choice of cake.	jemanden in seiner/ihrer Wahl einschränken
to be above the recommended limit	The amount of selenium in three Brazil nuts is above the recommended limit for daily intake.	über dem empfohlenen Grenzwert sein
to limit the effectiveness of something	Rain and snow limit the effectiveness of car brakes.	die Wirksamkeit von etwas einschränken
to limit oneself to something	Helen tries to limit herself to only a few hours of TV, but ends up watching for the entire evening.	sich auf etwas beschränken
to push someone to the limit	Tyra's coach always pushes her to the limit in competitions.	jemanden bis an die Grenzen bringen / zu Höchstleistungen animieren
to take steps to limit something	When Mary becomes a parent, she will take steps to limit her children's access to social media.	Schritte unternehmen, um etwas zu begrenzen / einzuschränken

### Going beyond the limit

to graduate from high school	Jamie graduated from high school with high honours.	den Schulabschluss machen
------------------------------	---	---------------------------

to feel free and independent	Ever since she got her first job, Beth has felt extremely free and independent.	sich frei und unabhängig fühlen
to feel in control of one's life	My father told me to make decisions that would make me feel in control of my life.	das Gefühl der Kontrolle über das eigene Leben haben
to take a detour	Sometimes it's necessary to take a detour in life and experience things you did not plan.	einen Umweg machen
to be on life support	Riley deals with a lot of patients who are on life support at the local hospital.	künstlich am Leben erhalten werden
to lie in a coma	Peter lay in a coma for almost 10 days after his snowboarding accident.	im Koma liegen
to think that the worst is over	After Fred graduated from college, he thought that the worst was over.	denken, dass das Schlimmste vorbei ist
to live a life full of adventures	Nancy's dream was always to live a life full of adventures.	ein Leben voller Abenteuer leben
to be physically and emotionally broken	After three years working long hours as a behavioural therapist at a high-security prison, Ally was physically and emotionally broken.	körperlich und seelisch gebrochen sein
to learn to embrace something	Brett learned to embrace her injury as a part of her and became an incredible motivational speaker.	lernen, etwas zu akzeptieren
to daydream	Wyatt daydreams about having a house and a dog of his own.	tagträumen
to enable someone to do something	My English teacher in third grade enabled me to become the writer I am today.	jemandem ermöglichen, etwas zu tun
thrill-seeking has long been associated with adolescence	Even though thrill seeking has long been associated with adolescence, many adults still appreciate an adrenaline high.	Abenteuerlust ist lange mit der Jugendphase in Verbindung gebracht worden / assoziiert worden
immature logic	Thinking you can physically do any sport that your childhood friends can do is just immature logic.	kindische Logik
to assess risks	Before attempting a stunt on his bike, Mike always takes a moment and assesses potential risks.	Risiken abschätzen
on-the-fly decision-making	Some high-stress jobs require on-the-fly decision-making.	spontane Entscheidungsfindung
to be wise to do something	Barbara would be wise to think about what she is truly good at before she picks a career.	gut beraten sein, etwas zu tun
to take a deep breath	Whenever Amar is anxious, he takes a deep breath.	tief durchatmen
to drown out warning signals about risk	Filla knows she got injured because she drowned out warning signals about risk.	Warnsignale vor Risiken übertönen
to activate the reward system in one's brain	When people successfully complete a task well, it activates the reward system in their brains.	das Belohnungssystem im Gehirn aktivieren
to change a teenager's brain	Stress can fundamentally change a teenager's brain.	das Gehirn eines Teenagers verändern

to make harmful choices	Some teens make harmful choices in a moment of recklessness.	gefährliche Entscheidungen treffen
to push boundaries	Adolescence is often a time when young people push boundaries with their parents and friends.	Grenzen austesten
to find one's identity	After working with a group of musicians in Oregon, Resi felt that she had finally found her true identity and a place where she belonged.	die eigene Identität finden
to become independent	Moving away from home is often one of the first steps young adults make as they become independent.	unabhängig werden
to make quick and risky decisions	Andrés made a lot of quick and risky decisions as a young adult.	schnelle und riskante Entscheidungen treffen
to seek attention from peers	Teens sometimes do outrageous things while seeking attention from peers.	die Aufmerksamkeit von Gleichaltrigen suchen
to feel pressured	When she was fourteen, Padma often felt pressured by her friend group to drink with them.	sich unter Druck gesetzt fühlen
to consider the consequences of one's choices	Cora knew that if she was going to do something risky, she had to consider the consequences of her choices.	die Konsequenzen der eigenen Entscheidungen bedenken
to apply good decision-making skills	It's helpful to apply good decision-making skills to any significant dilemmas you have.	gute Entscheidungsfähigkeiten anwenden
to seek excitement	Humans naturally seek excitement and adventure.	Aufregung suchen
to be susceptible to peer pressure	Certain people and age groups are more susceptible to peer pressure than others.	anfällig für Gruppenzwang sein
to become confident as adults	Children need to learn how to stand up for themselves in order to become confident as adults.	als Erwachsene selbstbewusst werden
to use mistakes as learning opportunities	Ms Smith used mistakes as learning opportunities both in the classroom and in her private life.	Fehler als Lernchancen nutzen
to make better choices in the future	Gaining life experience helps young people make better choices in the future.	in der Zukunft bessere Entscheidungen treffen
to build confidence	Small personal successes build confidence in both adults and young people.	Selbstvertrauen aufbauen

#### Limitations when climbing the career ladder?

lack of gender equality	The lack of gender equality in this country is simply shocking.	mangelnde Gleichstellung der Geschlechter
lack of flexibility	It is often a lack of flexibility that prevents people from getting used to a changing workplace.	Mangel an Flexibilität
distance between home and workplace	Syra lives on the outskirts of a major city and works at the centre, which means there is a considerable distance between home and workplace for her.	Entfernung zwischen Wohnort und Arbeitsplatz

unrealistic salary expectations	One way to do poorly at a job interview is to have unrealistic salary expectations.	unrealistische Gehaltsvorstellungen
poorly written application	Rosie rejected a job applicant last week because he had submitted a poorly written application.	schlecht geschriebene Bewerbung
to not know one's career path	Not knowing one's career path is not a problem since there are many ways to become successful and have a happy life.	die Karrierelaufbahn nicht kennen
lack of experience	It's difficult to get a job in the medical profession with a lack of experience in that field.	Mangel an Erfahrung
to not have the right qualifications	Not having the right qualifications for a job isn't always a deal-breaker, but it makes the application process more challenging.	nicht die richtigen Qualifikationen haben
to be underqualified / overqualified	Sheila was underqualified for the position and had no idea what she was doing when she started working there. / Being overqualified for a position can lead to people with higher degrees of education being rejected so the company doesn't have to pay their workers as much.	unterqualifiziert / überqualifiziert sein
to have a squiggly career	Cindy was proud that she had had a squiggly career and had been able to experience a lot of surprises and interesting situations.	eine nicht geradlinig verlaufende Karriere haben
to progress fast	As things progressed fast in Meg's writing career, she thought about starting to send her work to larger publishing houses.	schnell Fortschritte machen, schnell vorankommen
to have (no) aspirations to do something	Karen has no aspirations to become a store manager.	(kein) Bestreben haben, etwas zu tun
to underestimate something	The man underestimated the power of a first impression and was pleasantly surprised that he got the job without having to speak much about his education.	etwas unterschätzen
to increase one's resilience	Working long hours in a restaurant increased Mila's resilience and confidence that she could successfully work in any environment.	die Belastbarkeit erhöhen
to limit one's chances of promotion	An unwillingness to take on more tasks and responsibility limited Samantha's chances of promotion.	jemandes Aufstiegschancen einschränken
to be intimidating	People in leadership roles are often intimidating to others who are just starting their careers.	einschüchternd sein, bedrohend sein
to receive a pay rise	Franklin was thrilled to receive a substantial pay rise after his first year at the company.	eine Gehaltserhöhung bekommen
to reward someone	Marie rewarded her employees for a successful year with a catered dinner party.	jemanden belohnen

to get involved in something	Péle got involved in graphic design after he left high school, and now owns a thriving business of his own.	sich mit etwas befassen, sich auf etwas einlassen
to have the ambition to climb the career ladder	It takes a certain kind of person to have and keep the ambition to climb the career ladder.	den Ehrgeiz haben, die Karriereleiter zu erklimmen
everything seems to be on track	Everything seems to be on track and moving towards success in Carlyle's software startup.	alles scheint auf Schiene zu sein
to have a career full of uncertainty and full of possibility	A freelance translator has a career full of uncertainty and full of possibility.	eine Karriere voller Ungewissheit und voller Möglichkeiten haben
to be within one's control	These problems are within Heather's control; she's dealt with stuff like this before.	unter jemandes Kontrolle sein
to spend time on projects	Jessica finds it rewarding to spend time on projects that allow her to learn more about her job.	Zeit in Projekte investieren
the skills that we have right now won't be relevant by 2030	Most employees in the technological fields know that some of the skills that we have right now won't be relevant by 2030.	die Fähigkeiten, die wir jetzt haben, werden 2030 nicht mehr relevant sein
to be open to the opportunities that come one's way	Minhaj has always been open to the opportunities that come his way.	offen sein für die Chancen, die sich bieten
to be confident about something	Gary is confident about his ability to shoe horses properly and professionally.	selbstsicher / zuversichtlich in Bezug auf etwas sein
your personal development is dependent on several factors	When you're still young, your personal development is dependent on several factors like your family, friends, and educational opportunities.	die persönliche Entwicklung hängt von mehreren Faktoren ab
to not feel ready for a possibility yet	Liam didn't feel ready for the possibility of taking over his father's woodworking business yet.	sich noch nicht bereit fühlen für eine Möglichkeit
career options seem to be out of reach	For some citizens, certain career options seem to be out of reach due to employer prejudice.	Karrieremöglichkeiten scheinen unerreichbar zu sein
to give oneself the permission to do something	Vinzenz gave himself the permission to take a day off and recover from his stressful job.	sich selbst die Erlaubnis zu geben, etwas zu tun

#### Limits in technological advancements?

to change life completely	Having constant access to technology changes life completely.	das Leben komplett verändern
to depend on technology	Many people's jobs and lives depend on technology.	von der Technologie abhängig sein
the process of implementing new technology is expensive	Before it becomes mainstream, the process of implementing new technology is expensive.	der Prozess der Einführung neuer Technologien ist teuer
to make people lazy	Having everything available at their fingertips makes people lazy.	die Menschen bequem / träge machen
to increase the risk of job cuts	The increase of automated procedures in factories increases the risk of job cuts.	das Risiko des Arbeitsplatzabbaus erhöhen

to divide people socially	Access to technology can also divide people socially and lessen the amount of time people spend with each other in person.	Menschen sozial trennen
technology might have faults	After a sleepless night staring at his smartphone, Raul was more willing to admit that technology might have faults.	die Technologie könnte Fehler haben
to lack people skills	Thor was worried his younger brother lacked people skills since he was almost always playing games on his phone instead of talking to his peers.	keine Sozialkompetenz haben
to lose social contact	Ironically, with more access to social media, many people lose social contact when they use their smart technology more frequently.	soziale Kontakte verlieren
to lack real-life experiences	Children who spend a great deal of time on their phones lack real-life experiences and aren't as well-equipped for the real world.	keine Lebenserfahrung haben
to get disconnected from reality	When Greta works inside on her computer for an entire day, she gets disconnected from reality.	(von) der Realität entrückt / losgelöst sein