SAYMEI · EVERYDAY CHINESE · CHEAT SHEET

How to Say I Hate You in Chinese

I hate you is 我恨你 (wǒ hèn nǐ), and it's much heavier than in English. In a fight, most people say 我讨厌你 (wǒ tǎoyàn nǐ) instead. Here's how hard each version lands, kinder ways to say you're upset, and the playful 讨厌 (tǎoyàn) couples tease each other with.



我恨你 **wǒ hèn nǐ** I hate you

Sounds like waw hun nee. wǒ dips: 3rd tone, hèn falls: 4th tone, nǐ dips: 3rd tone. If you're the one who hurt them: 对不起 (duìbuqǐ), I'm sorry.

Which one fits?

You're angry with someone	我生气了。 Wǒ shēngqì le. I'm angry now.
A friend went too far	你太过分了！ Nǐ tài guòfèn le! That's going too far!
Someone keeps bugging you	别烦我了！ Bié fán wǒ le! Stop bugging me!
Telling a child how you feel	我不喜欢你这样。 Wǒ bù xǐhuan nǐ zhèyàng. I don't like it when you do that.
Hating a thing, not a person	我讨厌香菜。 Wǒ tǎoyàn xiāngcài. I hate cilantro.
Your partner teases you	讨厌啦！ Tǎoyàn la! Oh, stop it, you!
A real betrayal	我恨你。 Wǒ hèn nǐ. I hate you.

14 ways to say I hate you in Chinese, from gentle to harsh

●○○ gentle · ●●○ blunt · ●●● harsh

GENTLE: SAYING YOU'RE UPSET

我生气了 wǒ shēngqì le I'm angry now ●○○

我有点不高兴 wǒ yǒudiǎn bù gāoxìng I'm a little upset ●○○

我不喜欢你这样 wǒ bù xǐhuan nǐ zhèyàng I don't like it when you do that ●○○

我很难过 wǒ hěn nánguò I'm really hurt ●○○

HARSH: REAL HATE

我恨你 wǒ hèn nǐ I hate you ●●●

我恨死你了 wǒ hèn sǐ nǐ le I hate you so much ●●●

我再也不想见到你 wǒ zàiyě bù xiǎng jiàndào nǐ I never want to see you again ●●●

BLUNT: YOU'RE ANNOYING ME

我讨厌你 wǒ tǎoyàn nǐ I can't stand you ●●○

你好烦 nǐ hǎo fán You're so annoying ●●○

别烦我 bié fán wǒ Leave me alone ●●○

你太过分了 nǐ tài guòfèn le You've gone too far ●●○

PLAYFUL: 讨厌 (TǍOYÀN) BETWEEN COUPLES AND FRIENDS

讨厌啦 tǎoyàn la Oh, stop it, you! ●○○

你好坏 nǐ hǎo huài You're so bad! ●○○

讨厌鬼 tǎoyànguǐ You pest! ●○○

What to say back

对不起 duìbuqǐ I'm sorry EVERYDAY

别生气了 bié shēngqì le Don't be mad EVERYDAY

你才讨厌呢 nǐ cái tǎoyàn ne You're the annoying one! ●○○

AFTER A FIGHT

A: 你太过分了！ Nǐ tài guòfèn le! You went too far!

B: 对不起，我错了。 Duìbuqǐ, wǒ cuò le. I'm sorry, I was wrong.

A COUPLE, TEASING

A: 你是不是想我了？ Nǐ shì bu shì xiǎng wǒ le? You missed me, didn't you?

B: 讨厌啦！ Tǎoyàn la! Oh, stop it!

BROTHER AND SISTER

A: 我讨厌你！ Wǒ tǎoyàn nǐ! I hate you!

B: 你才讨厌呢！ Nǐ cái tǎoyàn ne! You're the annoying one!

MAKING UP

A: 我生气了。 Wǒ shēngqì le. I'm upset with you.

B: 对不起，别生气了。 Duìbuqǐ, bié shēngqì le. I'm sorry. Please don't be mad.

What to avoid, and why

× Don't turn an angry English "I hate you" into 我恨你 (wǒ hèn nǐ). 恨 (hèn) is deep, lasting resentment, the kind that follows a betrayal. In an ordinary fight, people say 我讨厌你 (wǒ tǎoyàn nǐ) or 我生气了 (wǒ shēngqì le).

× Don't use 恨 (hèn) for things you dislike. 我讨厌香菜 (wǒ tǎoyàn xiāngcài), I hate cilantro, is normal. With 恨 (hèn), it sounds like a soap opera.

× Don't read every 讨厌 (tǎoyàn) as hate, or every one as a joke. Said softly with 啦 (la) and a smile, it's flirting. Said flat, it's a real complaint. Watch the face as well as the word.

Hear every phrase and take the quiz: **saymei.app/tools/i-hate-you-in-chinese**
Keep speaking with Mei Lin, SayMei's AI tutor: **saymei.app**

Mei Lin on your iPhone
Scan with your iPhone camera
iPhone is a trademark of Apple Inc., registered in the U.S. and other countries and regions.