

～てしまう

ended up (regret)

Romaji: **te shimau**

The ～てしまう construction means doing something completely — or doing something you did not mean to do. Attached to a verb's て-form, it either marks the action as thoroughly finished (全部食べてしまった — "ate it all up") or colours it with regret and lack of control (財布を忘れてしまった — "I went and forgot my wallet"). Which sense you get depends on context and tone of voice. In casual speech it contracts to ちゃう/じゃう, which often carries that "oops" feeling.

構文 CONSTRUCTION

Verb (て-form) + しまう

面白い本は一日で読んでしまう。 — I finish an interesting book in a single day.

Verb (て-form) + しまった (past: done completely, or regrettably)

電車の中に財布を忘れてしまった。 — I went and left my wallet on the train.

Casual contractions: ～てしまう → ～ちゃう・～でしまう → ～じゃう

ごめん、宿題を忘れちゃった！ — Sorry, I went and forgot my homework!

例文 EXAMPLES

1 あま 甘いものがあると、つい全部^{ぜんぶ}食べてしまう。

When there are sweets around, I end up eating them all.

2 いそが ひ あさ た わす 忙しい日は、朝ごはんを食べるのを忘れてしまう。

On busy days I end up forgetting to eat breakfast.

3 おかしいことがあると、すぐ笑^{わら}っちゃう。

When something is funny, I cannot help laughing.

注意点 NUANCES

- Context decides the flavour: 全部食べてしまった can be a neutral "I finished it all" or a rueful "I went and ate it all" — the situation and tone of voice tell you which.
- ちゃう/じゃう are relaxed and conversational — natural with friends, out of place in formal writing. In polite speech, use ～てしまいました.
- The contraction follows the て-form sound: て → ちゃう (食べて → 食べちゃう), で → じゃう (飲んで → 飲んじゃう).

やってみよう YOUR TURN

Think of one small accident from your week — oversleeping, sending the wrong message, eating the last snack — and describe it in Japanese with ～てしまった (or ちゃった if you are feeling casual).