

## Regrets? I have a few...

### 1. Complete the statements about you.

- I regret not... earlier.
- The decision I regret the most is... .
- In the future I might regret... if I don't change anything about... .
- I used to regret... but now I've come to terms with it.

### 2. Discuss the questions.

- What things do people tend to regret?
- What is worse, regretting doing something or not doing something? Why?
- How do you think regrets change with age?



### 3. Decide whether the regrets are more common among kids and teens or adults. Explain your choices.

- get into a fight with their best friend
- not take more advantage of their college experience
- tease their sister
- not follow their dreams earlier in life
- get angry at their family
- not stay single longer
- not say sorry more often
- not spend time with their oldest brother

### 4. Watch two parts of a [video](https://youtu.be/N8i6rUL4UIY) [https://youtu.be/N8i6rUL4UIY] (to 01:00 and from 01:47 to 02:38) and check your answers.

### 5. Discuss to what extent you agree with the statements (0 – disagree, 1 – partly agree, 2 – agree, 3 – absolutely agree). Give reasons for your opinions.

- The older you get, the fewer things you tend to regret.
- If you listen to the regrets older people have, you are likely to avoid their mistakes.

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- Regretting too many things is meaningless as we can't change the past.
- If you focus on your regrets, you might overlook new opportunities.
- For some people, their regrets are the only thing they have as it's too late for them to change anything.
- People who say they don't regret anything are only fooling themselves.

### 6. Read the sentences and answer the questions below.

- a) I regret not following my dreams earlier in life.
- b) I should have followed my dreams earlier in life.
- c) I wish I had followed my dreams earlier in life.
- d) If only I had followed my dreams earlier in life.

- 1) Do the sentences have the same or different meaning?
- 2) Are these regrets about something in the present or in the past?
- 3) What verb form is used after 'should'?
- 4) What tense is used after 'I wish' and 'If only'?

### 7. Paraphrase the following regrets using the word in brackets. Make any other changes where necessary.

- a) I regret making this decision without talking to anyone. If I had, everything would have turned out much better. (should)  
.....
- b) I shouldn't have taken a taxi to work. With all these traffic jams, I'm going to be late. (wish)  
.....
- c) I regret lying to them in the first place. Now I'm lost and have no idea what to do next. (only)  
.....
- d) I should have spent more time preparing for this exam. Then, I would have got a better result. (wish)  
.....

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e) I regret moving to the countryside. There's so little for me to do apart from my work and I feel bored most of the time. (should)  
.....

f) If only I had never said that to her. She'll never forgive me! (regret)  
.....

**8. Complete the responses to the regrets using the words in the box.**

feel                  hard                  look                  prone                  pull                  take

- 1) Don't be so ..... on yourself. You did your best.
- 2) Why don't you try and ..... yourself together? It's going to be OK. We'll be on time.
- 3) If I were you, I wouldn't ..... it so seriously. You can always apologize for what you said.
- 4) I wish you could ..... on the bright side. This place is so beautiful! Besides, you can visit the city whenever you want.
- 5) I ..... you on this one. But it doesn't mean there's no way out.
- 6) All of us are ..... to mistakes. Learn from this lesson and reach out for someone next time.

**9. Match the regrets in ex. 7 with the possible responses in ex. 8.**

**10. Decide what the people are saying. Use the structures for expressing regrets from ex. 6 and phrases for responding to regrets in the box.**

be hard on yourself                  be prone to mistakes                  I feel you  
look on the bright side                  pull yourself together                  take something seriously

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