B2 ENGLISH

THIRD CONDITIONAL

TALKING ABOUT PAST SITUATIONS AND REGRETS



WHEN IS IT USED?

We use the **third conditional** to talk about imaginary situations in the past. It is used to talk about **regrets**, things we **wish** had happened differently, or the possible results of past actions that didn't happen.

WATCH NOW

Example: *I didn't study for the test, so I didn't pass.* ➜ *If I had studied, I would have passed.*

THE STRUCTURE

"if" clause	main clause		
If she had run faster,	She	would have could have might have	won the race.

main clause			"if" clause
She	would have could have might have	won the race.	if she had run faster,

NOTE 1: To form negative sentences, add '**not**' after 'would', 'could' and 'might'.
*Example: "If she had run slowly, she **might not have** won the race."*



NOTE 2: To form negative sentences, add '**not**' after 'had'.
*Example: "If she **hadn't run** slowly, she **might** have won the race."*

Complete the sentences below by making Third Conditional statements. Use your imagination!

1. If I had worked harder, I might have made more money.
2. If John had bought a new car, _____
3. If Mrs. Brown hadn't found her cat, _____
4. If I hadn't forgotten my key, _____
5. _____, you might have gotten hurt.
6. _____, I could have been famous.
7. _____, Tom would have passed his exam.
8. _____, they might have been happier.
9. If I hadn't found a new job, _____
10. If it had rained yesterday, _____
11. If we had arrived on time, _____
12. If the dog had bitten me, _____

REMEMBER!
Third Conditional = past perfect + would/could/might have + past participle
Use it to talk about regrets and imaginary past results.

Think about the past...
LIVEWORKSHEETS

LESSON 2

THIRD CONDITIONAL

GUESS MY SENTENCE



You and your partner have the same sentences, but where you have words in **bold**, your partner has gaps and vice versa. Take it in turns to read the sentences and guess the missing words in the gaps using the **third conditional**.

You have three chances to guess the exact words. If you guess correctly the first time, you win **three points**. You then write the missing words in the sentence. If your guess is wrong, try again for **two points** and then for **one point**.

STUDENT A

1. We wouldn't have missed the flight if **the bus had arrived** on time.
2. I wouldn't have gone to that restaurant if I _____ was going to be bad.
3. If I'd known it was your birthday, I **would have bought** you a present.
4. If you hadn't reminded me, I _____ .
5. If you'd watered the plants, they **wouldn't have died**.
6. I would have bought those jeans if they _____ .
7. If he'd known she was married, he **wouldn't have asked** her out.
8. If I'd known the traffic was going to be so bad, I _____ my car.
9. She wouldn't have lost her job if she **had arrived** on time every day.
10. If he had scored a goal, they _____ the match.

STUDENT B

1. We wouldn't have missed the flight if the _____ on time.
2. I wouldn't have gone to that restaurant if I **had known** the service was going to be bad.
3. If I'd known it was your birthday, I _____ a present.
4. If you hadn't reminded me, I **would have forgotten**.
5. If you'd watered the plants, they _____ .
6. I would have bought those jeans if they **had been cheaper**.
7. If he'd known she was married, he _____ her out.
8. If I'd known the traffic was going to be so bad, I **wouldn't have driven** my car.
9. She wouldn't have lost her job if _____ on time every day.
10. If he had scored a goal, they **would have won** the match.

LIVEWORKSHEETS

LESSON 2

THIRD CONDITIONAL

IF I had...



B2 Speaking Challenge — Teen Edition

Work with a partner.

Ask follow-up questions and develop your ideas. Try to give reasons, consequences, and details.

Remember:

If + past perfect → would have + past participle

Example:

If you had studied abroad, how would your life have been different?

12 CONVERSATION QUESTIONS

1. If you had been born in another country, how do you think your personality and lifestyle would have been different? Why?

2. If you had chosen a completely different career path, what would you have studied and what would your life look like now?

3. If you had met your best friend at a different time in your life, do you think you would have become friends? Why or why not?

4. If you had been given $10,000 one year ago, what would you have done with the money? What would you have spent it on?

5. If you had had the opportunity to become famous, but you had to give up your privacy, would you have accepted it? Why?

6. If you had discovered a hidden talent when you were younger, how would you have used it?

7. If you had been able to change ONE decision you made during your teenage years, what would you have changed? What would have happened afterward?

8. If you had traveled somewhere unforgettable last year, how might that experience have changed you?

9. If your best friend had invited you to do something crazy last weekend, but you had said yes, what do you think would have happened?

10. If you had been able to prevent one embarrassing moment from your past, which moment would you have erased? What would you have done differently?

11. If you had received a message from your future self one year ago, what advice do you think it would have given you? Would you have followed it?

12. If you had known one year ago what you know today, what would you have done differently? How would your life be different now?

LIVEWORKSHEETS

B2 ENGLISH

LISTENING EXERCISES

Regrets, Choices & Reflections



INSTRUCTIONS

Listen to the conversations and complete the exercises.

TIPS:

- Listen carefully.
- Take notes if necessary.
- Answer in complete sentences.

Section 4: Listening

Exercise 1: Famous Regrets

Listen to the conversation and complete the exercises.

a) **What does Sir William Hawthorne imply about his life choices when he mentions the "unexplored territories"?**

_____

b) **How does Dr. Maya Patel express her feelings about the sacrifices she made for her career?**

_____

c) **What could be inferred about Oscar Rodriguez's perspective on fame and personal relationships?**

_____

d) **From the host's responses, what can be inferred about the show's stance on regrets and second chances?**

_____

Exercise 2: Personal Reflections on Regrets

Listen to the conversation and complete the exercises.

a) What do Luis, Sofia, and Javier regret, and how do they reflect on their experiences?

_____

b) How do Luis and Sofia believe regrets can be transformed into positive outcomes?

_____

c) According to Javier, what role do regrets play in personal development?

_____

d) What advice do Luis, Sofia, and Javier offer to listeners regarding their regrets?

_____

e) How do Luis, Sofia, and Javier view regrets as part of their life journey?

_____

REMEMBER!

Listening helps you understand different perspectives and learn from real-life experiences.

LIVEWORKSHEETS

B2 ENGLISH

CONVERSATION QUESTIONS

Talking About Regret

Answer the questions using Past Perfect Tense.



DISCUSS & SHARE YOUR THOUGHTS

1. What is something you regret doing in the past? Why?
2. Is there anything you wish you had done differently in your last job or studies?
3. What is a decision you regret making that changed your life?
4. Do you regret not taking a risk at some point? What might have happened if you had?
5. What is something you wish you had said to someone before it was too late?
6. Have you ever regretted moving to a new place or changing schools/jobs?
7. What is something you wish you had learned earlier in life?
8. Do you regret not spending more time with someone in your past? Why?
9. Is there a mistake you made that you wish you could go back and fix?
10. What is something you wish you had known before making an important decision?
11. Have you ever regretted not following your dreams or passions?
12. If you could give your younger self one piece of advice, what would it be?

REMEMBER THE STRUCTURE

The Past Perfect is used to talk about an action that happened before another action in the past.

Structure: had + past participle

Examples:

- I **had** already **left** when she called.
- He **had never been** to another country before he traveled to France.
- They **had finished** the project before the deadline.

IDIOM OF THE DAY

Hindsight is 20/20.

Meaning: It means that it is easy to understand a situation or mistake after it has happened.

Example: I wish I had studied harder. Hindsight is 20/20.

PHRASAL VERB

Look back on something

Meaning: To think about something in the past.

Example: I often **look back on** my college years with mixed feelings.

REMEMBER!
Regrets are lessons in disguise. Learn, grow, and move forward!

LIVEWORKSHEETS

LESSON 2

SPEAKING ACTIVITY

10 REGRETS THAT CHANGED MY LIFE

B2 ENGLISH – THIRD CONDITIONAL & PAST PERFECT



USEFUL LANGUAGE

Expressing Regret

- I wish I had...
- I regret...
- Looking back, ...
- I should have...
- I shouldn't have...

Third Conditional

- If I had..., I would have...
- If I had..., I could have...
- If I had..., I might have...

Past Perfect

- Before that, I had...
- By the time..., I had already...
- I had never...
- I had already decided...
- I hadn't realized...

PAST MOMENTS TO TALK ABOUT

1 An important exam
- Did you prepare enough?
- Did you achieve the result you wanted?

2 A friendship
- Did you lose contact with someone?
- Did you have an argument?

3 A romantic relationship
- Did you say or do something you regret?
- Did you miss an opportunity?

4 A family decision
- Did you ignore someone's advice?
- Did you spend enough time with your family?

5 A trip or vacation
- Did something unexpected happen?
- Did you make a bad decision while traveling?

6 A job or career opportunity
- Did you reject an offer?
- Did you choose the right career path?

7 A financial decision
- Did you waste money?
- Did you fail to save or invest?

8 A health or fitness choice
- Did you stop exercising?
- Did you ignore healthy habits?

9 A school or university project
- Did you procrastinate?
- Did you work well with your team?

10 A personal goal or dream
- Did you give up too soon?
- Did fear stop you from trying?

DISCUSSION QUESTIONS

For each situation, ask questions such as:

- What exactly happened?
- What had happened before that?
- Do you regret your decision? Why or why not?
- If you had acted differently, what would have happened?
- How would your life be different today?
- What did you learn from that experience?
- Would you make the same decision again?
- What advice would you give your younger self?

LIVEWORKSHEETS

LESSON 2

READING

Read Sarah's Story and Reflect

Read Sarah's story who tells about a time she struggled to forgive herself and find the strength to move forward in her life.



Sarah sat alone in her apartment, surrounded by the remnants of her failed marriage. As she flipped through old photo albums, memories flooded her mind, each one tinged with regret. She couldn't help but wonder how her life would be different if she had made different choices.

One photograph in particular caught her eye: a snapshot of her and her ex-husband on their wedding day. At the time, she had been filled with hope and excitement for their future together. But now, all she felt was sadness and disappointment.

Reflecting on the past, Sarah realized that she had ignored warning signs and made excuses for her husband's behavior. She had convinced herself that things would get better, but they only got worse. Now, she was left with nothing but regrets.

As she continued to sift through memories, Sarah couldn't help thinking about famous figures who had experienced similar regrets. She recalled reading about Steve Jobs, who famously regretted not spending more time with his family during his early years at Apple. Despite his success, he couldn't shake the feeling that he had missed out on what truly mattered in life.

Thinking about the past, Sarah reflected on how her life might have been different if she had listened to her instincts and made different choices. If she had left her husband when she first started to feel unhappy, perhaps she would be in a happier place now.

But dwelling on the past wouldn't change anything. Sarah knew that she had to focus on the present and the future. She asked herself what her life can be like if she starts making different decisions now.

With a newfound sense of determination, Sarah began to clean up the mess in her apartment. She knew that it wouldn't be easy to move on from her regrets, but she was determined to make the most of the opportunities that lay ahead.

As she packed away the last of the photo albums, Sarah couldn't help feeling a glimmer of hope. Maybe, just maybe, it wasn't too late to turn her life around and find happiness once again.

ABOUT THE STORY

Answer the following conversation questions about the content of the reading.

1. What struggle is Sarah dealing with in the story?
2. What did Sarah feel when she looked at the old photo albums?
3. What does the photograph of her wedding day represent to Sarah?
4. What did Sarah realize about her past behavior?
5. How does Steve Jobs' story relate to Sarah's situation?
6. What decision does Sarah make regarding the present and future?
7. What does Sarah feel at the end of the story?

IDIOM OF THE DAY

You can't turn back time.

Meaning: It means that you cannot change the past, so you must accept it and move on.

Example: I regret not spending more time with my grandparents, but you can't turn back time.

PHRASAL VERB

Move on

Meaning: To start dealing with a situation in a new and more positive way.

Example: It was hard at first, but I decided to move on and focus on my dreams.

LIVEWORKSHEETS

LESSON 2

WRITING

Write. Reflect. Grow.

Write a Diary entry organizing your thoughts, feelings and opinions about Sarah's story while reflecting about your own life regrets.



Dear diary...

DATE: _____

Sarah demonstrated resilience in facing her regrets and making positive changes in her life. Reflect on your own experiences with regrets, self-forgiveness and resilience.

- What was the decision you made that you later regretted?
- What were the consequences of that decision?
- How did you feel at the time, and how do you feel about it now?
- What have you learned from that experience, and how has it influenced your decision-making since then?
- How can you apply the lessons learned from your past experiences with regret to build resilience and confidence in the face of future challenges?

ABOUT THE READING

Answer the following questions about Sarah's story.

1. Why did Sarah feel sad and disappointed when she looked at her old photo albums?

2. What did Sarah realize about her marriage as she reflected on the past?

3. Who inspired Sarah to think differently about regrets and decisions?

4. What decision did Sarah make to improve her life?

5. How did Sarah feel at the end of the story?

IDIOM OF THE DAY

Hindsight is 20/20.

Meaning: It means that it is easy to understand a situation or decision after it has happened.

Example: I didn't see how serious it was back then, but hindsight is 20/20.

PHRASAL VERB

Look back on

Meaning: To think about something that happened in the past.

Example: I often look back on my mistakes to make better choices today.

LIVEWORKSHEETS

B2 ENGLISH

LIFE CROSSROADS CONVERSATIONS

Discuss. Explore. Decide.



In this activity, you and your classmates will explore the stories of some people facing significant decisions. Each case study presents a different situation, such as following passions, navigating friendships, entrepreneurial ventures, studying abroad, or maintaining long-distance relationships.

Your task is to discuss the character's dilemmas, potential regrets, and the factors influencing their decisions. Share your thoughts on what choices you would make in their shoes. Engage in a lively conversation to uncover the complexities of these life crossroads.



1. **Lena, a passionate environmentalist, has been offered a high-paying job in a multinational oil company.** The position would give her financial stability and career growth, but it conflicts with her values and dream of working for a sustainable future. Discuss the potential regrets Lena might face, the risks and rewards of accepting the job, and the importance of aligning career choices with personal values.



2. **Jasmine and Eric have maintained a long-distance relationship for years.** Now, they must decide whether to continue the relationship or explore new possibilities closer to home. Students can discuss the challenges of long-distance relationships, the importance of communication and trust, and the emotional aspects of deciding between staying with someone familiar and exploring new romantic opportunities.



3. **Wilberth has the opportunity to study abroad,** immersing himself in a new culture. However, he is concerned about leaving his close-knit family and adjusting to a different lifestyle. Explore the challenges and benefits of studying in a foreign country, the potential impact on personal growth, and the importance of stepping out of one's comfort zone.



4. **Sandra, a talented artist with a love for painting,** has been awarded a scholarship to attend an acclaimed art school. On the other hand, her parents are pushing her to pursue a business degree for a stable career. Sandra is torn between following her passion, which could lead to a less predictable future, or choosing a path that aligns with her parents' expectations for financial security. Discuss Sandra's potential regrets, the impact on her relationships, and the importance of pursuing one's dreams.



5. **Best friends Alex and Jamie have always been there for each other,** but now they face a tough decision. They are considering attending different colleges, potentially putting a strain on their long-standing friendship. Explore the emotions involved in making such a decision, the challenges of maintaining connections over distance, and the importance of balancing personal goals with maintaining relationships.

IDIOM OF THE DAY

It's a bitter pill to swallow.

Meaning: It means something is very difficult to accept.

Example: It was a bitter pill to swallow when I didn't get the job, but I knew I had to keep trying.

PHRASAL VERB

Back out

Meaning: To decide not to do something or withdraw from a plan or commitment.

Example: *I almost accepted the job, but I decided to back out because it didn't feel right.*

REMEMBER!

Every decision has a price. Think carefully and don't live with regrets.

LIVEWORKSHEETS

B2 ENGLISH

WATCH NOW

WHETHER OR NOT USE & PRACTICE

Talk about choices and decisions with confidence!



USE

We use **whether or not** to introduce a choice or to say that something depends on a decision.

- Whether or not is usually followed by a subject + verb.
- It can be used at the beginning or in the middle of a sentence.
- It is more formal than *if*.

FILL IN THE BLANKS

Complete the sentences using whether or not.

1. I'm not sure _____ we will finish the project on time.
2. Please tell me _____ you can come to the meeting tomorrow.
3. It depends on _____ they approve our proposal.
4. She is thinking about _____ to accept the job offer.
5. Let me know _____ you need any help with the report.
6. We will go hiking this weekend _____ it rains.
7. He hasn't decided _____ to study abroad next year.
8. _____ you pass the exam will determine your next steps.
9. They are discussing _____ to renovate the office or move to a new place.
10. I wonder _____ she already knows the news.

IDIOM OF THE DAY

It's water under the bridge now.

Meaning: A situation from the past that is finished and should not cause worry anymore.

Example: We argued yesterday, but **it's water under the bridge now.**

PHRASAL VERB

I regret not telling her the truth.

Meaning: I feel sorry because I didn't say something honest.

Example: **I regret not telling her the truth** when I had the chance.

REMEMBER!

Use whether or not to express choices and decisions clearly and confidently in your conversations and writing.

LIVEWORKSHEETS

LESSON 2

Let´s talk about plans



WHETHER OR NOT

WRITTEN & SPEAKING PRACTICE

QUICK SUMMARY: WHETHER OR NOT

Whether or not is used to talk about two possible situations when the result or action remains the same.

Structure:

whether or not + subject + verb

Examples:

- I will go **whether or not** you come.
- She will apply **whether or not** she gets the position.
- We need to decide **whether or not** we should accept the offer.

1. WRITTEN PRACTICE

A. Complete the sentences

Complete each sentence using **whether or not** and the information in parentheses.

1. I will finish the project _____. (I feel tired)
2. She is going to apply for the job _____. (she gets the position)
3. We should attend the event _____. (our friends come)
4. He will continue studying _____. (the exam is difficult)
5. They need to decide _____. (they want to move abroad)
6. I will support your decision _____. (I agree with it)
7. You should try something new _____. (you feel nervous)
8. She will participate in the competition _____. (she thinks she can win)

2. SPEAKING PRACTICE

Complete the statements and discuss your answers with a partner.

Complete each statement with your own idea using **whether or not**. Then explain your answer.

1. I will continue learning English _____
2. I'm going to try something new _____
3. I might accept an invitation _____
4. I should help someone _____
5. I can make an important decision _____
6. I won't give up on a goal _____
7. I'll change my plans _____
8. I'm willing to take a risk _____

LIVEWORKSHEETS