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. Watch a VIDEO.
What are some of the regrets that kids, teens and adults have?

4. 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.

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• If you listen to the regrets older people have, you are likely to avoid their mistakes.
• 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.

5. 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'?

6. 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)**

.....

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d) I should have spent more time preparing for this exam. Then, I would have got a better result. **(wish)**

.....

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)**

.....

7.

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.

8. 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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