

**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.
- 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.



**Hayley** • 1 hr ago

<sup>1</sup>I wish I hadn't spent so much time worrying about what others thought of me when I was a child. It meant that I forgot to focus on the important issues. If only I'd spent more time studying. <sup>2</sup>I should have gone to a top college, but my grades just weren't good enough. I really feel like I missed out on a massive opportunity.

Reply

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**Nick** • 1 hr 38 min ago

We've recently moved to another town because my dad thinks his career is more important than his family. My mom was happy to move but <sup>3</sup>I wish we still lived in our old town. <sup>4</sup>I wish people wouldn't think only of themselves.

Reply

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**Kelly** • 2 hrs 3 mins ago

The last summer of college was one of the happiest times of my life. We traveled so much back then. <sup>5</sup>I wish we could all go back to that beach in Thailand, but everyone's so busy now with work and family. Maybe I wouldn't eat the seafood this time, though!

Reply

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1. describes a different present
2. describes a past regret
3. describes something we want others to do or stop doing.
4. Describes regret in a more emphatic way.

- 1 If only I've spent more time studying when I was a student.
- 2 I wish I didn't miss out on that opportunity to teach at a summer camp last year.
- 3 I find it hard to meet people. If only I'm not so painfully shy.
- 4 You're really hard to talk to today. I wish you hadn't been in such a bad mood.
- 5 I wish I would move back to where I grew up but I can't afford a house there.
- 6 I wish he had stop thinking about himself.
- 7 I really wish we had moved here – it was a big mistake.
- 8 You shouldn't tell Mei Xing that you were leaving. Now she's upset.

**Correct or incorrect?**

**Complete your own ideas to  
share in class**

1 Something I need to work on  
wish

2 Something that keeps me awake  
wish

3 Something it's not on my side of the court  
If only

4 Something that makes me think  
If only

5 Something that annoys me  
wish

# Regrets