

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



- a. The older you get, the fewer things you tend to regret.
- b. If you listen to the regrets older people have, you are likely to avoid their mistakes.
- c. Regretting too many things is meaningless as we can't change the past.
- d. If you focus on your regrets, you might overlook new opportunities.
- e. For some people, their regrets are the only thing they have as it's too late for them to change anything.
- f. People who say they don't regret anything are only fooling themselves.

**Sophie:** I can't believe I didn't take that internship offer last summer. Now it's too late, and they've already filled the position. I really **missed the boat** on that one.

**Liam:** Yeah, that's tough, but don't beat yourself up. Sometimes **hindsight is 20/20**. It's easy to see what we should've done after the fact.

**Sophie:** I know, but I **should have known better**. I kept putting it off, thinking I had more time. Now, I'm really going to **live to regret it**. It could've opened so many doors for me.

**Liam:** Look, I get it, but there's no point in **crying over spilled milk**. What's done is done. Focus on what you can do next, maybe there's still a chance for something similar.

## Expressing regret

## How to respond to regrets?

What would you  
say to the people  
on the picture?

Column A: Expressions

1. Miss the boat
2. Hindsight is 20/20
3. Should have known better
4. Cry over spilled milk
5. Live to regret it
6. Don't be so hard on yourself
7. Pull yourself together
8. Take something seriously
9. Look on the bright side of things
10. Feel you on this one
11. Prone to mistakes

- A. To regret something you'll experience in the future
- B. To pull yourself together and stay calm
- C. To view a situation with optimism despite difficulties
- D. To miss an opportunity
- E. To feel or understand what someone else is going through
- F. To acknowledge a mistake and regret not having acted differently
- G. To blame yourself too much
- H. To dwell on something that cannot be changed
- I. To take something with the proper level of seriousness or importance
- J. To have the tendency to make errors
- K. To see something clearly after it has already happened

Use the  
expressions to  
complete the  
conversation

**Sophie:** I can't believe I didn't take that internship offer last summer. Now it's too late, and they've already filled the position. I really \_\_\_\_\_ **the boat** on that one.

**Liam:** Yeah, that's tough, but don't beat yourself up. Sometimes **hindsight is** \_\_\_\_\_. It's easy to see what we should've done after the fact.

**Sophie:** I know, but I **should** \_\_\_\_\_ **better**. I kept putting it off, thinking I had more time. Now, I'm really going to **live to regret it**. It could've opened so many doors for me.

**Liam:** Look, I get it, but there's no point in \_\_\_\_\_ **spilled milk**. What's done is done. Focus on what you can do next—there might still be other opportunities.

**Sophie:** I guess you're right, but I can't help feeling like I've been \_\_\_\_\_ **mistakes** like this lately. I didn't take it as seriously as I should have, and now I feel like I've missed something big.

**Liam:** Don't be so hard on yourself. We all make mistakes, and you've learned from this. You just need to **pull** \_\_\_\_\_ and start looking for new options. Who knows? Something even better might come along.

**Sophie:** I hope so. It's hard not to feel disappointed, though. But maybe you're right—I should try to **look on the bright** \_\_\_\_\_ and see this as a learning experience.

**Liam:** Exactly. You can always bounce back from this. And I \_\_\_\_\_ **on this one**—I've been in the same situation before. Trust me, things will work out.