

THE POWER OF REGRET



LET'S TALK!

Imagine you have a time machine and can go back to one moment in your past.

Think about what you would change and why.

Discuss with your partner how this change might affect your life now and in the future, considering both positive and negative outcomes.





LIFE LESSONS

Read the following interview with Sarah about her regrets and wishes in life. Pay attention to how she uses the phrases "I wish" and "If only" to talk about her past, present, and future regrets.

Interviewer: Hi Sarah, thanks for joining us today. I wanted to talk to you about regrets and wishes. Can you share some of your thoughts on this topic?

Sarah: Hi! Sure, I'd be happy to share. I've often reflected on my past decisions and how they impact my present and future.

Interviewer: Let's start with your present regrets. Is there anything you wish were different right now?

Sarah: Definitely. I wish I were more disciplined about my health. If only I exercised regularly and ate healthier meals, I wouldn't feel so tired all the time. Every morning, I wake up thinking, "I wish I didn't have to rush to work without a proper breakfast."

Interviewer: That sounds relatable. How about your past? Are there any decisions you regret?

Sarah: Yes, there are several things I wish I had done differently. For instance, I wish I had studied harder at school. If only I had taken my studies seriously, I might have gone to a better university. Another big regret is not keeping in touch with my old friends. I wish I hadn't lost contact with them. If only I had called them more often, we might still be close.

Interviewer: It's interesting how our past choices affect us. Looking ahead, do you have any future wishes or concerns?

Sarah: Absolutely. Thinking about the future, there are things I hope to change. I wish I could be more proactive about my career. If only I could find the courage to start my own business, I wouldn't worry so much about job security. Additionally, I wish I could travel more. If only I saved money more diligently, I could explore new places and cultures.

Interviewer: It's important to have goals. Do you think regrets help you make better choices?

Sarah: Yes, regrets are a part of life, but they also motivate us to make better choices moving forward. By learning from our past, we can make wishes for a better future and work towards achieving them.

Interviewer: Thank you for sharing your thoughts, Sarah. It's been insightful.

Sarah: You're welcome! It was great to talk about this.



LIFE LESSONS

1. Read and decide whether the statements are True (T) or False (F).

1. Sarah wishes she were more disciplined about her health. ____
2. Sarah has no desire to improve her health habits. ____
3. If only Sarah had studied harder, she believes she might have gone to a better university. ____
4. Sarah wishes she hadn't lost contact with her old friends and had called them more often. ____
5. Sarah thinks regrets motivate her to make better choices moving forward. ____

2. Read and discuss the questions in pairs or mini-groups.

1. What does Sarah wish were different about her health?
2. Can you identify one of Sarah's regrets from her past decisions?
3. How does Sarah feel about not keeping in touch with her old friends?
4. What are some future wishes or concerns that Sarah has mentioned?
5. According to Sarah, do regrets play a role in making better choices?
6. How does Sarah believe regrets can help us in shaping our future decisions?
7. How does Sarah view the importance of setting goals for the future?



I WISH/IF ONLY

Read the grammar rules about expressing regrets using "I wish" and "If only." Complete the rules by underlining the correct tense.

Expressing regret about the present

- Use "I wish" or "If only" + *Past Simple / Past Perfect* to say that you really want a present situation to be different.
- Use "I wish" or "If only" + would to talk about something you want to stop happening in the present because it annoys you.
- When talking about a hypothetical or unreal situation, "were" is typically used instead of "was" for all subjects.

I wish I didn't have to rush to work without a proper breakfast. (I have to rush to work without breakfast now.)

Expressing regret about the past

- Use "I wish" or "If only" + *Past Simple / Past Perfect* to talk about something we would like to change about the past.

I wish I hadn't lost contact with my old friends. (I lost contact with my old friends.)

Talking about the future

- Use "I wish" or "If only" + would/could* + base form of the verb to express wishes for future changes or actions that are unlikely or difficult to achieve.

If only I could find the courage to start my own business. (It might be difficult for me to find the courage to start my own business.)

**We don't use would to talk about ourselves.*

Finish the sentences about yourself.

I wish I had _____

If only I could _____

I wish I didn't _____

I wish it wouldn't _____



CAN YOU RELATE?

Complete Sarah's regrets and wishes with the correct form of the verb. For each statement, rate how much you can relate to it on a scale of 1 to 5 (1 = not at all, 5 = very much). After rating, explain your choice.



I wish I _____ (be) more disciplined about my health.

1

2

3

4

5

If only I _____ (exercise) regularly and _____
(eat) healthier meals, I wouldn't feel so tired all the time.

1

2

3

4

5

I wish I _____ (study) harder at school.

1

2

3

4

5

If only I _____ (take) my studies seriously, I might have
gone to a better university.

1

2

3

4

5

I wish I _____ (be) more proactive about my career.

1

2

3

4

5

If only I _____ (save) money more diligently, I could
explore new places and cultures.

1

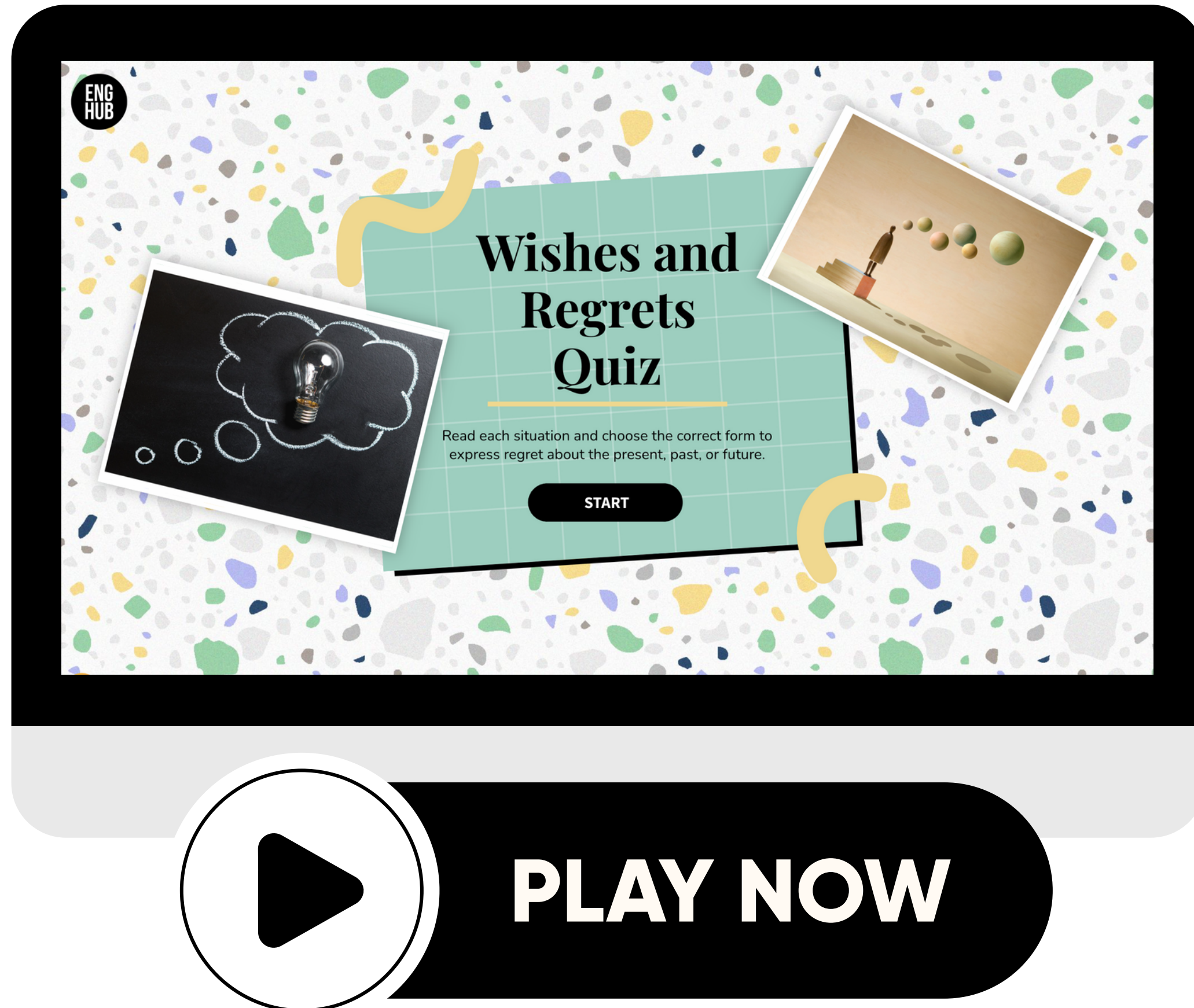
2

3

4

5

LET'S PLAY!



Take a Wishes and Regrets Quiz.

Read each situation and choose the correct form to express regret about the present, past, or future.

Good luck!





LET'S PRACTISE!

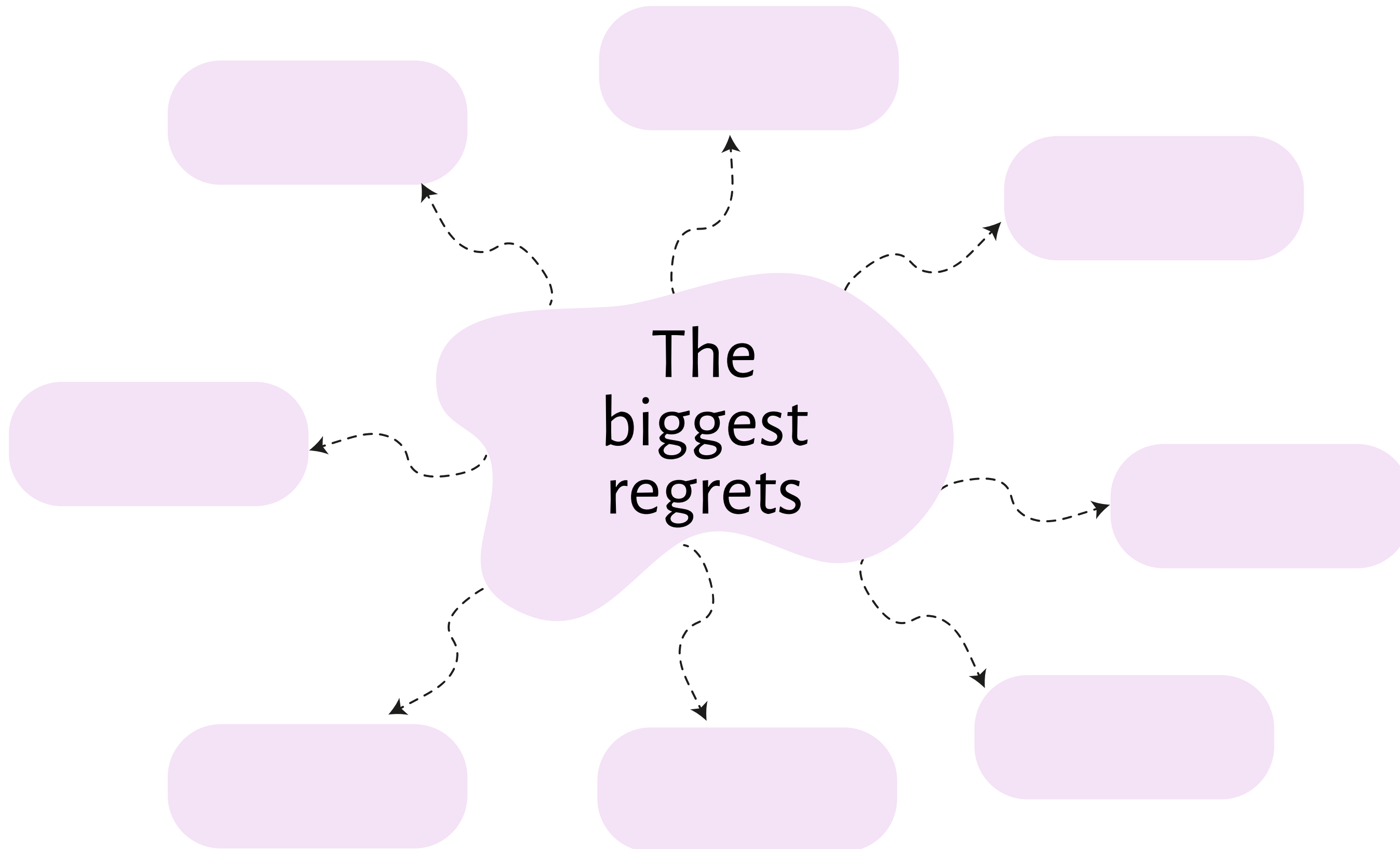
Read the imaginary situations and think about what regret you might have. Use "I wish" or "If only" to express the regret.

1. You ignored a minor health issue and it became serious.
2. You are having trouble with a project, and you want to ask for help.
3. You didn't spend enough time with your family during the holidays.
4. You didn't prepare for a presentation, and it didn't go well.
5. You want to save more money in case you face an emergency in future.
6. You are tired, but you need to do a lot of tasks.
7. You need to buy a present for best friend's birthday.
8. You didn't take a great opportunity to travel abroad.
9. You really want to move to a better location when you have the chance.
10. You didn't back up your computer and lost important files.



MIND MAP

Think about the biggest regrets people might have in their lives. Explain your choices and discuss them with your partners.

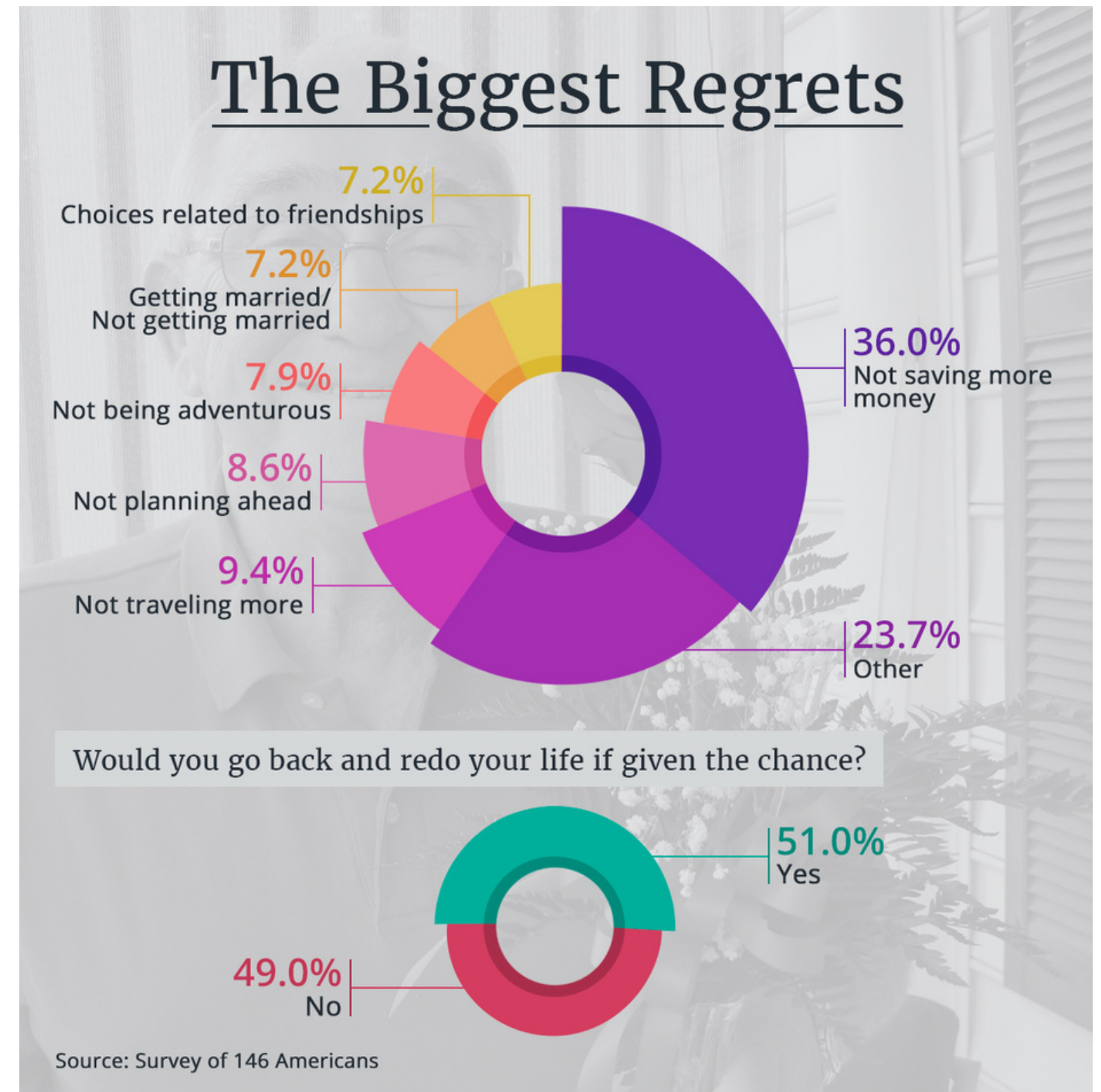


THE BIGGEST REGRETS

Don't forget to use today's grammar.

Look at the infographic about the biggest regrets people have. Use it to discuss the following questions with your partner.

- Do any of the regrets listed in the infographic resonate with you personally? Why or why not?
- Why do you think "Not saving more money" is the top regret for many people?
- How important do you think it is to plan ahead in life? Can you give examples from your own experience?
- How might choices related to friendships impact someone's life long-term?
- How do you interpret the "Other" category in the infographic? What could it include?
- If you could go back and redo one decision in your life, what would it be and why?
- Do you think people tend to have more regrets about things they did or things they didn't do? Why?



LET'S DISCUSS!

Look at the photos of people in various situations. Discuss with your partner or group what possible regrets they might have.



Work in pairs and discuss your suggestions. Use phrases below.



- I wish / If only I had ...
- I wish I were ...
- If only I could ...
- I wish it would...

EXTRA TASK

Read and complete the sentences with the correct form of the verb in parentheses.

1. If only it _____ (not/rain) during our vacation next week.
2. I wish I _____ (study) harder for the exam last week.
3. If only we _____ (visit) that museum while we were in Paris.
4. I wish I _____ (know) how to play the piano.
5. If only she _____ (not/miss) the bus yesterday.
6. I wish my parents _____ (be) more understanding.
7. I wish we _____ (can) travel more often.
8. If only they _____ (finish) the project on time tomorrow.
9. I wish I _____ (get) a promotion next year.
10. I wish I _____ (learn) to swim when I was a child.
11. I wish my brother _____ (come) home for Christmas.
12. If only he _____ (not/live) so far away.
13. If only I _____ (have) more time to read books.
14. I wish I _____ (can) go to the concert next month.
15. I wish they _____ (tell) me about the surprise party.





EXTRA TASK

Write a letter to your future self, expressing your wishes and hopes. Think about what you would like to achieve, experience, or change in your life. Use "I wish" and "If only" to articulate your desires and regrets.

A large, light purple rectangular area with rounded corners, containing ten horizontal lines for writing a letter.



THANK
YOU!

