



## 30 LEVEL 01

### REGRET

#### HOW I REGRET...

- Wentworth: Everyone, everyone, please. Be quiet. Hush...hush hush, please. Let's start the lesson! Today, I want to speak about regrets. We make choices, we take decisions and it happens... Sometimes we regret them, you regret them. Maybe you were young, maybe you were foolish... And now, when you look back, you regret your behavior or attitude. You regret an action. Please tell us what is it you regret. Sarah, for instance, what do you regret?
- Sarah: I regret being impulsive ... But it is part of my personality.
- Wentworth: We all have faults. I want you to refer to a specific event from the past.
- Sarah: Then, I regret not following my best friend's advice...
- Wentworth: please, elaborate. What advice?
- Sarah: I regret not following my dreams. I regret not following them sooner. I regret thinking too much about it. For me, taking decisions is hard. I consider all options. I'm afraid of failure.
- Wentworth: You never know when you 're young. Everyone makes mistakes. It is the way that people learn.
- Sarah: I guess so... I also regret not visiting my grandparents often. .. But they don't resent me.
- Wentworth: They are still alive, aren't they? So why don't you make a resolution of meeting them regularly. If you really want it, you will !
- Sarah: I know that but I have my work, my studies. They live in a different district. They are far. I sometimes call them. We always meet for the festive season. All my family gathers. But ...
- Wentworth: you're busy. Sarah, if you feel the need to visit them, go and visit them and enjoy their company. Call them or send them a card to show you care. It is not expensive. It doesn't require a lot of time. It is simple.
- Sarah: Thank you for your advice.
- Wentworth: Who wants to speak out? Simon?



HOW I REGRET...	Hard
'Be quiet'	Consider
'Hush!'	An option
To start	Failure
A regret	To make a mistake
A choice	The way
To make a choice	To learn
To take a decision	To visit
To happen	To resent (someone)
Sometimes	Alive
Maybe	A resolution of (v)ING
You were	A district
Young	Far
Foolish	The festive season
Now	To gather
To look back	Busy
A behavior(US)/ a behaviour (UK)	To feel the need to(v)
An attitude	To enjoy one's company
For instance	To call
Impulsive	To send
To be part of	A card
A fault	To show
Specific	To care (for someone)
An event	Expensive
The past	To require
To follow	To speak out
Advice (uncountable)	
A dream	
Sooner	

Grammar: REGRET

In English, in order to express regret, there is a simple form: REGRET + vING

We use the verb regret and put a present participle after, i.e a verb ending in -ING.

If you regret something after doing it, you use: regret + Ving

Example: I regret smoking / He regrets lying / They regret not doing their homework.

Another form is possible but we use it when we feel regret before we do something.

The pattern is: REGRET TO + v.

Example: I regret to inform you that it is not possible.