



Expressing Regrets:

Warm-up questions:

Do you have any regrets? What is it?
What do you think is better, trying and failing or not trying at all?
What are common regrets people have?

Expressions(regrets):

I wish I hadn't (done) something.
I shouldn't have (done) something.
(Doing something) was unfortunate.

I wish I hadn't spent all of my money on clothes.
I shouldn't have called my ex-girlfriend last night.
Quitting school was unfortunate.

Expressions(3rd conditional):

If I **hadn't quit** school, I **would have been** a doctor.
If he **had done** his laundry, he **would have clean** clothes.
If she **had taken** the bus, she **wouldn't have been** late.
What **would** you **have done** if I **hadn't been** there to help?

If I **had gone** home sooner, I **wouldn't be** so tired.
If I **hadn't drunk** soju last night, I **would feel** better now.
If I **had eaten** breakfast, I **wouldn't be** hungry now.

Practice:

If John had saved up more money,...

If I had travelled more when I was younger...

If she had studied more for her exam...

If I hadn't met my wife...

If they had played as a team...

I would have been rich,...

She would have bought the clothes...

They would have won the game...

She would have been hurt...

I wouldn't be tired...

The 10 Most Common Regrets

<https://thriveglobal.com/stories/the-10-biggest-regrets-in-life-how-to-avoid-them/>

1. **I wish I'd had the courage to live a life true to myself, not the life others expected of me.** Remember: Whether it's a bucket filled with dreams of an actual list, don't put off tomorrow what can be done today. Sometimes later becomes never.
2. **I wish I hadn't worked so hard.** Remember: You won't remember how much money you made but you will remember the people and memories you made it with. Money comes and goes, memories last a lifetime.
3. **I wish I'd had the courage to express my feelings.** Remember: As it's been quoted: Speak your truth, even if your voice shakes. Pent-up emotions lead to poor choices and poorer outcomes. Express what's there for you and do your best to be responsible communicating how you feel.
4. **I wish I had stayed in touch with my friends.** Remember: It's easy to take for granted today what you believe will show up tomorrow. Friends enter your life for reasons and seasons but make sure you take the time to let those you care about know how you feel.
5. **I wish that I had let myself be happier.** Remember: We spend so much of our life pleasing others we put ourselves last on the list. Find what makes you happiest and do more of it. It costs nothing except your time to choose you over anything else.
6. **I wish I spent more time with the ones I care about and less time on social media.** Remember: Aimlessly scrolling on SM for hours at a time does nothing for you in the long run. Instead of wishing a life that others "appear" to have – go out and create your own. Don't give up your gift while wishing for someone else's.
7. **I wish I cared more about those who cared for me.** Remember: Taking people for granted is sadly commonplace for many. Stop and check in on those you care about. Just because someone doesn't ask for help doesn't mean they don't need it or deserve it. We are all fighting a battle each and every day.
8. **I wish I was more present with my kids when they needed me the most.** Remember: Kids look up to their parents as role models and they will remember what you did versus what you said. Give them the greatest present of all...your presence.
9. **I wish I had listened to my gut more.** Remember: Trusting your instinct is part of being confident and although you will undoubtedly fall at times, it's important to notice where you slipped as that will teach you what you need to grow yourself and learn from the experience. Life happens outside not inside your comfort zone.
10. **I wish I had followed my passion.** Remember: There is no dress rehearsal, this is the show so either get on stage or take a seat in the audience. Our time on this planet is short so use each of your 1440 minutes every day and follow your passion. Who knows where it might take you.

Discussion

Which of the above do you think is the best tip?

Do you have similar regrets from the above?

Why do you think people don't live how they want to?

What is the most important to you?

What is your bucket list?