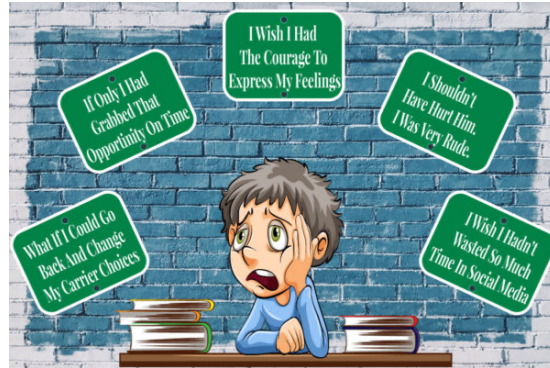


TALK ABOUT REGRETS AND SOLUTIONS TO PROBLEMS

INTRODUCTION



Talk about Regrets and Solutions

Everyone makes mistakes. Sometimes we do something and later we think:

"I shouldn't have done that." or "I regret this."

For example:

- *I didn't study for the exam. Now I regret it.*
- *I spent too much money. I'm sorry I did that.*

But we can also think about **solutions**, not only problems:

- *Next time, I will study earlier.*
- *You should save your money.*

In this lesson, you will learn:

- How to talk about **regrets** in simple English,
- How to give **advice and solutions** using *should, shouldn't, could, why don't you...?*
- How to write about a problem, a regret, and possible solutions.

A small mistake

Think about a **small mistake** you made in the past (not something very serious).

For example:

- You forgot a friend's birthday.
- You didn't study for a quiz.
- You arrived late to an important class.

TALK ABOUT REGRETS AND SOLUTIONS TO PROBLEMS

Write **3-4 sentences**:

- What happened? (past)
- How did you feel? (now)
- One thing you would do differently next time.

Example:

Last month, I didn't study for my English quiz. I got a bad grade and I felt bad. Next time, I will study earlier.

Objective: activate the connection between **mistake** → **feeling** → **solution**.

VOCABULARY

1. Words for regrets

Word / Phrase	Example
Regret	I regret not studying for the exam.
I'm sorry I...	I'm sorry I was rude to you.
I feel bad about...	I feel bad about my mistake.
Mistake	It was a big mistake.
Past	In the past, I didn't save money.

2. Vocabulary for common problems

Word / Phrase	Example
Problem	I have a problem with my time management.
Stressed	I feel stressed before exams.
Late	I was late for class.
Fail an exam	I failed my math exam.
Argue / fight	I argued with my friend.
Waste time/money	I wasted a lot of time on social media.

TALK ABOUT REGRETS AND SOLUTIONS TO PROBLEMS

3. Vocabulary for solutions and advices

Expression / verb	Example
Solution	We need a solution to this problem.
You should...	You should talk to your friend.
You shouldn't...	You shouldn't go to bed so late.
You could...	You could study with a friend.
Why don't you...?	Why don't you make a plan?
Next time, I will...	Next time, I will start earlier.
Try	You could try to sleep earlier.

GRAMMAR: SHOULD / SHOULDN'T / COULD / WHY DON'T YOU...?



MODAL SHOULD



USOS

El modal **Should** significa **deber** o **debería**.
Se usa para: dar consejos, mostrar obligación o deber, para decir qué es lo correcto y para mostrar probabilidad o expectativa.



ESTRUCTURA

Afirmativa:
Sujeto + **should** + verbo + complemento.

Negativa:
Sujeto + **shouldn't** + verbo + complemento.

Interrogativa:
Should + sujeto + verbo + complemento?



EJEMPLOS



- I think you **should** go to the doctor. / Creo que **debes/deberías** ir al médico.
- You **shouldn't** drink alcohol. / No **deberías** beber alcohol.
- Should** I take a summer course? / ¿**Debería** tomar un curso de verano?





Puedes ver la lección completa con ejercicios en:
www.AprenderInglesRapidoYFacil.com

TALK ABOUT REGRETS AND SOLUTIONS TO PROBLEMS

4. “Should / Shouldn’t” for giving advice

Structure:

You should + base verb → good advice.

You shouldn’t + base verb → advice not to do something.

Examples:

- *You should study a little every day.*
- *You shouldn’t shout when you are angry.*
- *You should say “sorry” to your friend.*
- *You shouldn’t spend so much money on games.*

5. “Could” for suggesting possible solutions

Structure:

You could + base verb (possibility, idea).

Examples:

- *You could ask the teacher for help.*
- *You could make a study plan.*
- *You could write your feelings in a journal.*

6. “Why don’t you...?” for making polite suggestions

Structure:

Why don’t you + base verb...?

Examples:

- *Why don’t you talk to your friend?*
- *Why don’t you go to bed earlier?*
- *Why don’t you turn off your phone when you study?*

7. Combining regret + solution

We do not focus on complex structures; instead, we use the Simple Past and fixed expressions:

- *I didn’t study. Now I regret it. I should study earlier next time.*
- *I argued with my sister. I’m sorry I shouted. I should say sorry and be calm.*

TALK ABOUT REGRETS AND SOLUTIONS TO PROBLEMS

CONVERSATION - *TALKING ABOUT A REGRET AND A SOLUTION*

Carlos: Hey, Ana. You look a bit sad. What's wrong?

Ana: I'm stressed. I failed my English exam. I regret not studying. I feel bad about it.

Carlos: Oh, I'm sorry. Maybe next time you should start earlier.

Ana: Yes, you're right. I shouldn't waste so much time on my phone.

Carlos: You could make a study plan. Why don't you study one hour every day?

Ana: That's a good idea. Next time, I will turn off my phone when I study.

Carlos: I sometimes have the same problem. I regret going to bed late before exams.

Ana: We both should try to change our habits.

References:

- Murphy, R. (2019). English grammar in use: A self-study reference and practice book for intermediate learners of English (5th ed.). Cambridge University Press.
- Swan, M. (2016). Practical English usage (4th ed.). Oxford University Press.
- Oxenden, C., Latham-Koenig, C. & Lambert, J. (2019). American English file 3: Student book (3rd ed.). Oxford University Press.
- Redston, C. & Cunningham, G. (2015). Face2Face intermediate student's book (2nd ed.). Cambridge University Press.