

UNDERSTAND PEOPLE TALKING ABOUT REGRETS AND MISTAKES

INTRODUCTION

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

“I shouldn’t have done that.” or “I regret this.”

People talk about:

- What they did in the **past**.
- How they **feel now**.
- What they **learned** or what they **would do differently**.

In this lesson, you will:

- Read and listen to short stories about regrets and mistakes.
- Learn useful words and expressions to understand and talk about them.
- Write about your own experiences and what you learned from them.

Small Mistakes, Big Lessons

Think about a **small mistake** in your life (not something very serious), for example:

- You didn’t study for a quiz.
- You forgot a birthday.
- You arrived very late.

In your notebook, write **3–4 sentences** in simple past:

- What did you do (or not do)?
- What happened?
- How did you feel?

Example:

Last month, I didn’t prepare my presentation. I felt very nervous in class and I made many mistakes. I was embarrassed.

The objective is to activate personal experiences and the use of the Simple Past.

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VOCABULARY

1. Basic words

Word / phrase	Example
mistake	It was a big mistake.
regret (verb/noun)	I regret not calling her.
in the past	In the past, I was very shy.
problem	This created a problem with my teacher.
lesson	I learned a lesson from this mistake.
promise	I broke my promise.

2. Common expressions for regret

Expression	Example
I'm sorry I...	I'm sorry I was rude to you.
I regret...	I regret not studying for the exam.
I feel bad about...	I feel bad about what I said.
It was a mistake to...	It was a mistake to lie.
I shouldn't have... (chunk)	I shouldn't have shouted at my friend.
Next time, I will...	Next time, I will be more careful.

3. Expressions for solutions and lessons learned

Expression	Example
Now I know that...	Now I know that I need to study regularly.
I learned that...	I learned that honesty is important.
I will try to...	I will try to be on time.
I need to...	I need to organize my time better.
That won't happen again.	I was very late. That won't happen again.

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GRAMMAR - SIMPLE PAST + COMMON REGRET EXPRESSIONS

Let's work:

1. Simple Past for talking about what happened.
2. Common regret chunks (I'm sorry I..., I regret..., I shouldn't have...).
3. Lesson/solution.

1 Simple past - remembering actions

Affirmative:

- *I forgot my homework.*
- *She arrived late to class.*
- *They argued about something stupid.*

Negative:

- *I didn't study for the test.*
- *He didn't call his friend.*
- You **didn't** answer my message.
- We **didn't** arrive on time
- They **didn't** save any money.

Interrogative:

- *Did you talk to her?*
- *Did he apologize?*

2 Regret expressions

a) I'm sorry I... + past

- *I'm sorry I **was** angry.*
- *I'm sorry I **shouted** at you.*

b) I regret + (verb -ing / not + ing)

- *I regret not studying.*
- *I regret saying that.*

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c) I shouldn't have + past participle (regret chunk)

Instead of explaining the complete structure, we use it as a model phrase:

- *I shouldn't have lied.*
- *I shouldn't have ignored her message.*

We use "I shouldn't have..." to talk about something that was a bad idea in the past.

3 Connect: mistake → feeling → lesson

When we talk about regrets, we usually say:

- *What happened (the mistake) - Past Simple*
- *How we feel now - regret phrase*
- *What we learned or what we will do different - lesson / future plan*

Examples:

MISTAKE - What happened?

- Last year, I didn't study for my exam.
- Two weeks ago, I argued with my best friend.
- Yesterday, I arrived very late to an important meeting.
- Last month, I spent all my money on games.

FEELING - How do I feel now? (regret)

- I'm sorry I didn't study.
- I regret shouting at her.
- I feel bad about my behavior.
- It was a mistake to spend all my money.

LESSON - What did I learn? / What will I do next time?

- I learned that I need to organize my time better.
- Now I know that I must control my temper.
- Next time, I will prepare earlier.
- That won't happen again. I will be more careful with my money.

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Structure:

- **First**, explain the mistake (what happened 1-2 sentences, past simple).
- **Then**, say how you feel now (1-2 sentences, regret phrases).
- **Finally**, say what you learned and what you will do (2-3 sentences: lesson + future).

Examples:

-Mistake: Last year, I didn't study for my exam. I failed the exam.

-Feeling: I'm sorry I didn't study. It was a mistake.

-Lesson: Now I know that I need to study earlier. Next time, I will prepare better.

-Mistake (what happened):

Last semester, I didn't study for my English exam. I watched series all week and I went to bed very late. I failed the exam.

-Feeling (regret):

I'm sorry I didn't study. I feel bad about my grade. It was a mistake to waste so much time.

-Lesson (what I learned / future):

I learned that I need to study a little every day. Now I know that my free time is important, but my exams are important too. Next time, I will make a study plan and I will start earlier.

-Mistake:

Last month, I spent all my money on online games and fast food. At the end of the month, I had no money for transportation and school materials.

-Feeling:

I regret spending so much money on those things. I feel bad about my decisions. It was a mistake to buy so many unnecessary things.

-Lesson:

I learned that I need to save my money. Now I know that I must plan my expenses. Next time, I will make a budget and I will think twice before I buy something.

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CONVERSATION- TALKING ABOUT A MISTAKE

Sofia: You look sad, Daniel. What's wrong?

Daniel: I feel bad about my exam. I made a big mistake. I didn't study, and I failed.

Sofia: I'm sorry. That's hard.

Daniel: Yes, I'm sorry I wasted so much time on my phone. It was a mistake to play games all night.

Sofia: I understand you. I did something similar last semester.

Daniel: Really?

Sofia: Yes. But I learned that I need to study a little every day. Now I know that I must organize my time.

Daniel: You're right. Next time, I will start earlier. That won't happen again.

Sofia: It's okay. We all make mistakes, but we can learn from them.

References:

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