



Regrets

Upper-intermediate (B2-C1)

WARM-UP

Part 1. Discuss the following questions.

1. Is regret a feeling, a thought, or both?
2. When was the last time you thought: "I wish I had..."?
3. Can regret be useful?
4. Do regrets usually stay with you, or fade quickly?

Part 2. Read the statements below and decide if you agree (A), disagree (D), or partially agree (P). Then, explain your reasoning.

1. "Regret is a sign that you care."
2. "We regret the things we didn't do more than the mistakes we made."
3. "People only change when regret becomes uncomfortable."
4. "If you never feel regret, you're not paying attention."



VIDEO ACTIVITY

Part 1. Before watching the video, discuss the following questions.

1. What kinds of things do you think people regret most?
2. Do you think people are more likely to regret things they did, or things they didn't do?
3. Do you believe most regrets come from relationships, career, family, or health?

Part 2. Watch the video and then answer the question.

What do most people in the video talk about?

- a) Financial regrets
- b) Relationship and family regrets
- c) Career regrets

Part 3. Watch the video again and write down examples of regrets from each category.

1. Relationships
2. Family
3. School / Career
4. Risky decisions
5. Missed opportunities

Part 4. Read the ideas from the video. Choose one and explain why it feels true, surprising or relatable.

1. Most regrets come from the things we didn't say or didn't do.
2. Small everyday moments matter more than we realise.
3. Regret shows us the kind of life we want to live.

Discuss:

- Has a regret ever taught you something important?



VIDEO FOLLOW-UP

Part 1. Read the short dialogues and guess the meaning of the bold expressions taken from the video.

1. "I saved money for months, then spent it all in one week. It felt like **money down the drain**."
2. "That conversation still **haunts me**. I wish I'd said something different."
3. "Looking back, I should have **stood up for myself**, but I stayed quiet."
4. "We didn't speak for years. That relationship was honestly **toxic**."
5. "I still think about it sometimes. It **weighs on me**, even after all this time."

Part 2. Rewrite each sentence using one of the expressions below.

Money down the drain

Haunts me

Stood up for myself

Toxic

Weights on me

1. "I still feel bad about it." →
2. "I wish I had defended myself." →
3. "I wasted a lot of money." →
4. "That situation wasn't healthy." →
5. "I still think about it after many years." →



Part 3. Complete the sentences with your own ideas.

1. "It felt like **money down the drain** when..."
2. "A moment that still **haunts me** is..."
3. "I wish I had **stood up for myself** when..."
4. "Looking back, that situation was completely **toxic** because..."
5. "It still **weighs on me** that..."

FINAL THOUGHTS...

Discuss the questions below.

1. What's one regret you're ready to soften or let go of?
2. Has a regret ever made you stronger or clearer about what matters?
3. If regret is a teacher, what is it teaching you right now?

