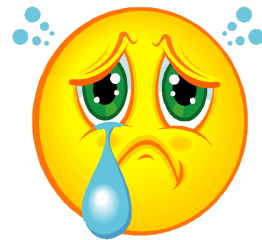


EPISODE 101

LEVEL B2

READING COMPREHENSION



REGRETS

When people **sit back** (= to sit in a comfortable way to do sth else) and **take stock** (=to think carefully about a situation or event and form an opinion about it, so that you can decide what to do) of their lives, do they regret the things that failed, such as a romance that **founded** (= to be unsuccessful), the wrong career path chosen, bad grades at school? Or do they mostly regret what they failed to try?

Failing to **seize the day** (= to enjoy) is the leading cause of regret in people's lives over the long term. Regret is defined as a more or less painful emotional state of feeling sorry for misfortunes, limitations, losses, **transgressions** (= breaking a law or an ethical rule), **shortcomings** (=a fault or a failure to reach a particular standard) or mistakes. As a culture we are so afraid of regret that we often don't even want to talk about it. We believe it will **pull us down** (= make us feel unhappy) the slippery slope of depression and despair. But psychologists say it is an **inevitable** (= impossible to avoid) fact of life. They also recognize two types of regret: Hot and Wistful. Hot regret is quick anger after discovering that you have made a mistake, like denting a car, accidentally dropping a prized vase or buying a share that suddenly **plummets** (= go down) in prize. **Wistful** (=sad and thinking about something that is impossible or in the past) regret, on the other hand, comes from having a longer range perspective. It is a bittersweet feeling that life might have been different if only certain actions had been taken. That might mean having the courage to follow a different career, gambling on starting a new business or pursuing something that appears to be a risky romance.



EXERCISE 1

Write words and expressions next to their definitions.

1. = to decrease
2. = it will happen sooner or later
3. = melancholic
4. = to be not successful
5. = collect
6. = a fault



EXERCISE 2

Match the question halves, then answer them.

- | | |
|-----------------------------------|---------------------------------|
| 1. Why are people not keen | a. be avoided in today's world? |
| 2. Can regret | b. than wistful regret? |
| 3. Is hot regret more significant | c. to discuss regret? |

ENGLISH IN USE



WISH + PAST SIMPLE (states, not actions!)

<p>expresses a wish for things TO BE different</p> <p>(but not for anything TO HAPPEN)</p>	<p>I wish I (live) _____ lived _____ in a big city.</p> <p>We all wish we (have) _____ had _____ more money.</p> <p>If only I (be) _____ were _____ taller, I might be better at basketball.</p> <p>I wish I (have) _____ had _____ more free time.</p> <p>If only I (be) _____ were _____ young again.</p>
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WISH + PAST PERFECT (regrets about the past)

<p>expresses a regret <u>about the past</u>, or a wish that sth different HAD HAPPENED:</p>	<p>I wish you (tell) _____ had told _____ me about the party. I would have gone. If only David (be) _____ had been _____ more careful! But he wasn't. I wish you (tell) _____ had told _____ me about this before I booked the tickets.</p>
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WISH + WOULD

(actions & changes, not states!)

<p>expresses a wish for sth TO HAPPEN, or TO STOP happening, or for sb TO CHANGE their <u>deliberate</u> behaviour in the present / future (but without much hope):</p> <p>(often used to criticize sb or complain about sth annoying)</p>	<p>If only you (try) _____ would try _____ to keep the place tidy. I wish you (not / wash) _____ wouldn't wash _____ your socks in the bath. I wish you (stop) _____ would stop _____ looking at me like that! Tom wishes his neighbour (make) _____ would make _____ so much noise. I wish you (do) _____ would do _____ something instead of just sitting and doing nothing!</p>
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EXERCISE 3

Use the verbs in the correct forms with wish structure:

1. I wish I (have) my own flat now.
2. I wish you(help) me more around the house.
3. I wish I(can) spend more time with my children but I can't.
4. I wish I(not/ leave) tomorrow.
5. I wish I(listen) to my friend's advice last year.
6. You wish you(not/ give up) your previous job.
7. I wish I(know) the answer. I don't so I can't give you any tips.
8. I wish the weather(improve). If not, it will not be possible to go to the woods.

IDIOM CLOSE-UP



FRAME OF MIND = the way you think or feel about sth at a particular time

SIT TIGHT = stay where you are, without taking any action

PHRASAL VERBS CLOSE-UP



SORT YOURSELF OUT = spend time dealing with your personal problems

NARROW DOWN = make sth usually a list or choice, smaller or clearer by removing what is irrelevant or less important



EXERCISE 4

Fill in the missing phrasal verbs or idioms.

1. Tom is going to have a lot of exams this semester. However, in his He may fail.
2. She came up with a plan that enabled her to solve that crime dilemma. Simply shethe suspects to two people.
3. Why don't you talk to a friend? It can help you to in this difficult situation.
4. Do you normally prefer taking the bull by the horns or rather and complaining?

NEWS



REGRETS IN LIFE

“There is no such thing as a life without any regrets. However, regrets can become either **burdens** that **interfere** with your present happiness and restrict your future, or motivation to move forward. If you find yourself overcome by regrets, here are some steps that should help you integrate them.

Determine what your regret really is. Do you regret something you did or something you didn't do? Something someone else did or did not do? A circumstance beyond your control? It is important to step back from the feelings of regret and identify exactly what the regret is.

Ask for forgiveness and make **amends**. Apologize for any harm you may have caused others, it does not kill to ask for forgiveness so give it a go! Forgive yourself. Forgiving others will make you happier. Be **compassionate** toward everyone involved including yourself.

Accept the circumstances. Avoid blaming others but rather take responsibility for anything that you could have better **handled**.

Grieve for your regrets. When we feel regret, we **re-live** guilt, sadness or anger over and over again. Allowing yourself to experience these feelings fully with the intention of moving forward can help you stop revisiting them.”

GLOSSARY

- **burdens** = something difficult or unpleasant that you have to deal with or worry about
- **interfere** = to involve yourself in a situation when your involvement is not wanted or is not helpful
- **amends** = corrections
- **compassionate** = empathic
- **handle** = to deal with
- **re-live** = to remember clearly an experience that happened in the past

KEY TO EXERCISES

Ex.1

1.plummet..... = to decrease
2.inevitable..... = it will happen sooner or later

3.wistful..... = melancholic
4.founder..... = to be not successful
5.take stock of..... = collect
6.shortcomings..... = a fault

Ex.2

1. c
2. a
3. b

Ex.3

1. I wish Ihad..... (have) my own flat now.
2. I wish youwould help.....(help) me more around the house.
3. I wish Icould.....(can) spend more time with my children but I can't.
4. I wish Iweren't leaving.....(not/ leave) tomorrow.
5. I wish Ihad listened.....(listen) to my friend's advice last year.
6. You wish youhadn't given up.....(not/ give up) your previous job.
7. I wish Iknew.....(know) the answer. I don't so I can't give you any tips.
8. I wish the weatherwould improve.....(improve). If not, it will not be possible to go to the woods.

Ex.4

1. Tom is going to have a lot of exams this semester. However, in hisframe of mind..... He may fail.
2. She came up with a plan that enabled her to solve that crime dilemma. Simply shenarrowed down.....the suspects to two people.
3. Why don't you talk to a friend? It can help you tosort yourself out..... in this difficult situation.
4. Do you normally prefer taking the bull by the horns or rathersitting tight..... and complaining?