

WORKBOOK

Intermediate #1

UNIT 03: NOW AND THEN!

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G R A M M A R



Fluencypass

LESSON 01: LOOKING BACK

In this lesson, the focus will be on the perfect tense in the present and its nuances talking about the past. First of all, it's important to recognize and understand the difference between the present perfect tense and the present perfect continuous tense.

Both of these verb tenses connect the past to the present somehow. Let's take a look at the differences:

Present perfect: **quick review!**

1. it describes an action that started in the past and continues up to the present - usually followed by **since** or **for**
 - I **have lived** here since 2005. / I **have lived** here for 16 years.
2. it's used to talk about something that has recently happened or finished, and whose outcome is visible in the present
 - I **have just eaten** a banana. I'm not hungry right now.
 - I **have made** a decision.
3. it's a past event that happened within an undetermined amount of time or when it is an ongoing event
 - Oh, she **has broken** her leg before. (it has happened once (or more) in her life; her life isn't over, so it could happen again, that's why we use the present perfect, to indicate this possibility and to emphasize the ongoing idea of it)
 - So far, I've **had** 4 cups of coffee! (the person has had 4 cups of coffee so far, the day isn't over, which means it's possible that they'll drink more coffee throughout the day)

These are the most commonly used functions of this verb tense. Now that we have a better grasp of what it can offer, we should move on to the present perfect continuous tense. What's the key difference between the previous tense and this one though?

Similar to the present perfect, the present perfect continuous is used to talk about an action that took place in the **past** but has some sort of connection with the present. However, the emphasis here is on the **duration** of this event, that's why, the verb comes in the **gerund** (ing).

So it can be used:

- to focus on the duration of an event
- to talk about recent or temporary habits or situations (recently / lately)

STRUCTURE: AFFIRMATIVE

I
You
We
They → have + been + verb + ing

He
She
It → has + been + verb + ing

E.g.:

- “I’ve **been studying** success *for* 58 years.”
- “We’ve got a problem. NASA **has** literally **been going** around in circles with the space program *for* the past 30 years.”
- “What have you been doing?” “Not much. I’ve **been cleaning** the house. (You can see now that the house is clean)”
- She **has been reading** a lot these past few days.

STRUCTURE NEGATIVE:

I
You
We
They → **have not** + **been** + **verb + ing**

He
She
It → **has not** + **been** + **verb + ing**

HAVE NOT → HAVEN'T

HAS NOT → HASN'T

E.g.:

- We **haven't been teaching** spelling explicitly.
- “I **have not been working out** during quarantine.”
- I **haven't been waiting** long. No worries.
- Jonathan **has not been sleeping** well the last three months.

STRUCTURE INTERROGATIVE:



E.g.:

- **Have** you **been waiting** long? I'm so sorry to have kept you waiting.
- What **have** you **been doing** lately? (great question to ask a friend you haven't seen in a while - **to catch up with them**)
- **Hasn't** she **been dancing** professionally for 10 years? (these questions in the present perfect continuous with the auxiliary verb "have", "has" in this case, in the negative, are used to confirm and check a piece of information you are pretty sure it's true or not. This hack of using the auxiliary verb in the negative is useful for any verb tense.

Real examples:

- "We get around 500 kilograms of unsterilized Martian rocks landing on Earth every year, and they [the rocks] **have been doing** so for the past 3, 4 billion years." - in The Mars Underground
- "So the fact is, some folks are just opposed to trade deal out of principle, a reflexive principle [...] if you are opposed to these smart, progressive trade deals, then that means you must be satisfied with the status quo. And the status quo **hasn't been working** for our workers." - Barack Obama

- “Brian Takango **has been traveling** across Asia to research and invest in local businesses since 1999.” - in *New Money: The Greatest Wealth Creation Event in History*
- **How long** have you **been gardening**?
- **How long** have you **been studying** English?

Notice that “how long” is frequently used with this verb tense. It emphasizes and show the duration of the event. A proper answer to this question would be regarding time - days, weeks, months, years. For instance: **How long** have you **been gardening**? - I have been gardening **for 3 months.**

- “Why **haven’t** you **been returning** my calls?” - Jon Ronson
- “While you’ve **been jetting** around the country for lunch, our opponents **have been doing** their job.” - in *Miss Sloane*, by John Madden

it comes from the word “jet”, which is some sort of fast plane, so, as a verb, it means to fly somewhere quickly.

LESSON 02: BACK IN THE DAY

Now that we've seen how to use the present perfect continuous, and how it's mostly used to show connection with the present and duration, how can we talk about something that **no longer** has a connection with who we are or what we do? Check out the examples!

1. I **have been eating** at this restaurant **since** I was a little boy.
2. I **used to** eat at this restaurant **when** I was a little boy.

Can you see the difference between them? #1 is precisely referring to this still ongoing connection between something that has started happening in the past (when he was a little boy) and is still happening until today. That is, he still goes to that same restaurant.

#2, on the other hand, talks about an action that happened frequently in the past, but no longer has a connection with the person's reality at the moment, meaning that they had the habit of going to the restaurant, but don't anymore.

In terms of structure, what give this idea of continuity in the first one is the present perfect continuous and the word "since", showing duration and connection with the present. On the second one, what emphasizes that the action was a habit in the past (and only in the past) is "used to", and that's exactly what we're taking a look at right now.

Used to + verb in the infinitive

"Used to" is commonly used to talk about **past habits** or **past states**. The important thing is to remember that when we use "used to" in a sentence we are stating that something is **no longer true** or **no longer happens**. An equivalent sentence would be something like: "I was accustomed to...". Used to talk about the **PAST**.

E.g.:

- “I honestly believe that the key to my success as an actor and my progress as a person has been the very lack of self that **used to make** me feel so anxious and insecure.”

Subject  used to  verb infinitive

In this last example, “used to” is expressing that something doesn’t affect the person **anymore**, and besides, it gives the idea that it had been an obstacle, a state for quite a while back then.

Attention: the example given is in the **affirmative form**, take a look at one in the negative form and one in the interrogative form:

- I’m so grateful for my life as it is now, and I **didn’t use to feel** this way.
- **Did** you **use to wear** a school uniform *back in the day*?

Notice that the auxiliary verb used with “used to” is **did**. “Didn’t” in the negative form, and “did” in the interrogative form (making “used to” lose its “d” - **didn’t use to** - in both forms).

Real examples:

- “Number one, I **used to** work on Wall Street.” - in *Wonder*, by Stephen Chbosky
- “Yes, I **used to** live here.” - in *Lion*, by Garth Davis
- “They used to measure the width of people’s noses.” - in *Hotel Rwanda*, by Terry George
- “We lived very close to one another, and she **used to** spend hours with me after school, and **we would** walk home together.” - in Stacey Shubitz: Writing Workshop

Similarly to “used to”, the word “would”, as seen in the last examples, can be used in the same context. However, “would” can sound a little bit more nostalgic and it emphasizes the frequency, showing that it **would** happen very often.

In regards to the time, “would” is used in **less specific** scenarios:

- I **would** stay at my grandma’s farm *every summer*. (I **used to** stay at my grandma’s farm *when I was younger* - less specific)
- I **used to play** the guitar when I was younger. I **would practice** *every afternoon*.

Used to + verb in the gerund

Unlike “used to + infinitive”, when “used to” is accompanied by a verb in the gerund, the meaning changes entirely. It is used to talk about something that we are accustomed to do **now**, not that we were in the past. So what changes is pretty much the time reference. This one is to talk about the **PRESENT**.

Here are some examples:

- I’m **used to getting** up early every day, so it’s not a sacrifice for me anymore.
- “I’m **not used to being** interrupted by applause.”

Reminder: as you’ve seen in the last example -which is in the negative - we simply add the “not” particle after the verb to be: **subject + verb to be + used to + verb + ing**.

See? Here, by using this structure, the idea is that it is something **customary** (or not, if it’s in the negative form). That is, if in the affirmative, it expresses something that feels normal to the person, and in the negative, the opposite.

E.g.:

- She **used to** smoke cigarettes.
- When I was a kid, I **would** play this board game with my cousins every Christmas. It was really fun!
- “Let’s start setting some goals! I know we were more **used to doing** this when we were children, but we should still have things that we want to do in our personal lives.”
- There are things that we do now that we **didn’t use to do**, which is completely natural.

Besides these two ways we can use “used to”, there is a third one that can come in handy in multiple situations:

Get used to

In this case, putting the verb “get” in front of the “used to” participle, the meaning changes a lot. The idea is that someone will become accustomed to something - meaning, when something changes from **not** being **normal** to being **normal**. If after “get used to” you need to put another verb, this verb will be in the **gerund** (ing), take a look:

E.g.:

- Don’t worry! You’ll **get used to it** *in no time*!
- It took me quite a while to **get used to studying** English every day, but now it’s become a habit and I love it!
- Recording yourself is a great way to **get used to speaking** under pressure.
- “I’m afraid we all have to **get used to it**.” - in *The Departed*, by Martin Scorsese
- “Before you **get** very **used to staying** here, I think you and I need to talk about a few things.” - in *Sling Blade*, by Billy Bob Thornton
- “You’ll **get used to it**.” - in *Her*, by Spike Jonze

This sentence “You’ll get used to it.” is amazing to show emotional support to someone who need it. It’s a great encouragement.

Challenge for this lesson: Write a small paragraph talking about something you used to do, and why you don't do it anymore. Write another one to talk about something that feels normal and customary to you. And lastly, one paragraph talking about something that you have to get used to. **Good luck!**

Before getting started, here are a couple of songs that use the structures learned throughout this lesson:

- ★ Somebody that I used to know, by Gotye
- ★ Viva La Vida, by Coldplay

LESSON 02: ONCE UPON A TIME...

As you've learned in the previous lesson, "used to" is very flexible and, if combined in different structures, it can express past habits, being accustomed to something and even talking about something that becomes normal, a habit! Now, how can we talk about **past abilities** and **states**? Things that we could easily do when we were younger and can't do anymore? Check it out!

To do so, it's more likely you'll hear people use the modal verb "could". Just enlighten yourself, a modal verb, as the name implies, expresses modality to the sentences, trying to "ease" the message and make it into a request, a possibility or even a necessity. As a rule, modal verbs do not accompany other modal verbs, but usually come before other verbs, such as:

I **could** **play** the piano very well.



modal verb **main** verb

So, in this lesson, we're going to take a closer look at one of the many functions "could" can have in a sentence. To talk about past abilities, we usually used "could", since it is the past form of "can", the modal verb we use to talk about abilities in the present.

Reminder: it is also possible to use "could" to ask for permission and make requests, the context will tell you which one it is!

E.g.:

- Back in the day, I **could run** like Usain Bolt! - now they *can't* run like Usain Bolt
- I **couldn't make** eye contact with people. - now they *can* make eye contact
- She could **swim** as a kid. - now she *can't*

Something interesting about the modal verbs: they do not change their forms depending on the subject. In this case, with “could”, nothing changes, for all subjects, the modal verb stays the same:

- I **could sing** very well.
- She / He **could sing** very well.
- You **could sing** very well.
- We **could sing** very well.
- They **could sing** very well.

Here is the structure when you use “could”:

AFFIRMATIVE:

Subject → could + main verb + complement

Joana could stay up for hours binge-watching friends when she was in high school.

NEGATIVE:

Subject → could + not + main verb + complement

She couldn't play soccer well as a kid, but now she plays for the best brazilian soccer team!

INTERROGATIVE:

Could → subject + main verb + complement

Could you play the guitar when you were 10?

Another way we can express that we could do something in the past, as in, a past ability, is using was/were able to. In some cases, “could” and “was/were able to” can be used as synonyms. However, generally speaking, the second form is usually used to refer to more **specific** situations (one occasion) that happened in the past, rather than “generic” past abilities (could). Take a look at the examples below:

- When I was about 15 years old, I **could run** 10km in under 45 minutes! (more generic, I could run 10km several times in the past)
- I **was able to run** 10km in under 45 minutes yesterday. A personal record! (more specific, I was able to do it one time so far)

All in all, it's the same thing as “manage to”:

- I **managed to** deliver the project on time! / I **was able to** deliver the project on time! - here, “could” wouldn't sound that natural and it changes the meaning.

Furthermore, when we are referring to a specific situation in which something didn't happen, meaning, **wasn't successful**, we can use “couldn't”, “wasn't/weren't able” to and “didn't manage to”, all three forms are fine!

Reminder: “be able to” and “manage to” are a bit more formal than “could”.

E.g.:

- I was at the mall when she told me to meet her, but I **couldn't** find her anywhere.
- I **didn't manage to** pull that off*.
- We **weren't able to** attend the meeting because of the bad weather.

* To pull something off is the same as succeed in doing something.

E.g.:

- “I **was able to help** them co-create some online outdoor skills classes, and I *got to help* write the curriculum and do the filming of these lessons.” - in Outdoor Education Professional
- We **used to be able** to cover it up, but we aren't able to anymore.
- There are some things that our ancestors **could** do that we just can't anymore.
- “In the past, we used to look at small data and think about what it would mean to try to understand the world, and now we have a lot more of it, more than we ever **could before**.” - Kenneth Cukier
- “When the Elster Bridge was blown too early, he himself was trapped on the wrong side of the river, and just **managed to** swim to safety under enemy fire.” - in Napoleon's Marshals Part 4

Take these pictures from the recorded lesson and write down sentences about them using what you have learned.



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V O C A B U L A R Y

LESSON 03: BOSS AROUND

Why are there rules and why do we need to follow them? Basically, they were created to protect people and to keep things organized to a certain degree. However, the “level” of strictness varies depending on the context: public places, school, at home... How strictly do you follow the rules? Think about it.

Check out some expressions, phrases and idioms related to rules, obligations, and regulations:

- rule (slang) - extremely popular and cool

E.g.: That concert **ruled!**

“That rules! He’s super sweet and adorable.” - in Double Fine Adventure Ep 13

- bend the law/rules - to break the rules - not completely - (when you consider necessary or that won’t harm other people and yourself)

E.g.: “Although the WAAF’s (Women's Auxiliary Air Force) had certain freedoms, life at Frognall was highly regimented. But Norma and her friends found ways to **bend the rules.**” - in Wartime Stories from Melbourne's Exhibition Buildings: Norma Hornby and Edward Garth

“Even in the justice system, you can use your money to **bend the law** to be in your favor.” - 16 Things Money Can’t Buy

- play by one’s rules - to follow the rules and guidelines that were set by someone

E.g.: “We generally **play by the rules** in the United States, and others don’t.” - in Politics Panel

"I gotta **play by the rules** here." - in *Bordello of Blood*, by Gilbert Adler.

- rule out - to stop considering something a possibility; not take it into account anymore

E.g.: "Okay, we'll **rule out** karaoke." - in *Dragonology Live* - Brisbane

"Once you **rule out** his version of what happened... there is no other explanation." - *The Shining*, by Stanley Kubrick

- duty - something that you feel like is the right thing to do or that is part of your job, a responsibility

E.g.: "You don't like the clothes, Charlie, on completion of **duty**, you can give them away." - *Scent of a Woman*, by Martin Brest

"My **duty** was to write in ALGOL (ALGOritmic Language) itself."

- accountability - to be responsible for what you do and give a reason for it

E.g.: "So you want me to come up with something that avoids any **accountability** for anyone." - *The Bank Job*, by Roger Donaldson

"Use this report as a measure of **accountability**." - in *Students Past and Present Reflect on the Song*

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LESSON 03: BOSS AROUND

Before really getting started, do you remember the meaning of “to boss someone around”? It means the same as “to tell someone what to do. As in:

- “Oh, my God. You really like **bossing** people **around**, don’t you?” - *Disconnect*, by Henry-Alex Rubin
- “The overall problem seems to be that Joy (*Inside Out*) is kind of a fascist. **Bossing around** and organizing the other emotions like a petty dictator.” - *Inside Out: Is Joy the VILLAIN?* – Wisecrack Edition

Since we’re talking about rules and obligations, there are a few ways you can talk about this in English. The most common ones are “must” and “have to”. Generally speaking, they can be used interchangeably, that is, without meaning alteration in the global idea.

Nonetheless, there are some “common sense” uses that should be brought to your attention when it comes to these two expressions. Let’s take a look:

- I **have to** take my dad to the hospital.

In this case, the idea of an obligation is much more present, showing that it’s probably an appointment or something scheduled - it’s more of a **general obligation**.

- I **must** take my dad to the hospital.

When using “must”, the main idea is to express more of an urgency. Imagine this: My dad is not feeling so good. I think he’s going to pass out. I must take him to the hospital. See? So the difference is basically on the intention of the obligation. “Must” comes off as a **specific obligation**.

STRUCTURE - **AFFIRMATIVE:**

Subject → **must** + verb - **infinitive** + **complement**

Subject → **have to** + verb - **infinitive** + **complement**

E.g.:

- “There are times when you simply **must stop** thinking and get out of your head. Well, how do you do that?” - Alan Watts
- If I talk all the time, I won’t hear what everybody else **has to say**.
- We **must** rapidly **tackle** the awful epidemic spreading through care homes.
- We **have to do** everything in our power to help those in need.
- “He **has to sleep** somewhere.” - in *Paris, Texas*, by Wim Wenders
- “They **must know** they’ve made a mistake.” - In The Name Of The Father
- I **have to go**. - this expression is very common to be used when you are in a hurry and must go.

Heads up:

1. Somebody **has to make** up the difference.
2. Language **has to do with** sentence.

When using the following words combined “have/has to do with”, we’re not talking about obligations anymore. It’s used to say that something is about something else, connected with. And the opposite idea - to have no connection with - would be “have/has **nothing** to do with”.

- Leadership **has nothing to do with** title or position.
- What **does** that **have to do with** our lives here?

STRUCTURE - **NEGATIVE**:

E.g.:

- “I hope to teach that writing **doesn't have to** be scary.” - R.L. Stine Teaches Writing For Young Audiences | Official Trailer
- You **don't have to** face them alone.
- “You **mustn't** hide it. You **must** display it proudly.” - in *The Prestige*, by Christopher Nolan
- “You **mustn't** be afraid to dream a little bigger, darling.” - in *Inception*, by Christopher Nolan

Heads up: This is **not** mandatory or an obligation, but normally, when we refer to obligations that we put on ourselves, we use “must”, and when someone or something external makes us do things, we use “have to”.

- The employees **have to** come to the office once a month for the monthly meeting.
- We **must** get together more often! I miss you.

Now when we talk about the past, referring to things we **had to do**, we use “had to” as the past form of both “must” and “have to”.

E.g.:

- I **had to** give that speech, there was no other way!
- My parents **had to** talk to my brother about dating the other day... how embarrassing (awkward)!
- “I **had to** tell them I work for the government.” - in *The Dark Knight*, by Christopher Nolan
- “We **had to** forget the whole thing.”

STRUCTURE - **AFFIRMATIVE:**

Subject → **had to** + verb - **infinitive** + **complement**

STRUCTURE - **NEGATIVE:**

Subject → **did not / didn't have to** + verb - **infinitive** + **compl.**

Reminder: It's pretty common to hear someone say "You didn't have to". But what does it mean? It's used to say that someone went beyond the expectations, making someone's life better for it. For instance: It's Claire's birthday, and her best friend buys her an expensive dress she's been looking forward to buy. When she give her the dress, she responds: "OMG. I can't believe this! **You didn't have to.** I love it."

E.g.:

- "You **didn't have to** worry about things like this." - 9 Things to Not Take for Granted in Your 20s 🤔
- "She **didn't have to** do it. She did it because she knew it was the right things to do, and she made our air force that much better by building allies and capability in the Southcom AoR." - Air Force Association Air, Space and Cyber Conference
- "I always ask myself, why would anyone write if they **didn't have to**? I mean, it's so hard. So this is for all of you who feel like you have to." - Judy Blume Teaches Writing

Here are some recommendations:

- ★ *The Show Must Go On*, by Queen
- ★ *Love On The Brain*, by Rihanna
- ★ *A Quiet Place*, available on Prime Video (What do they **have to** do? What **can't** they do?)
- ★ *Matilda*, available on Netflix
- ★ *Prison Break*, available on Prime Video and Globo Play

LESSON 04: REGRET IS KILLING ME

The expression “regret is killing me” is a very **strong** way of saying that you deeply regret doing (or not) something.

In this section of the workbook, we’re going to take a closer look at ways we can express regret, or just talk about an event or situation that we wish had or hadn’t happened in the past.

First and foremost, there is **SHOULD HAVE**. The modal verb “should” can be used to give advice, or recommendation; to talk about obligations to a certain extent; and even about probability and expectation. When we combine this modal verb with the verb “have”, the meaning of it changes.

We use “should have” mostly to talk about a **regret** we have, about something that was supposed to have been done (or should have been done), but because of something else it wasn’t completed. By using this structure, the person acknowledges the “mistake”.

STRUCTURE - **AFFIRMATIVE**:

Subject → **should have (should’ve)** + verb - **past participle** + **compl.**

E.g.:

- We haven’t done what we **should have done**.
- I **should’ve known** (better) - common expression to say when you probably had thought about this outcome, but wasn’t 100% sure it would follow as you thought it would
- “You **should’ve** asked me first.” - in *Million Dollar Baby*, by Clint Eastwood

Reminder: The verbs in the past participle are in the **3rd column** in most verbs columns. To review 50 of the most common verbs, take a look at the [pdf file](#) available on Unit 01 (CLASS).

STRUCTURE - **NEGATIVE**:



E.g.:

- “If you meant to recruit people with a background in industrial engineering, for example, and one participant seems very confused and unfamiliar with the topic, that tells you that maybe this is a person **shouldn’t have been** recruited in the first place.”
- Catching Cheaters and Outliers in Remote Unmoderated User Studies
- “I’m sorry, Martinez, but if you didn’t want me to go through your stuff, you **shouldn’t have left** me for dead on a desolate planet.”
- You **shouldn’t have!** - here, just as “You didn’t have to”, is shows surprise and gratitude, especially when it comes to unexpected generosity or something like that. However, depending on the situation, if someone give you unsolicited advice, this phrase can be used to show negative surprise, with a tone of “shock”.

“Well, you shouldn’t have!” - *Black Swan*, by Darren Aronofsky
(here, Natalie Portman is using this phrase in a negative way)

The next expression is **COULD HAVE**. Similarly to “should have”, the idea is basically reflecting how what had the possibility to be accomplished and/or done in the past under certain circumstances. It’s mainly used to talk about something that **was** a possibility in the past but, for some reason, it didn’t come true.

STRUCTURE - **AFFIRMATIVE**:

E.g.:

- “I wrote about politics, economics and corporate affairs, and I **could have chosen** to specialize in any of those fields, but I picked design.” - in *Pirates, nurses and other rebel designers* | Alice Rawsthorn
- “You **could've telephoned***.” - *JFK*, by Oliver Stone

HEADS UP: the verb “telephone” is not so commonly used as it was back when this movie was shot (early 90s'). Today, you'll probably hear people say “You **could've called** (me).”

- “It **could've ended up** very differently.” - in *Anna Paulina Luna, Mexico*

STRUCTURE - **NEGATIVE**:

E.g.:

- “I truly **could not have done** this experiment without VPTL (Vice Provost for Technology and Learning).” - *Teaching with Technology: Effectively Integrating Offsite Experts into the Class*
- “When you were dying, we **couldn't've imagined** how your emotional life would grow with these highs and lows.” - in *Zoe*, by Drake Doremus

To help you be more articulate when talking about regrets in English, here are some useful expressions that can really make you sound a lot more natural! Check them out:

1. I regret: this is used to introduce your regret. If the word that comes after is a verb, it should be used in the **gerund** when it refers to the PAST. However, when the person saying is about to make an announcement of something they are not particularly happy about (*bad news*), the verb comes in the **infinitive** form.

E.g.:

I regret what I said to you yesterday.

I regret not going to my cousin's birthday party. **(PAST)**

"I regret to announce (that) this is the end." - in *Lord of the Rings: The Fellowship of the Ring*, by Peter Jackson

2. I wish: in this scenario, this structure is used to talk about a desire or a wish the person wanted to have followed, but haven't (in a past situation)

E.g.:

I wish I had listened to my parents.

"I wish I **wasn't** so scared." - in *Back to the Future*, by Robert Zemeckis

according to the English grammar, this is incorrect! The rule says that when we use "wish" and the verb to be in the past afterwards, we should use "were" or "weren't" for all subjects, including I, he, she it. On the other hand, when we think about spoken language, things change a bit, and this rule "no longer applies". It still exists, of course, but it became some sort of stylistic vice (something people say automatically, because it now takes a strong part in their vocabulary). That said, orally, it would be okay to use "was" or "wasn't", but never in written English.

3. This is killing me: this expression can have multiple meanings depending on the context it's used. It can be used when someone wants to know a secret so badly, or when someone makes them laugh so hard (in this case, we would use it with the verb to be instead of "this is" = "*You're killing me!*"). Nevertheless, for us, in the context of our lesson, this expression is used in a negative way, meaning that you're so regretful it's killing you.

E.g.: Regret **is killing me!**

4. Never again: used to say that something will not be happening again at any given time in the future (due to a bad experience in the past). It can be used by itself just as an affirmation = "Never again!", or in a more complete sentence:

E.g.:

Never again I'll go to that park. It's so dirty!
"I'm through. **Never again.** Too dangerous." - in *Pulp Fiction*, by Quentin Tarantino

5. No regrets: this expression should be interpreted literally, meaning that the person has nothing to regret.

E.g.:

"I have **no regrets** and I feel very good about some of the really significant accomplishments while I was involved with some of these issues." - John Kasich

"I have absolutely **no regrets** about missing any other opportunities working any place else. I feel a great amount of affection for the USGS (United States Geological Survey)."

6. Might-have-beens: things that you wish had happened, but didn't.

E.g.:

“There's no point now in regretting the **might-have-beens**.”

7. Rue the day: to feel very sorry about a particular event or situation. This is considered a little bit dated, but in extreme cases - to say that someone will truly be sorry for doing something - or amongst older people, this might still be very popular.

E.g.:

“Make Kaiser **rue the day** he dared to cross swords with us.” - *War Horse*, by Steven Spielberg

They'll **rue the day** they bought that house = strong regret

8. Don't beat yourself up over this: it means to not criticize or blame yourself over something that is not yours to blame / not your fault.

E.g.:

“I **don't** think you should **beat yourself up over this**.” - in *The happy feminist*: Mallory Ortberg, All About Women 2016

Here are some recommendations in which you'll see some of the structures and words we've seen:

- ★ *The book of regrets*, by Norman Waksler
- ★ *Should have known*, by the Foo Fighters
- ★ *Before Sunset*, by Richard Linklater
- ★ *Should've Said It*, by Camila Cabello

WORKBOOK

Intermediate #1

EXERCISES

1) Fill in the blanks with the correct form of the verb (simple past or present perfect):

- a. Juliana, my cousin, is looking for her cell phone, but she can't find it. She _____ (lose) it.
- b. I'm sure he _____ (mean) to talk to you at the office, but he must _____ (forget).
- c. "Where were you raised?" "My siblings and I _____ (raise) in Sydney, Australia."
- d. "_____ you _____ (hear) about my parents?" "No, what _____ (happen)?" "They _____ (get divorced)."

2) Look at the pictures and match them with the correct description:

a.



b.



c.



d.



1. They went on a family vacation in July, but now they're back home.
2. The house is so quiet and empty right now. Everyone has gone to bed.
3. She's stuck at work because she's lost her car keys.
4. He can't continue his road trip because his car broke down.

3) Complete the following sentences with the verbs from the box below. (Make the necessary changes in tense):

live

say

be

look

see

- a. This week _____ so long. I'm exhausted.
- b. _____ you _____ my mom? I _____ all over for her.
- c. How long _____ you _____ here?
- d. Sorry, _____ you _____ something? I wasn't paying attention.

4) Take these words and make sentences. The words are already in the correct order. Use the present perfect, the present perfect continuous, or the simple past.

- a. The fall / really cold / these days.
- b. Where / you / last night?
- c. you / work / all day?
- d. Patrick / not / finish / college. He / open / his own company.

5) Complete the sentences with the correct form of the “used to”:

- a. At first, waking up at 4h30 am was really hard for me. Today, I _____ it and I even enjoy it!
- b. My sister absolutely hates sharing a room with me, and now she's going away for college. She'll have to _____ it once and for all, since she'll be sharing it with a complete stranger.
- c. When I was a kid, Jonathan _____ make fun of me all the time. I couldn't stand it.
- d. I'm _____ (not) being the center of attention. It feels awkward.

6) Complete the dialogue with the correct words (nostalgic things about the past). Listen to the dialogue before completing it; the audio is available on **CLASS** (Unit 03 - Lesson 02: Back in the day! - Dialogue - Nostalgic!)

João: Oh, dude! **(1)** _____ homesick lately... I'm thinking about going back home to visit my old man.

Carla: I think that's a fantastic idea! Where does your dad live?

João: He lives in Campos do Jordão! A breathtaking city. **(2)** _____?

Carla: No, I haven't! Maybe I can join you when you go to your dad's. It'd be fun, wouldn't it?

João: For sure! You just **(3)** _____ my mind.

Carla: So tell me, what did you use to do there as a kid?

João: Oh, I have so many great memories growing up... Let me see. I remember **(4)** _____ to school by bike with Tomas, a friend of mine. And we **(5)** _____ go through the woods for some adrenaline (laugh), it was pretty dope. What about you? Where did you grow up?

Carla: I don't think **(6)** _____ about this, this is nice! Well, I was originally born in Vatican City, but then, when I was around 7, we moved to Rome for good. In my opinion, it's the most amazing place in the whole world.

João: Oh, wow! That's sick. **(7)** _____ to church there? I mean, is your family catholic?

Carla: Of course, my family and 90% of Italy (laugh). But yeah, we used to go to church every Sunday morning, and I loved it. We used to have lunch at my grandma's after and I have so many good memories... I miss those times.

João: Oh, for sure, me too! I had the best childhood. Carla, I'm so sorry. It was great **(8)** _____, but I've gotta split. I'll see you later?

Carla: Sure. **(9)** _____.

7) Here's a song activity for **Viva La Vida!** Fill in the blanks with the words you hear.

EXERCISES

I _____ (1) the world
Seas _____ (2) when I gave the word

Now in the morning I sleep alone
Sweep the streets I _____ (3)

_____ (4) the dice
Feel the fear in my enemy's eyes
Listen as the crowd _____ (5):
"Now the old king is dead!
Long live the king!"

One minute I _____ (6) the key
Next the walls were closed on me
And I discovered that my castles stand
Upon pillars of salt and pillars of sand

I hear _____ (7) bells are ringing
Roman Cavalry choirs are singing
Be my mirror, my sword and shield
My missionaries in a foreign field
For some reason I can't explain
Once you go there was never
Never an honest word
That was _____ (8) the world

It was the wicked and wild wind
Blew down the doors to let me in
Shattered windows and the sound of drums

People _____ (9) believe what I'd become

Revolutionaries wait
For my head on a _____ (10)
Just a puppet on a lonely string
Oh who would ever want to be king?

I hear Jerusalem bells are ringing
Roman Cavalry choirs are singing
Be my mirror my sword and shield
My missionaries in a foreign field
For some reason I can't explain
I know _____ (11) won't call my name
Never an honest word
But that was when I ruled the world

I hear _____ (12) bells a ringing
Roman Cavalry choirs are singing
Be my mirror my sword and shield
My missionaries in a _____ (13) field
For some reason I can't explain
I know Saint Peter will call my name
Never an honest word
But that was _____ (14) the world

8) Complete the sentences with could/couldn't/to be able to/to be not able to:

- When Phillip was about 12, he already _____ play the piano professionally.
- _____ you _____ to contact her? We really need to get this paperwork delivered by tomorrow.
- I don't know what's gotten into you. You _____ eat anything over lunch. Are you feeling alright?
- I'm so sorry I _____ to finish the project on time. I have a lot on my mind and I _____ organize things properly.



9) Put the words from the box in the correct sentence:

play by the rules

rule out
bend the rules

accountability

- a. My advice? I would tell you to _____, by I'm not sure if there are any...
- b. I might be willing to _____ this once. This is very unlike me, but I trust you and I'm willing to go that extra mile.
- c. I don't think you should _____ that option _____ out just yet. You still have a lot to think about.
- d. To me, _____ and honesty are key to a democratic and just government.

10) In some of the following sentences, something doesn't seem right... Correct then where necessary.

- a. I had to call her. Maybe I'll do it tomorrow.
- b. I have to finish my homework by 9 pm if I want to hang out with my friends.
- c. Did you must take your dad to the hospital yesterday? Is he feeling any better?
- d. Samantha said she couldn't meet us tomorrow. She must work.

11) Match the questions with the correct answers:

A

1. What happened to your cell phone?
2. Do I really have to go to the wedding? I'm not in the mood...
3. Hey, Solange. Did you ask to see me?
4. Where are you going, Carry?

B

- a. Yes, your bad mood has nothing to do with the wedding. Chop chop!
- b. I did, John! You didn't have to come now, but since you're here, come on in!
- c. It's broken. I had to leave it at the shop so they could fix it.
- d. Sorry, excuse me. I have to make a phone call. I'll be back in a minute.

12) Complete the following sentences with **could have +** the appropriate form of the verb:

- a. If only I _____ (be) with you. I regret not being able to support you...
- b. "If they had bothered to look, they _____ (see) that their internet traffic was passing through the United States." - Richard Clarke
- c. "From an arranging standpoint, this song _____ (not work) without Chester. His part was the glue that held it together." - What I Got Wrong About Black Hole Sun

13) Read the following sentence and choose the best complement:

- a. I feel sick. I _____ all that junk food last night.
 1. shouldn't have drunk
 2. shouldn't have drank
- b. Your kids are too spoiled. You _____.
 1. should've been more strict
 2. should have was more strict

14) Rephrase the sentences using “I wish” or “I regret” (Make the necessary changes in tense and subject).

- a. I'm so angry all the time. I don't want to feel this way anymore.
- b. My mom is really sad for not being able to help my brother with his math homework.
- c. I wanted to go, but I couldn't leave work early that day.

15) Write a paragraph (100 words) talking about some of your regrets in life. Try using some of the expressions and structures seen throughout this unit. Good luck!

WORKBOOK

Intermediate #1

ANSWER KEY

1)

- a. 's lost it / has lost it
- b. meant / have forgotten
- c. raised
- d. Have / heard / happened / got divorced

2)

- a - 2
- b - 4
- c - 3
- d - 1

3)

- a. has been
- b. Have / seen / 've (have) been looking
- c. have / been living
- d. did / say

4)

- a. The fall has been really cold these days.
- b. Where were you last night?
- c. Have you been working all day?
- d. Patrick didn't finish college. He opened his own company.

5)

- a. 'm (am) used to
- b. get used to
- c. used to
- d. 'm not used to

6)

- 1. I've been feeling
- 2. Have you ever been there?
- 3. read
- 4. I used to go
- 5. would always
- 6. we've ever talked
- 7. Did you use to go
- 8. catching up
- 9. Tootles

7)

Song activity:

- 1. used to rule
- 2. would rise
- 3. used to own
- 4. I used to roll
- 5. would sing
- 6. held
- 7. Jerusalem
- 8. when I ruled
- 9. couldn't
- 10. silver plate
- 11. Saint Peter
- 12. Jerusalem
- 13. foreign
- 14. when I ruled

8)

- a. could
- b. Were / able
- c. couldn't
- d. wasn't able to / couldn't

9)

- a. play by the rules
- b. bend the rules
- c. rule / out
- d. accountability

10)

- a. I *have to* call her...
- b. OK
- c. *Did you have to* take...
- d. She *has to* work.

11)

- 1 - c
- 2 - a
- 3 - b
- 4 - d

12)

- a. could've been / could have been
- b. could've seen / could have seen
- c. couldn't have worked / could not have worked

13)

- a. 1
- b. 1

14)

- a. I wish I weren't so angry all the time.
- b. My mom regrets not being able to help my brother with his math homework.
- c. I wish I could've gone. / I regret not going.

15) Personal answer