**Introduction**

This wishes and regrets worksheet can be used to introduce students to *I wish* and *If only* and how it is used to express present desires and past regrets.

**Procedure**

Give each student a copy of the two-page worksheet.

Students begin by reading how to use *I wish* and *If only* to talk about a present situation that you would like to be different. Students then complete statements with verbs from a box in their past simple form.

**Exercise A - Answer key**

1. had  
2. lived  
3. fell  
4. accepted  
5. were  
6. owned  
7. brought  
8. knew

Next, students change each sentence into a wish about the present using *I wish* and *If only*.

**Exercise B - Answer key**

1. I wish I were allowed to go on holiday with my friends.  
2. If only I had a bigger TV.  
3. I wish I lived in a mansion.  
4. If only I had curly hair.  
5. I wish I looked more handsome.  
6. If only I lived with my brother.

Students then move on to read how *I wish* and *If only* can be used to express regrets for past situations. After that, students complete regrets with the past perfect form of the verbs in brackets.

**Exercise C - Answer key**

1. had woken up  
2. had gone  
3. hadn't made  
4. had bought  
5. had done  
6. had learned

Students then write about four things from their past that they regret using *I wish* and *If only*.

Finally, students read ten statements and decide if each one is about the present or past by underlining the answer in brackets.

**Exercise D - Answer key**

Present: 3, 4, 5, 7, 9  
Past: 1, 2, 6, 8, 10
We use *I wish* or *If only* with the past simple when we want to talk about a present situation that we would like to be different.

Example: I wish / If only I were a millionaire. (I'm not a millionaire, but I want to be)

**A. Complete the statements with the verbs from the box in their past simple form.**

<table>
<thead>
<tr>
<th>fall</th>
<th>bring</th>
<th>have</th>
<th>know</th>
<th>accept</th>
<th>be</th>
<th>live</th>
<th>own</th>
</tr>
</thead>
</table>

1. I wish I ................ a different job. I don't like the one I have now.
2. If only I ................ near the sea. I love to swim.
3. I wish Antonio ............... in love with me. I like him so much.
4. If only Pedro ............... my apology.
5. It's cold today. I wish it ............... warmer.
6. If only I ................ a boat. We could go sailing.
7. It looks like it's going to rain. If only I ................ an umbrella.
8. I wish I ................ the answer, but I don't.

**B. Change each sentence into a wish about the present.**

Example: I want to speak English fluently.

..................................................................................................................................

1. I want to be allowed to go on holiday with my friends.

I wish ..................................................................................................................................

2. I want to have a bigger TV.

If only ..................................................................................................................................

3. I want to live in a mansion.

I wish ..................................................................................................................................

4. I want to have curly hair.

If only ..................................................................................................................................

5. I want to look more handsome.

I wish ..................................................................................................................................

6. I want to live with my brother.

If only ..................................................................................................................................
We use *I wish* or *If only* with the past perfect when we talk about a situation in the past that we regret.

Example: I wish / If only I had taken that job as an actress many years ago.

C. Complete the regrets with the past perfect form of the verbs in brackets.

1. I wish I ................................ (wake up) early this morning because I was late for work.
2. If only I ............................... (go) to Greece for my last holiday.
3. I wish I ............................... (not make) so much food. Nobody ate it!
4. If only I ............................... (buy) a faster car. This one is too slow!
5. I wish I ............................... (do) my homework earlier.
6. If only I ............................... (learn) a second language as a child.

D. Now, write about four things from your past that you regret.

1. I wish .......................................................................................................................
2. If only .......................................................................................................................
3. I wish .......................................................................................................................
4. If only .......................................................................................................................

E. Read each statement and decide if it is about the present or past by underlining the answer in brackets.

1. I wish I had taken a longer holiday.   (present / past)
2. If only I had listened to my parents.   (present / past)
3. I wish I were good at magic.         (present / past)
4. If only I worked in the city.         (present / past)
5. I wish I were better at cooking.      (present / past)
6. If only I hadn't left my phone at the park.  (present / past)
7. I wish I knew how to fix my computer. (present / past)
8. If only I had met my best friend years ago. (present / past)
9. I wish I were interested in sports.   (present / past)
10. If only I had read more books as a child. (present / past)