

### Unit 26 If only . . .

#### Expressions related to regrets

##### Learn the expressions

**1 In this unit, we talked about regrets. Let's now look at some common expressions related to regrets and situations we wish had not happened. Use the expressions in the box to answer the questions. There are two possible responses to each question.**

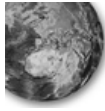
Don't cry over spilled milk.	Don't lose sleep over it.	Enough is enough.
Just get over it.	I could kick myself.	I really blew it.
I've had it.	Let bygones be bygones	

What do you say . .

- when you're annoyed or tired or fed up with a bad situation?
  - \_\_\_\_\_
  - \_\_\_\_\_
- when you want someone to stop being angry at another person?
  - \_\_\_\_\_
  - \_\_\_\_\_
- when someone is blaming himself or herself too much for something bad that has happened?
  - \_\_\_\_\_
  - \_\_\_\_\_
- when you are angry at yourself because you have made a mistake or missed an opportunity?
  - \_\_\_\_\_
  - \_\_\_\_\_

#### Answer Key

- Enough is enough. I've had it.
- Just get over it. Let bygones be bygones.
- Don't cry over spilled milk. Don't lose sleep over it.
- I could kick myself. I really blew it.



### Use the expressions

**2 Match each situation with the appropriate expressions in boldface. Underline the correct choice.**

1. OK. So you got a B on the test and not an A. It's not that bad.  
**Don't cry over spilled milk./ You really blew it.**
2. Look, it's only a parking ticket. People get them all the time.  
**Don't lose sleep over it. / Let bygones be bygones.**
3. This the third time I've come to this restaurant, and the service has been bad each time. I'll never eat here again.  
**I could kick myself./Enough is enough.**
4. I know you're upset. Joe should have called you when you were sick, but we both know that Joe isn't perfect.  
**Forgive and forget./He really blew it.**
5. Oh, no – a \$1500 credit card bill! Timothy warned me about charging so much on my credit cards several times, but I ignored him. Now I see he was right.  
**I could kick myself. / I've had it.**
6. I told my grandmother that I'd come by to visit on Sunday, but I completely forgot, and went out with my friends. My grandmother left a message on my answering machine. She was really upset.  
**I really blew it./ Enough is enough.**
7. My car broke down again this morning. I think I'll sell it and take the bus to work from now on.  
**I've had it. / I really blew it.**
8. You and Caroline have been best friends for a very long time. I'm sure she didn't mean to hurt your feelings.  
**Enough is enough. / Let bygones be bygones.**

### Make the expressions your own

**3 Answer these questions about yourself.**

1. What types of things do you sometimes lose sleep over?
2. Have you ever found yourself in a situation where you had to "forgive and forget"? Was it easy or difficult to let go of the situation?
3. When was the last time you said, "Enough is enough"? What did you do to change the situation?