



APEX ENGLISH

Your voice. Global.

B2 · GENERAL ENGLISH

UNIT 5 · 5A

What if...

Theme · Inner Worlds



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What if...

Theme: Inner Worlds



Learning objectives

- Form the second (unreal) conditional accurately: if + past, would/could/might + infinitive.
- Talk about hypothetical present and imagined futures with 'if I were you...', 'imagine if...', 'suppose...':
- Describe complex emotions with 15+ B2 feelings adjectives (thrilled, frustrated, overwhelmed...).
- Distinguish -ed vs -ing forms of feeling adjectives (bored / boring, thrilled / thrilling).
- Pronounce three- and four-syllable adjectives with correct primary stress.

Ask the teacher — notes to bring to class



Class Book

Warm-up · one-minute daydream

Read the six 'what if...' prompts. In pairs, pick ONE that intrigues you most, and speak about it for exactly 60 seconds. No preparation, no dictionary.

What if you could speak every language on Earth for one week?

What if you woke up as someone famous — but had to keep your own memories?

What if you could delete one memory forever?

What if you had to move to a completely new country tomorrow?

What if you were invisible for one hour a day?

What if you could relive one single day from your past?

followUp: Notice: every sentence you invented probably began 'I would...' or 'I'd...'. That's today's grammar in action — the SECOND conditional, for imagining something that isn't real.

Lead-in: how would you feel?

Match each situation to the strongest emotion you'd feel. Then, in pairs, form ONE full second-conditional sentence: 'If I ..., I'd feel ...'.

1. You won a two-week solo trip anywhere in the world...
2. You had to give a wedding speech tomorrow in a language you barely speak...
3. Your best friend forgot your birthday for the third year in a row...
4. You accidentally sent a private message to your entire company...
5. Your favourite band announced a surprise concert in your city tonight...
6. Your boss asked you to lead a huge new project you'd never done before...
 - a) mortified / horrified
 - b) hurt / disappointed
 - c) thrilled / ecstatic
 - d) terrified but flattered
 - e) overwhelmed / anxious
 - f) exhilarated / over the moon

1 → f · If I won a solo trip anywhere, I'd feel exhilarated — I'd probably book Japan the same day.

2 → d · If I had to give a wedding speech in another language, I'd feel terrified but flattered.

3 → b · If my best friend forgot my birthday three years in a row, I'd feel really hurt.

4 → a · If I sent a private message to the whole company, I'd be mortified.

5 → c · If my favourite band played tonight, I'd be absolutely thrilled.

6 → e · If my boss offered me that project, I'd feel overwhelmed at first — then excited.

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followUp: Notice the structure: 'If + past simple, WOULD + infinitive.' We use it for imagined situations — not real ones. Grammar coming up in five minutes.

Reading: the science of 'what if?'

Psychologists have a name for it: counterfactual thinking. It's the small voice in your head that whispers 'what if I'd taken the other job?', 'what if we'd stayed together?', 'what if I said yes tonight?'. According to a 2022 review at the University of Illinois, the average adult runs through more than a hundred of these imagined scenarios every single day.

For decades, researchers assumed 'what if?' thinking was mostly harmful — a fast track to regret and anxiety. But newer studies suggest the opposite. When counterfactuals are used well, they help us learn faster, plan better, and even feel more grateful for the life we actually have.

The key is direction. 'Upward' counterfactuals ('If I'd studied more, I'd have got that job') tend to motivate us — as long as we don't spiral into shame. 'Downward' counterfactuals ('If I hadn't taken that flight, I might not be here at all') tend to make us feel lucky. Both, in small doses, are healthy.

The trouble starts when the mind runs the same painful scenario on a loop. Rumination, as psychologists call it, is strongly linked to depression. If you notice yourself replaying the same regret for the fifth time in a day, it's a signal — not to suppress the thought, but to gently redirect it: 'And what would I do differently starting tomorrow?'

Interestingly, the most creative people tend to be the most active counterfactual thinkers. Writers imagine 'what if a cat could speak?'. Scientists ask 'what if time slowed near a black hole?'. Entrepreneurs ask 'what if buying groceries took thirty seconds?'. Every innovation, in a sense, is a 'what if' that someone decided to actually build.

So the next time you catch yourself daydreaming, don't apologise for it. Your brain is doing what evolution designed it to do — simulating other worlds, so you can choose the best one to walk into.

1. What is 'counterfactual thinking'?
 - (A) A rare mental illness affecting fewer than 1% of adults.
 - (B) Imagining alternative versions of what actually happened.
 - (C) A meditation technique invented in 2022.
2. According to the article, roughly how many 'what if?' scenarios does the average adult imagine daily?
 - (A) Fewer than 10.
 - (B) About 100.
 - (C) Around 1,000.
3. What is the difference between 'upward' and 'downward' counterfactuals?
 - (A) Upward ones make us imagine BETTER outcomes; downward ones make us imagine WORSE outcomes.
 - (B) Upward ones cause depression; downward ones cause happiness.
 - (C) There is no meaningful difference.

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4. When does 'what if?' thinking become harmful?
- (A) Whenever it happens at all.
 - (B) Only when it involves regret about people.
 - (C) When the same painful scenario is replayed again and again (rumination).
5. What connection does the article draw between creativity and 'what if?' thinking?
- (A) Creative people avoid 'what if?' thinking entirely.
 - (B) Highly creative people tend to be the most active counterfactual thinkers.
 - (C) Only artists — never scientists — use it.

Feelings vocabulary in context

Find these words in the text (or infer from context) and match them to the closest meaning.

regret — sadness or disappointment about something you did / didn't do

rumination — going over the same painful thought again and again

shame — painful feeling that you have done something wrong

gratitude — the feeling of being thankful

anxiety — worry, unease about what might happen

curiosity — the wish to know or learn something new

Vocabulary: feelings & how to intensify them

intro: At B2, moving beyond 'happy / sad / angry' is a huge leap. Here are the emotions you actually need — grouped by direction and intensity — plus the modifiers that make you sound native.

1. **label:** Positive · mild → strong

2. **label:** Negative · mild → strong

3. **label:** Anxious / uncertain

4. **label:** Surprised / stirred

practice

Complete each sentence with the correct feeling from the box (correct form).

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1. She was absolutely ____ when she saw her exam results — top of the class.

2. I'd feel completely ____ if I had to give a speech to a thousand people.

3. He's still ____ that his flight was cancelled — six hours in the airport!

4. I felt so ____ when I heard my sister passed her driving test on the fifth try.

5. Honestly, she was ____ when the puppy chewed her new shoes — really angry.

6. I always feel a bit ____ at parties where I don't know anyone.

7. After three interviews, they told him no — he was totally ____ .

8. I was so ____ by his speech that I actually cried a little.

Practice 2 — collocations & rewrite

Rewrite each sentence replacing the underlined phrase with ONE word from this lesson's vocabulary. Keep the meaning identical.

1. She felt <u>wildly, extremely happy

2. He was <u>extremely angry

3. I felt <u>worried in a strong, lingering way

4. We were <u>very surprised, almost shocked

5. She looked <u>bitterly disappointed

Practice 3 — discursive writing

prompt: Imagine one 'what if' moment from your own life that could have gone very differently. Reflect on how it shaped who you are now, and how you felt at the time.

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Use at least FOUR of the target words from this unit.

Vary sentence length; include one relative clause.

Aim for a reflective, cohesive C1 register.

sample: If I had turned down that internship, which I very nearly did out of sheer apprehension, my entire career would probably look unrecognisable today. I remember feeling apprehensive for weeks beforehand, convinced I would be flustered the moment anyone asked me a difficult question. On my first day I was, predictably, overwrought with nerves, yet by the end of the month I felt strangely exhilarated rather than anxious. Looking back, I am almost flabbergasted by how close I came to saying no. Whenever I now advise younger colleagues who seem tentative about a similar opportunity, I try to remind them that the discomfort they feel is not a warning sign; it is usually just proof that something worthwhile is beginning.



Grammar focus: the second (unreal) conditional

1. Form — If + PAST SIMPLE, WOULD / COULD / MIGHT + infinitive. • If I HAD more time, I WOULD learn Japanese. • If she LIVED closer, we'D see each other every week. • If I WON the lottery, I MIGHT buy a small house by the sea.

2. Use — For situations that are IMAGINED, HYPOTHETICAL or UNLIKELY in the present or future — not real now. Compare: • If it rains, I'll take an umbrella. (FIRST — real possibility) • If I lived in Paris, I'd walk everywhere. (SECOND — I don't live in Paris, hypothetical)

3. 'If I were...' (not 'was') for advice & imagining — In formal writing and traditional grammar, use 'were' for all persons after 'if'. In informal spoken English, 'was' is also heard — but 'were' is safer for exams. • If I WERE you, I'd apologise. • If she WERE here, she'd know what to do. ✓ 'If I were you...' is the classic way to give advice in English.

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4. Other openers for hypotheticals — You don't always have to say 'if'. Use these to sound more natural and varied: • Imagine (if) you could speak every language — what would you do? • Suppose you had six months off — where would you go? • What if we started a business together? • Say you found a wallet in the street — would you keep it?

5. Modals: would vs could vs might — • WOULD = certain hypothetical result (If I had time, I'd read every day.) • COULD = would be able to (If I spoke Spanish, I could travel more easily.) • MIGHT / MAY = possibility inside the hypothesis (If I moved abroad, I might feel lonely at first.)

6. Common mistakes — ✗ If I would have time, I would call you. → ✓ If I HAD time, I would call you. ✗ If she will be here, she would help. → ✓ If she WERE here, she'd help. ✗ If I would win the lottery, I quit. → ✓ If I WON the lottery, I'd quit. ✗ I would call you if I have your number. → ✓ I would call you if I HAD your number.

Exercise A — put the verbs in the correct form

Complete each second conditional. Watch the punctuation.

1. If I (be) ____ you, I (apologise) ____ immediately.

2. If she (have) ____ a car, she (drive) ____ to the coast every weekend.

3. We (be) ____ so happy if you (visit) ____ us next month.

4. If I (know) ____ his number, I (call) ____ him right now.

5. You (feel) ____ better if you (sleep) ____ eight hours a night.

6. If he (not work) ____ so much, he (be) ____ less stressed.

Exercise B — first or second conditional?

Choose the correct verb form according to whether the situation is REAL (first) or HYPOTHETICAL (second).

1. If it ____ (rain) tomorrow, we'll cancel the picnic.

2. If I ____ (be) taller, I'd play basketball professionally.

3. If she ____ (call), I'll tell her you're out.

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4. If I ____ (have) €1,000,000, I'd travel for a year.

5. We ____ (leave) at six if the traffic is bad.

6. I ____ (learn) the piano if I had more free time.

Exercise C — spot & fix the mistake

Each sentence has *ONE* mistake. Rewrite it correctly.

1. If I would have time, I would help you.

2. If she will be here, she'd know what to do.

3. I would call you if I have your number.

4. If I was you, I'd apologise.

5. If I would win the lottery, I'd quit my job.

6. What would you do if you find a wallet in the street?

Exercise D — the letter to my younger self

Complete the paragraph with *ONE* verb from the box in the correct form (past simple, or would / could / might + infinitive).

Word bank: were · would tell · listened · would spend · had · could · wouldn't be · started · would go · understood · might not

Dear younger me,

If I (1) ____ sitting across from you right now, I (2) ____ you three things.

First: if you (3) ____ a little more to Grandma, you (4) ____ so afraid of getting older. She knew everything about being brave.

Second: if you (5) ____ saving even five euros a week when you were fifteen, by thirty you (6) ____ afford exactly the life you want now, no compromises.

Third — and this is the hardest one — if you (7) ____ how quickly time passes, you (8) ____ less time worrying about what other people thought and much more time with the people you love.

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If I (9) ____ send you one gift, it (10) ____ courage — because you already have kindness. The rest, honestly, (11) ____ take care of itself.

Love, older you.

were

would tell

listened

wouldn't be

started

could

understood

would spend

could

would go

might not

Listening: two friends and the 'what if?' game

Two friends play a spontaneous 'what if?' game one evening. One dreams of quitting everything and opening a bookshop in Portugal; the other slowly warms to the idea — for themselves.

Before you listen

If you could quit everything tomorrow, what would you do? Just one thing — no rules.

Predict: which speaker will admit to being scared of change?

First listen — gist

1. What is the 'what if?' game about in this conversation?

2. What does one of the speakers say they would do?

3. By the end, what does the other speaker seem ready to consider?

Second listen — detail

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1. How does the first speaker say they would feel with total freedom?

2. What does the other speaker say they would feel if they stayed another five years in the same job?

3. What advice do they give (as 'If I were you...')?

4. What is the response to 'what if the shop failed'?

5. What is the final tip about waiting?

6. What tiny detail do they agree on at the end?

A: Okay, quick game. If you could quit your job tomorrow and do literally anything, what would it be?

B: Anything? I'd probably move to a tiny village on the coast of Portugal and open a bookshop with a cat.

A: A bookshop. Really? I'd be terrified. If I had that kind of freedom, I think I'd feel completely lost.

B: See, that's interesting. If I stayed here another five years, I'd feel trapped. Same office, same emails.

A: But what would you actually live on? If you didn't earn anything for six months, wouldn't you panic?

B: A bit. But if you had savings and a plan, it wouldn't be crazy. I wish I'd started saving three years ago.

A: Hmm. If I were you, I'd try it for six months first, then decide. What if the shop failed?

B: Then I'd come back, laugh about it, and get another job. If it didn't work, at least I'd have tried.

A: That's actually inspiring. Honestly, if I had your courage, I'd move somewhere warm and just paint.

B: So do it. If you wait for the perfect moment, you'll wait forever. Even one small step counts.

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A: Fine. If you go, I'll visit. Bring the cat.

Speaking: 'If I could change one thing...'

One minute to talk about ONE thing you would change if you could — in your life, your city, or the world. You **MUST** use: (a) **THREE** second conditionals, (b) **ONE** 'If I were you...' or 'Imagine if...' opener, (c) **TWO** feelings adjectives from today's vocabulary. Partner gives ■ for each one.

1. **label:** The change · **hint:** State it clearly in one sentence.

2. **label:** How you'd feel · **hint:** 'I'd feel...' + strong adjective.

3. **label:** The first thing you'd do · **hint:** 'I'd start by...'.

4. **label:** One consequence · **hint:** 'If that happened, we might...'.

5. **label:** Your appeal to the listener · **hint:** 'If you were in my place, would you...?'

example: If I could change one thing, I'd make higher education completely free everywhere in the world. If it were free, so many talented young people who never get the chance right now could finally study. Honestly, I'd feel absolutely thrilled — and a little emotional — the day the last student paid the last euro of debt. If I were the education minister of any country, I'd start with libraries: open, warm, and free every single evening. Imagine if every neighbourhood had one place where curiosity was the only ticket you needed. I think we'd be less anxious, less exhausted, and much more content as a society. If you were in my place, what would YOU start with?

challenge: ■ Extra ■ if you naturally use 'Imagine if...' or 'Suppose you...' instead of 'If I...'.

Writing mini-task — 'a letter to my younger self' (100–120 words)

Write a short letter to yourself ten years ago. What would you tell that person? You **MUST** use: at least 3 second conditionals, 1 'If I were you...' construction, 2 feelings adjectives. Underline every grammar target you use.

Wrap-up · the three doors

Three imagined 'doors' — pick ONE and finish the sentence out loud with a full second conditional. Vote as a class on the most surprising answer.

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1. **label:** Door 1 — a new life · **prompt:** If I woke up tomorrow with a completely new profession, I'd...

2. **label:** Door 2 — a lost year · **prompt:** If someone gave me one totally free year with no consequences, I'd...

3. **label:** Door 3 — a small change · **prompt:** If I could change ONE tiny daily habit of mine, I'd...

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Workbook — home practice



Ask the teacher — notes to bring to class

What if... - Workbook

Extra practice for home study · with answer keys

1. Vocabulary - feelings (mild → strong)

Choose the option that best completes each sentence.

1. She was absolutely ____ when she got the scholarship - jumping up and down.
(A) gratified
(B) exhilarated
(C) serene
2. After a 12-hour shift, I'm just ____ - I need to sleep.
(A) elated
(B) apprehensive
(C) overwrought
3. He was really ____ that his best friend didn't invite him to the wedding.
(A) wounded
(B) stirred
(C) appreciative
4. I always feel a bit ____ speaking English in front of my boss.
(A) euphoric
(B) flustered
(C) incensed
5. They were ____ when they found out the flight was cancelled again.
(A) jubilant
(B) incensed
(C) reassured

2. Vocabulary - feelings collocations

Complete each sentence with ONE feeling from the box.

BOX: overwrought · crestfallen · covetous · reassured · remorseful · stirred

1. I was so ____ by his speech that I nearly cried.
2. She's a bit ____ of her sister's new flat - it has a garden.
3. I feel ____ that I didn't call my grandmother more often.
4. I'm completely ____ by all these emails - I don't know where to start.
5. He was ____ when he heard he'd missed the last train by 30 seconds.
6. I was so ____ when the doctor said everything was normal.

3. Vocabulary - discursive writing

Discuss the psychological impact of 'hypothetical thinking'. Does imagining alternative realities help us grow, or does it lead to unnecessary suffering?

Checklist:

- ☐ Use at least 4 feelings vocabulary items
- ☐ Maintain a formal, discursive register

- [] Use cohesive devices to link your arguments
- [] Check for varied C1-level grammatical structures

[illegible]

4. Grammar - second conditional form

Choose the correct form.

1. If I ____ you, I'd apologise.
(A) was
(B) were
(C) would be
2. If she ____ more time, she'd start a business.
(A) had
(B) would have
(C) has
3. We ____ so happy if you visited us next month.
(A) will be
(B) would be
(C) were
4. If I knew his number, I ____ him right now.
(A) call
(B) would call
(C) would called
5. You ____ better if you slept eight hours a night.
(A) will feel
(B) would feel
(C) feel
6. If he ____ so much, he wouldn't be so stressed.
(A) didn't work

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- (B) wouldn't work
- (C) wouldn't have worked

5. Grammar - first or second conditional?

Put the verb in brackets in the correct form.

1. If it (rain) ____ tomorrow, I'll take the bus.
2. If I (be) ____ taller, I'd play basketball.
3. We (go) ____ hiking if the weather is nice on Sunday.
4. If I (have) ____ a million euros, I (buy) ____ a farm in Tuscany.
5. Call me as soon as you (arrive) ____ .
6. If she (know) ____ the truth, she (leave) ____ him tomorrow. (she doesn't know)

6. Grammar - put the sentence in order

Put the words in the correct order.

1. I / were / would / if / apologise / I / you
2. call / had / I'd / your / if / I / number
3. wasn't / cold / it / would / go / if / so / we / swimming
4. won / do / lottery / would / the / you / if / what / you
5. were / here / know / she / would / what / if / she / to / do

7. Grammar - find and fix the mistake

Each sentence has ONE mistake. Rewrite it correctly.

1. If I would have time, I would help you.
2. If she will be here, she'd know what to do.
3. I would call you if I have your number.
4. If I would win the lottery, I'd quit my job.
5. What would you do if you find a wallet in the street?
6. If I was you, I'd apologise. (make it formal)

8. Reading - true / false / not given

Read the short text and mark each statement T, F or NG.

A recent survey of over five thousand adults in twelve countries asked one simple question: 'If you could restart your life at 18, what would you do differently?' The answers were surprisingly consistent. Nearly seventy per cent said they would travel more before settling down. Just over half said they would choose a completely different career. Only twelve per cent said they wouldn't change a thing. Interestingly, people over sixty were the most likely to say they wished they had spent more time with family - and the LEAST likely to say they would have earned more money. The single most common regret across all countries was 'I wish I hadn't cared so much what other people thought.'

1. The survey included more than 5,000 adults. [T / F / NG]
2. Half of the people surveyed would choose a different career. [T / F / NG]
3. A majority (over 50%) said they wouldn't change anything. [T / F / NG]

4. People over 60 wished they had earned more money. [T / F / NG]
5. The survey was carried out in exactly 20 countries. [T / F / NG]
6. The top regret was caring too much what others thought. [T / F / NG]

9. Writing - guided task

Write 80-100 words: 'If I could live one day of someone else's life, whose would it be - and why?'. Include at least 3 second conditionals, 1 'If I were...' construction, and 2 feelings adjectives.

Checklist:

- ☐ 80-100 words
- ☐ 3 second conditionals
- ☐ 1 'If I were...' construction
- ☐ 2 feelings adjectives (thrilled, exhausted, moved, grateful...)

[illegible]

10. Listening - happiness researcher interview

Listen to the short interview. A reporter and a happiness researcher - two clearly different voices. Answer the questions. Play it twice if you need to.

Audio: Interview · happiness researcher · ~1:20

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

11. Dictation - key second-conditional forms

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Listen again and complete each line with the missing verbs.

Audio: Happiness researcher - key structures

1. If people ____ (choose) one thing to feel happier, I would tell them: sleep more.
2. If money ____ (make) us happy, rich countries wouldn't have such high depression rates.
3. If they ____ (write) down three things they were grateful for, they'd notice a difference.
4. If you ____ (not / be) a little afraid, the change wouldn't matter to you.
5. I wish everyone ____ (call) one person they miss.
6. That single act ____ (change) more lives than any book I've written.

12. ■ Challenge - sentence transformation

Rewrite the second sentence to mean the same, using 2-5 words including the KEYWORD.

1. 1. I don't speak Chinese, so I can't work in Shanghai. → If I ____ Chinese, I ____ in Shanghai. (KEYWORDS: SPOKE / COULD WORK)
2. 2. I'm not you, but my advice is: apologise. → If I ____ you, I ____ apologise. (KEYWORDS: WERE / WOULD)
3. 3. I don't have your number, so I can't call. → I ____ call you if I ____ your number. (KEYWORDS: WOULD / HAD)
4. 4. It's raining, so we won't go to the beach. → If it ____ raining, we ____ to the beach. (KEYWORDS: WASN'T / WOULD GO)
5. 5. I need to imagine the situation. → Imagine ____ you ____ a million euros tomorrow. (KEYWORDS: IF / WON)

13. ■ Challenge - word stress

Mark the STRESSED syllable in each adjective by writing the syllable in CAPITALS.

1. 1. excited
2. 2. disappointed
3. 3. embarrassed
4. 4. incredible
5. 5. unbelievable
6. 6. wonderful
7. 7. fascinating
8. 8. overwhelming

14. ■ Challenge - odd one out

Three share a category. Pick the ODD ONE OUT.

1. 1. Very happy:
(A) thrilled
(B) ecstatic
(C) furious
(D) over the moon
2. 2. Anxious / worried:
(A) nervous

- (B) overwhelmed
(C) self-conscious
(D) grateful

3. 3. Second-conditional signals:

- (A) would
(B) could
(C) might
(D) will

4. 4. Openers for hypotheticals:

- (A) imagine if
(B) suppose
(C) what if
(D) as soon as

15. ■ Challenge - extended writing

Write a 130-160 word 'letter to your younger self at 15'. What would you tell them? Use AT LEAST 4 second conditionals, 1 'If I were you' construction, and 3 different feelings adjectives.

Checklist:

- ☐ 130-160 words
- ☐ 4+ second conditionals
- ☐ 1 'If I were you...' construction
- ☐ 3+ different feelings adjectives

[illegible]

16. Self-check

Tick what you can now do confidently.

- [] I can form the second conditional accurately (if + past, would/could/might + infinitive).

- [] I use 'were' - not 'was' - after 'if I / he / she' in formal writing.
- [] I use hypothetical openers naturally: 'Imagine if...', 'Suppose...', 'What if...'.
- [] I can use 15+ B2 feelings adjectives (thrilled, overwhelmed, gutted, moved...).
- [] I stress 3- and 4-syllable adjectives on the correct syllable.
- [] I can write a short reflective letter using unreal conditionals.

What if... — Workbook

Extra practice for home study · with answer keys

1. Vocabulary — feelings (mild → strong)

Choose the option that best completes each sentence.

1. She was absolutely ____ when she got the scholarship — jumping up and down.
(A) gratified
(B) exhilarated
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(B) were
(C) would be
2. If she ____ more time, she'd start a business.
(A) had
(B) would have
(C) has
3. We ____ so happy if you visited us next month.
(A) will be
(B) would be
(C) were
4. If I knew his number, I ____ him right now.
(A) call
(B) would call
(C) would called
5. You ____ better if you slept eight hours a night.
(A) will feel
(B) would feel
(C) feel
6. If he ____ so much, he wouldn't be so stressed.
(A) didn't work

Ask the teacher — notes to bring to class

- (B) wouldn't work
- (C) wouldn't have worked

5. Grammar — first or second conditional?

Put the verb in brackets in the correct form.

1. If it (rain) ____ tomorrow, I'll take the bus.
2. If I (be) ____ taller, I'd play basketball.
3. We (go) ____ hiking if the weather is nice on Sunday.
4. If I (have) ____ a million euros, I (buy) ____ a farm in Tuscany.
5. Call me as soon as you (arrive) ____ .
6. If she (know) ____ the truth, she (leave) ____ him tomorrow. (she doesn't know)

6. Grammar — put the sentence in order

Put the words in the correct order.

1. I / were / would / if / apologise / I / you
2. call / had / I'd / your / if / I / number
3. wasn't / cold / it / would / go / if / so / we / swimming
4. won / do / lottery / would / the / you / if / what / you
5. were / here / know / she / would / what / if / she / to / do

7. Grammar — find and fix the mistake

Each sentence has ONE mistake. Rewrite it correctly.

1. If I would have time, I would help you.
2. If she will be here, she'd know what to do.
3. I would call you if I have your number.
4. If I would win the lottery, I'd quit my job.
5. What would you do if you find a wallet in the street?
6. If I was you, I'd apologise. (make it formal)

8. Reading — true / false / not given

Read the short text and mark each statement T, F or NG.

A recent survey of over five thousand adults in twelve countries asked one simple question: 'If you could restart your life at 18, what would you do differently?' The answers were surprisingly consistent. Nearly seventy per cent said they would travel more before settling down. Just over half said they would choose a completely different career. Only twelve per cent said they wouldn't change a thing. Interestingly, people over sixty were the most likely to say they wished they had spent more time with family — and the LEAST likely to say they would have earned more money. The single most common regret across all countries was 'I wish I hadn't cared so much what other people thought.'

1. The survey included more than 5,000 adults. [T / F / NG]
2. Half of the people surveyed would choose a different career. [T / F / NG]
3. A majority (over 50%) said they wouldn't change anything. [T / F / NG]

4. People over 60 wished they had earned more money. [T / F / NG]
5. The survey was carried out in exactly 20 countries. [T / F / NG]
6. The top regret was caring too much what others thought. [T / F / NG]

9. Writing — guided task

Write 80–100 words: 'If I could live one day of someone else's life, whose would it be — and why?'. Include at least 3 second conditionals, 1 'If I were...' construction, and 2 feelings adjectives.

Checklist:

- 80–100 words
- 3 second conditionals
- 1 'If I were...' construction
- 2 feelings adjectives (thrilled, exhausted, moved, grateful...)

[illegible]

10. Listening — happiness researcher interview

Listen to the short interview. A reporter and a happiness researcher — two clearly different voices. Answer the questions. Play it twice if you need to.

■ **Audio:** Interview · happiness researcher · ~1:20

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

11. Dictation — key second-conditional forms

Ask the teacher — notes to bring to class

Listen again and complete each line with the missing verbs.

■ **Audio:** Happiness researcher — key structures

1. If people ____ (choose) one thing to feel happier, I would tell them: sleep more.
2. If money ____ (make) us happy, rich countries wouldn't have such high depression rates.
3. If they ____ (write) down three things they were grateful for, they'd notice a difference.
4. If you ____ (not / be) a little afraid, the change wouldn't matter to you.
5. I wish everyone ____ (call) one person they miss.
6. That single act ____ (change) more lives than any book I've written.

12. ■ Challenge — sentence transformation

Rewrite the second sentence to mean the same, using 2–5 words including the KEYWORD.

1. 1. I don't speak Chinese, so I can't work in Shanghai. → If I ____ Chinese, I ____ in Shanghai. (KEYWORDS: SPOKE / COULD WORK)
2. 2. I'm not you, but my advice is: apologise. → If I ____ you, I ____ apologise. (KEYWORDS: WERE / WOULD)
3. 3. I don't have your number, so I can't call. → I ____ call you if I ____ your number. (KEYWORDS: WOULD / HAD)
4. 4. It's raining, so we won't go to the beach. → If it ____ raining, we ____ to the beach. (KEYWORDS: WASN'T / WOULD GO)
5. 5. I need to imagine the situation. → Imagine ____ you ____ a million euros tomorrow. (KEYWORDS: IF / WON)

13. ■ Challenge — word stress

Mark the STRESSED syllable in each adjective by writing the syllable in CAPITALS.

1. 1. excited
2. 2. disappointed
3. 3. embarrassed
4. 4. incredible
5. 5. unbelievable
6. 6. wonderful
7. 7. fascinating
8. 8. overwhelming

14. ■ Challenge — odd one out

Three share a category. Pick the ODD ONE OUT.

1. 1. Very happy:
(A) thrilled
(B) ecstatic
(C) furious
(D) over the moon
2. 2. Anxious / worried:
(A) nervous

- (B) overwhelmed
(C) self-conscious
(D) grateful

3. 3. Second-conditional signals:

- (A) would
(B) could
(C) might
(D) will

4. 4. Openers for hypotheticals:

- (A) imagine if
(B) suppose
(C) what if
(D) as soon as

15. ■ Challenge — extended writing

Write a 130–160 word 'letter to your younger self at 15'. What would you tell them? Use AT LEAST 4 second conditionals, 1 'If I were you' construction, and 3 different feelings adjectives.

Checklist:

- 130–160 words
- 4+ second conditionals
- 1 'If I were...' construction
- 3+ different feelings adjectives

This image shows a blank sheet of white paper with horizontal blue ruling lines. On the left side, there are short vertical blue lines that serve as margins, creating a series of narrow columns. The paper is otherwise empty of any text or markings.

16. Self-check

Tick what you can now do confidently.

- I can form the second conditional accurately (if + past, would/could/might + infinitive).

- I use 'were' — not 'was' — after 'if I / he / she' in formal writing.
- I use hypothetical openers naturally: 'Imagine if...', 'Suppose...', 'What if...'.
- I can use 15+ B2 feelings adjectives (thrilled, overwhelmed, gutted, moved...).
- I stress 3- and 4-syllable adjectives on the correct syllable.
- I can write a short reflective letter using unreal conditionals.



Answer key — Class Book

Reading: the science of 'what if?'

1. (B) Imagining alternative versions of what actually happened.
2. (B) About 100.
3. (A) Upward ones make us imagine BETTER outcomes; downward ones make us imagine WORSE outcomes.
4. (C) When the same painful scenario is replayed again and again (rumination).
5. (B) Highly creative people tend to be the most active counterfactual thinkers.

Vocabulary: feelings & how to intensify them

1. exhilarated
 2. petrified
 3. exasperated
 4. reassured
 5. incensed
 6. flustered
 7. crestfallen
 8. stirred
1. She felt euphoric when she got the acceptance letter.
 2. He was incensed after finding out the meeting had been cancelled without notice.
 3. I felt perturbed about the upcoming surgery.
 4. We were flabbergasted when we saw the final bill.
 5. She looked crestfallen after failing the driving test for the third time.

Grammar focus: the second (unreal) conditional

1. were / would apologise
 2. had / would drive
 3. would be / visited
 4. knew / would call
 5. would feel / slept
 6. didn't work / would be
1. rains — first conditional
 2. were — second conditional
 3. calls — first conditional
 4. had — second conditional
 5. 'I'll leave — first conditional
 6. 'd learn — second conditional
1. If I had time, I would help you.
 2. If she were here, she'd know what to do.
 3. I would call you if I had your number.
 4. If I were you, I'd apologise. (formal 'were')
 5. If I won the lottery, I'd quit my job.
 6. What would you do if you found a wallet in the street?

Listening: two friends and the 'what if?' game

1. Imagining quitting your job and doing anything you want, with no limits.
 2. Move to a small coastal village in Portugal and open a bookshop with a cat.
 3. Trying something bold themselves — perhaps moving somewhere warm and painting.
1. Completely lost / terrified.
 2. Trapped.
 3. Try it for six months first, then decide.
 4. They'd come back, laugh about it, and get another job.
 5. If you wait for the perfect moment, you'll wait forever.
 6. The visitor will bring the cat.

Ask the teacher — notes to bring to class



Answer key — Workbook

Ask the teacher — notes to bring to class

What if... - Workbook — Answer Key

1. Vocabulary - feelings (mild → strong)

1. **(B)** *exhilarated*
2. **(C)** *overwrought*
3. **(A)** *wounded*
4. **(B)** *flustered*
5. **(B)** *incensed*

2. Vocabulary - feelings collocations

1. **stirred**
2. **covetous**
3. **remorseful**
4. **overwrought**
5. **crestfallen**
6. **reassured**

3. Vocabulary - discursive writing

Sample answer

Hypothetical thinking is a double-edged sword. On one hand, imagining a better version of our lives can leave us feeling exhilarated and stirred to take action. It allows us to simulate different outcomes and make better-informed decisions. However, this same process can also lead us to become overwrought with worry about 'what if' scenarios that may never occur. When we fixate on past mistakes, we often feel deeply remorseful or crestfallen, trapped in a cycle of regret. If a person becomes too flustered by the sheer number of possibilities, they may find themselves unable to act at all. Therefore, while the ability to think hypothetically is a hallmark of human intelligence, it must be balanced with a focus on the present. We should use our imagination to inspire growth, rather than as a tool for self-reproach.

4. Grammar - second conditional form

1. **(B)** *were*
2. **(A)** *had*
3. **(B)** *would be*
4. **(B)** *would call*
5. **(B)** *would feel*
6. **(A)** *didn't work*

5. Grammar - first or second conditional?

1. *rains - first*
2. *were - second*
3. *'ll go - first*
4. *had / would buy - second*
5. *arrive - future time clause*
6. *knew / would leave - second*

6. Grammar - put the sentence in order

1. *If I were you, I would apologise.*
2. *I'd call if I had your number.*
3. *If it wasn't so cold, we would go swimming.*
4. *What would you do if you won the lottery?*
5. *If she were here, she would know what to do.*

7. Grammar - find and fix the mistake

1. *If I had time, I would help you.*
2. *If she were here, she'd know what to do.*
3. *I would call you if I had your number.*
4. *If I won the lottery, I'd quit my job.*
5. *What would you do if you found a wallet in the street?*
6. *If I were you, I would apologise.*

8. Reading - true / false / not given

1. **T**
2. **T**
3. **F**
4. **F**
5. **F**
6. **T**

9. Writing - guided task

Sample answer

If I could live one day of someone else's life, I would choose a National Geographic photographer. If I were them, I'd wake up before dawn in some remote corner of the world - maybe the Arctic, maybe the Amazon - and spend the entire day watching, waiting, breathing quietly. I'd feel absolutely exhilarated the first time an animal walked into the frame, and probably terrified the first time a big storm rolled in. If I had their patience, I might come home with just one photograph - but a photograph that could change how millions of people see the world. Honestly, I'd feel completely fulfilled.

10. Listening - happiness researcher interview

1. *Sleep more, and see your friends more often.*
2. *Above a modest income, more money barely helps - rich countries still have high depression rates.*
3. *Writing down three things you are grateful for, every night, for a month.*
4. *Fear is normal - if you weren't a little afraid, the change wouldn't matter to you.*
5. *That everyone would CALL - not text - one person they miss.*
6. *Because that single act would change more lives than any book she has ever written.*

11. Dictation - key second-conditional forms

1. *could choose*
2. *made*
3. *wrote*
4. *weren't*
5. *would call*
6. *would change*

12. ■ Challenge - sentence transformation

1. *spoke / could work*
2. *were / would*
3. *would / had*
4. *wasn't / would go*
5. *if / won*

13. ■ Challenge - word stress

1. *ex-CIT-ed*
2. *dis-a-PPOIN-ted*
3. *em-BAR-rassed*
4. *in-CRED-i-ble*
5. *un-be-LIEV-able*
6. *WON-der-ful*
7. *FAS-ci-na-ting*
8. *o-ver-WHELM-ing*

14. ■ Challenge - odd one out

1. **(C)** *furious*
2. **(D)** *grateful*
3. **(D)** *will*
4. **(D)** *as soon as*

15. ■ Challenge - extended writing

Sample answer

Dear younger me, if I could sit next to you for one hour today, I would tell you three simple things. First, if you listened a little more to your grandmother, you wouldn't be so nervous about growing older - she was the bravest person we ever met. Second, if you started saving just five euros a week now, by thirty you could afford exactly the life you want, no compromises. Third - and this is the hardest - if you understood how quickly time passes, you would spend a lot less time worrying about what other people thought of you, and a lot more time with the people you love. I know you feel overwhelmed sometimes, and a bit disappointed with yourself. Please don't. If I were you, I'd be enormously grateful for the family, the friends, and the curiosity you already have. Love, older you.

16. Self-check

Self-assessment — no fixed answers.

What if... — Workbook — Answer Key

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8. Reading — true / false / not given

- 1. T*
- 2. T*
- 3. F*
- 4. F*
- 5. F*
- 6. T*

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Sample answer

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